

Dr. Hitesh Gopalan U

MS Ortho

Fellow (Arthroplasty and Sports Medicine)

Division of Trauma and Adult
Reconstruction

Clinical Associate Professor,
MOSC Medical College,
Kolenchery
Cochin,
India

Curriculum Vitae

Name of candidate : Dr. Hitesh Gopalan U.

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(Address for communication) : 8B Lotus Gardens, SN Vidyapeetam
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Kerala, India
Pin- 682301

Current post held* : Orthopaedic Consultant ,
Clinical Associate Professor,
MOSC Medical College, Kolenchery,
Cochin, India

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Mobile : (0091)8589849630

Age and Date of birth : 37 years; 17-05-1979

Qualification : MBBS, MS Ortho, Fellow in Joint
Replacement, Fellow in Sports
Medicine

Mother tongue : Malayalam

Native of : Kerala, India

Duration of experience
(After MS Orthopaedics) : Ten years

Degree/Diploma/Fellowship (Completed and on going)	Year	Duration	Remarks
MBBS	1996–2001	4 1/2 years+1 year internship	Calicut University, Kerala
MS Ortho	2003– 2006(March)	3 years	Joined MS Ortho at Madurai medical College, Tamil nadu through All India entrance with rank 114
Fellowship in Joint Replacement Surgery (Johnson and Johnson)	Feb 2007– July 2007	6 months	Lilavati Hospital and Research Centre, Breach candy Hospital, Mumbai
Fellowship in Arthroscopy and Sports Medicine	March 1 st 2008– May 9 th 2008	2 1/2 months	Chang Gung Memorial Hospital, Linkou, Taiwan, Republic of China
MRCS 1 and 2 (Royal College of Surgeons of Edinburgh)			

Academic Affiliations:

1. Clinical Assistant Professor, MOSC Medical College, Cochin, Kerala
2. Visiting Professor: Centre for Evidence Based Orthopaedics, McMaster University, Hamilton, Ontario, Canada

Scientific Chairman and Founder Director

SICOT India ICL. (www.sicotindia.org) Annual Meeting of SICOT India catering to Postgraduates and Young Consultants, being conducted in India since 2012. Six courses conducted in different cities

Founder Editor Orthopaedic Principles Website

www.orthopaedicprinciples.com. Most followed orthopaedic website on social media with an outreach of 300,000 members globally

Book Editor:

1. Chief Editor, “**Handbook of Orthopaedics**”: Published by M/s Jaypee Publishers, New Delhi. Released in March 2006 internationally.
 - This book is mainly intended for post graduates and young orthopedic surgeons for a quick review of *entire* orthopedics.
 - Received critical acclaim from post graduate teachers all over India and international.
2. Chief Editor, “Orthopaedic Principles–A Review”.
 - This book is designed for DNB Postgraduates preparing for their exam. Published in 2010
3. Chief Editor, “Evidence Based Orthopaedic Principles”– A SICOT India Initiative for Post graduates and Young Consultants. Published 2015.

Research:

1. [Second generation locked plating for complex proximal humerus fractures in very elderly patients.](#) Gavaskar AS, Karthik B B, Tummala NC, Srinivasan P, **Gopalan H**. Injury. 2016 Nov;47(11):2534-2538. doi: 10.1016/j.injury.2016.08.010.
2. [Delayed Total Hip Arthroplasty for Failed Acetabular Fractures: The Influence of Initial Fracture Management on Outcome After Arthroplasty.](#) Gavaskar AS, **Gopalan H**, Karthik B, Srinivasan P, Tummala NC. J Arthroplasty. 2016 Sep 28. pii: S0883-5403(16)30647-7
3. [Preoperative determination of tibial nail length: An anthropometric study.](#) Issac RT, **Gopalan H**, Abraham M, John C, Issac SM, Jacob D. Chin J Traumatol. 2016 Jun 1;19(3):151-5.
4. [The extended posterolateral approach for split depression lateral tibial plateau fractures extending into the posterior column: 2 years follow up results of a prospective study.](#) Gavaskar AS, **Gopalan H**, Tummala NC, Srinivasan P. Injury. 2016 Jul;47(7):1497-500
5. [Musculoskeletal trauma and all-cause mortality in India: a multicentre prospective cohort study.](#) Foote CJ, Mundi R, Sancheti P, **Gopalan H**, Kotwal P, Shetty V, Dhillon M, Devereaux P, Thabane L, Aleem I, Ivers RQ, Bhandari M; INORMUS Investigators.. Lancet. 2015 Apr 27;385 Suppl 2:S30
6. [Nonoperatively treated infraglenoid tubercle avulsion.](#) Issac RT, **Gopalan H**, John C, Abraham M, Issac SM. Chin J Traumatol. 2014;17(5):301-4.

Ongoing Research:

1. Principal Investigator of AO Multicentric study on infection rates in operated cases of Tibial Fractures, Chief Investigator: *Prof Mohit Bhandari(Status: submitted for publication)*

FACULTY TALK

1. “ Tibial Nonunion– Current Best Evidence”, “Role of conservative management in Tibial shaft fractures”– ACE Trauma symposium, Preconference workshop of Annual Meeting of Indian

- Orthopaedic Association(IOACON), Dec 2011, Noida
2. "Evidence Based Orthopaedics", SICOT ICL-2, Hiranandani Hospital, Mumbai, Sept 8,9, 2012
 3. "Subtrochanteric fractures– Best Evidence": Annual Meeting, Sancheti Institute, Pune, July 27–29, 2012
 4. "Tibial plateau fractures: Best Evidence", Annual Meeting, Sancheti Institute, Pune, July 27–29, 2012
 5. "Postoperative Infections after Plating: Best Evidence", Asia Pacific Orthopaedic Association, New Delhi, October 3–6, 2012
 6. IOACON 2012, Chennai: Evidence based trauma symposium: Evidence in Radial Head Fracture Treatment, Debate: External Fixation – Evidence in Open fractures of the Tibia
 7. Evidence in Foot and Ankle Surgery, 4th Indo-US Foot and Ankle Course, Columbia Asia Hospital, Kolkata, India Jan 18–20, 2013
 8. "PRP in Rotator Cuff Disease– What's the Evidence"– International Biological Orthopaedic Meeting(IBOM), Hotel Sofitel, Mumbai June 2014
 9. Newer Technology in Arthroplasty– What's the Evidence?– SICOT session, IOACON, Hyderabad, India, November 2014
 10. "Are Local Anaesthetics detrimental to articular cartilage"– Indian Association of Sports Medicine Annual Conference, Hotel Renaissance, Mumbai 2015
 11. Evidence Based Recommendations in the Management of Osteoarthritis of Knee– Geriatric Orthopaedic Society Meeting, Bangalore 2015
 12. Evidence based Orthopaedics: Asia Pacific Regional Orthopaedic Course, Mumbai 2015
 13. Disorders of Sacrum and Coccyx, SICOT World Congress, Guangzhou, China, 2015
 14. Clinical Study Designs, SICOT World Congress, Guangzhou, China, 2015
 15. Septic Arthritis and Osteomyelitis in Children: Invited Lecture at Educational Day, SICOT Orthopaedic World Congress, Rome, Italy.

PAPERS PRESENTED–International

Annual Day– McMaster University, Hamilton, Ontario, Canada

1. Indian Orthopaedic Multicentric Study in Fracture Care(INORMUS): Annual McMaster Day, Division of Orthopaedic Surgery, McMaster University, Canada

Thailand Orthopaedic Association and Royal College of Surgeons of Thailand

2. Functional Outcome after Acetabular Fractures, Free Paper, October 22–24, at Annual Meeting, Royal Cliff Beach Resort, Pattaya, Thailand.

Gold Medal Papers

Tamil Nadu Orthopaedic Association (State)–TNOACON

1. “Restoration Of external rotation in old Obstetric Brachial Plexus Palsy–“Our Experience”.

Awarded the “***Prof. Vyageswarudu Gold Medal***” for the best paper in Orthopaedics. TNOACON 2005, Cuddalore, Tamilnadu.

Orthopaedic Association of South Indian States (OASISCON)

2. . “Distraction lengthening of metacarpals and phalanges in the Hand”. Awarded the “***Post Graduate Gold Medal***” for the Best Post Graduate paper, OASISCON, Chennai, August 2005.
3. “Management of femoral shaft fractures in children by closed Ender nailing”. Awarded the “***BIIRD hospital Gold Medal***” for the best paper, OASISCON, Tirupati, August– September 2006.

AWARDS:

- Young Scientist Award, instituted by the IndoKorean Orthopaedic Foundation for role in teaching and propagating “Evidence Based Medicine” and identifying new Frontiers of Knowledge in

Orthopaedics– ARTHROCON, Hotel Malabar Palace, Calicut, India

- Winner of the CTIC Post Graduate Quiz programme conducted by the Kerala Orthopaedic Association, July 2005 Calicut.
- Runner up in the Orthopaedic Association of South Indian States Post graduate Quiz, Oasiscon, August 2005 Chennai.
- **Winner of the National PG quiz in Orthopaedics at IOACON, December 2005. Mumbai**
- **Appreciation award** from the Tamilnadu Orthopaedic Association for consistent performances in state and national level quiz competitions, TNOACON, March 2006, Chennai
- Gold medals– 3

THESIS DURING POSTGRADUATION:

The Modified Gamma nail for the treatment of Peritrochanteric Fractures

Field Of Interest: Complex Trauma, Arthroplasty, Knee Surgery and Hip Preservation

COURSES CONDUCTED (conducting)

1. Course Director: SICOT India ICL 2014 Jaipur, 2015 (Mumbai)
2. SICOT ICL Kochi: Instructional Course Lecture of SICOT Internationale, conducted for the first time in India on April 28, 29, 2012 at IMA House, Kochi, Kerala, India
3. Instructional Course Lecture Series(1,2,3) at Kochi for DNB Postgraduates from Nov 2011 to Feb 2012

Significant Past Appointments:

- 1) **Senior Registrar, Breach candy Hospital, Mumbai** with Consultants, Dr. Arun Mullaji, Dr. Rajesh Maniar, Dr.N.S.Laud, Dr. Harish Bhende, Dr.C.J.Thakkar, Dr. Anant Joshi, Dr Sanjay Desai. (From 1st August 2007– Oct 31 2007). Involved in complex hip and knee reconstructions, complex acetabular trauma, advanced arthroscopic surgery of knee and shoulder.

- 2) Consultant and Unit Head in Medical Trust Hospital, Cochin. Involved in Complex Trauma and Joint Reconstruction(2009–2012)

Referees:

1. Dr. R. Sivakumar. MS Ortho, D Ortho. Consultant Spine Surgeon, Preethi Hospital, KK Nagar, Madurai, Professor of Orthopaedics, Madurai Medical College and Govt. Rajaji Hospital, Madurai, Tamil Nadu, India
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