

Curriculum Vitae
November 2012

Gopalkumar Rakesh

28 years

Male

Address for correspondence

Clinical Research Associate

Cognitive Neurobiology Laboratory

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MD (Psychiatry) , National Institute of Mental Health and Neurosciences (NIMHANS) , Bangalore, India, **2012**

- M.B.B.S (Bachelor of Medicine; Bachelor of Surgery); Government Medical College, University of Calicut (India), Graduated first class, **2008**
- Distinction in the All India Senior School Certificate Examination, Central Board of Secondary Education (CBSE), Government of India, **2001**.
- Distinction in Gulf Mathematics Olympiad **1999** – Conducted among all Indian schools in the Middle East
- Distinction in Gulf Mathematics Olympiad **1998** – Conducted among all Indian schools in the Middle East

Gopalkumar Rakesh MBBS MD
National Institute Of Mental Health and Neurosciences (NIMHANS)



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Clinical work experience

12 months of internship in various departments as part of completion of MBBS under the Government Of Kerala, India

Time period: 2007 to 2008

Designation: Intern

Departments : Internal Medicine(2 months), General Surgery (2 months), Obstetrics and gynecology(2 months), Orthopedics(15 days) , Pediatrics(1month), Radio diagnosis(1 month), Ophthalmology(15 days), Otorhinolaryngology(15 days) , Public health (3months)

Job responsibilities: I was in charge of treating patients both in the Out-patient department and inpatients, conducting deliveries and other surgical procedures, supervising treatment regimens. While interning with the department of public health I was in charge of conducting out-reach immunization sessions, supervising the work of health workers at the primary health centers and imparting training for community volunteers working in the area

Working as Chief Medical Officer in various hospitals for a period of one year

Time Period: - 2008 to 2009

Working as Senior Resident in Department of Anesthesiology at Government Medical College University of Calicut

Time Period: - March to May 2009

Residency in Psychiatry at NIMHANS (National Institute of Mental Health and Neurosciences) Bangalore, India

Time period: May 2009 – May 2012

Residency at NIMHANS – clinical rotations

21 months of rotations in adult psychiatry comprising detailed evaluations of inpatients and outpatients, individual therapy sessions for patients under supervision, attending specialty clinics (Geriatric clinic, OCD clinic, Schizophrenia clinic, Perinatal Psychiatry Clinic)

4 months of rotation in Child and Adolescent psychiatry

3 months of rotation in Addiction Psychiatry

6 months of rotation in neurology, consultation and liaison psychiatry

2 months of rotation in family psychiatry and rehabilitation psychiatry

Regular attendance of teaching programs conducted by the department – weekly seminars and research forum discussions (Research forum to discuss articles from various journals)

Training during psychiatry residency

Geriatric Clinic

Detailed evaluation and follow up of patients with dementia, late onset psychosis, parkinsonism with depression/dementia. Supervised training in administration of cognitive assessments, assessment of interface between psychiatry and neurology with regard to patients with conditions such as post stroke depression, normal pressure hydrocephalus and frontotemporal dementia spectrum conditions.

OCD clinic

Detailed evaluation and follow up of patients with OCD, other co morbid anxiety disorders and OC spectrum conditions such as body dysmorphic disorder, trichotillomania etc.

Trained in administration of YBOCS – checklist and severity rating.

Schizophrenia clinic

Detailed evaluation and follow up of patients with psychosis, schizophrenia including addressal of various co morbidities such as metabolic syndrome, substance use and side effects of antipsychotics.

Assessments of occupational functioning, cognitive deficits and need for retraining

Child and Adolescent psychiatry

Detailed evaluation, care and follow up of children with mood disorders, psychosis, OCD, autism, ADHD and conduct disorder.

Trained in administration of scales for autism, ADHD, mood disorders.

Addiction psychiatry

Care and follow up of clients with use of alcohol, nicotine, opioids and cannabis. Trained in motivation enhancement therapy, both outpatient and inpatient treatment of clients having opioid dependence using synthetic opioids.

Consultation Liaison Psychiatry

Utilization of resources from the departments of psychiatry, neurology and neurosurgery to discuss regarding clients suffering from psychiatric conditions along with co morbid neurological/ neurosurgical conditions. For example – treatment of depression in patients with multiple sclerosis. Detailed assessment of neuropsychiatry patients with supervision from senior residents from all three departments.

Assessment and follow up of referrals to psychiatry from all specialties – medical and surgical during 2 months of elective rotation at St John's Medical College and Hospital Bangalore.

Ward activities

Comprising daily review and follow up of inpatients, discussion regarding inpatients during rounds taken by consultants involvement in treatment of patients – both pharmacotherapy and psychotherapy

Psychotherapy

Detailed supervision by a mentor for psychotherapy sessions:–

Psychodynamic psychotherapy sessions

Cognitive behavioral therapy for depression, OCD, psychosis

Interpersonal therapy for depression

IPSRT sessions for bipolar disorder

Dissertation

Submission of dissertation titled – “Concomitant anticonvulsants in bitemporal ECT:- Seizure and clinical effects”

My dissertation looked at patients prescribed anticonvulsant mood stabilizers along with electroconvulsive therapy. This study was chosen because of the ambiguity in clinical practice when a scenario was encountered in clinical practice as was shown in a survey conducted at our institute. The sample consisted mainly of patients with bipolar disorder. Their speed of improvement and degree of cognitive adverse effects was assessed. The design was a double blind randomized controlled trial with informed consent taken from subjects prior to inclusion in the trial. The study had important findings and is in the process of being written up for publication

Other skills

Knowledge regarding statistical software package SPSS along with excellent communication and writing skills in English

Research Experience

Paper Presentations at International Conferences

- 1) **Gopalkumar Rakesh**, Vivek H Phutane, Jagadisha Thirthalli, HA Abhishek, Kesavan Muralidharan, Vittal S Candade, BN Gangadhar. *Maximum Fractal Dimension of Cerebral Seizure Remains Constant through the Course of Electroconvulsive Therapy*. Presented at the 8th Annual Congress of the International Brain Mapping & Intraoperative Surgical Planning Society (IBMISPS) at San Francisco June 2011
- 2) Jagadisha Thirthalli, **Gopalkumar Rakesh**, Shivananda, YC Janardhan Reddy. Predominance of manic episodes in the course of bipolar disorder in India. Presented at the 9th International Conference on Bipolar Disorders (ICBD) Pittsburgh June 2011

Paper Presentations at National Conferences

- 1) Rakesh GK, Phutane VH, Thirthalli J, Gangadhar BN. *What should we do about dosages of anti-epileptic drugs during ECT course?* Poster presented at the 62nd Annual Conference of the Indian Psychiatric Society(ANCIPS) 2010
- 2) Gopalkumar Rakesh, Vikram Singh Rawat, Krishna Prasad M, Geetha Desai, Pulla Reddy G, Srikala Bharath, Mathew Varghese. *Clinical use of Acute and transient psychotic disorders (F23) category in ICD-10.* Poster presented at the NIMHANS-Royal College of Psychiatrists Conference(RCPsych) 2010
- 3) Shashidhara Barki, Gopalkumar Rakesh, Harve S Virupaksha, Channaveerachari Naveen Kumar, Jagadisha Thirthalli, B N Gangadhar. *Concurrent Use of anticonvulsants and electroconvulsive therapy.* Poster presented at the NIMHANS-Royal College of Psychiatrists Conference (RCPsych) 2010
- 4) Gopalkumar Rakesh, Krishna Prasad M, Geetha Desai, Mathew Varghese, Ravikesh Tripathi. *Pseudoneurotic schizophrenia – a case report.* Presented at the 63rd Annual Conference of the Indian Psychiatric Society(ANCIPS) 2011

Publications

Thirthalli J, **Rakesh G**, Gangadhar BN. *Antiepileptic drugs-ECT combination: Need for systematic studies.* World Journal of Biological Psychiatry 2010 Oct;11(7):919-20.

Rakesh G, Rao NP, Venkatasubramanian G, Behere RV, Varambally S, Gangadhar BN. *Treatment of depressive symptoms in late onset schizophrenia with phytoestrogens: a case report.* Primary Care Companion to Journal of Clinical Psychiatry.

When to start and end prophylaxis for bipolar disorders: a student's dilemma. International Society of Bipolar Disorders (ISBD) Newsletter, Volume 13, February 2012.

Rakesh G, Keshavan M, Thirthalli J, Gangadhar BN. *Concomitant Anticonvulsants in Bitemporal electroconvulsive therapy: - Seizure and Clinical Effects,* Dissertation published at NIMHANS, October 2011.

Publications under review

Rakesh G, Abhishek HA, Phutane VH, Thirthalli J, Keshavan M, Gangadhar BN. *Maximum Fractal Dimension of Cerebral Seizure Remains Constant through the Course of ECT,* Journal of EEG and Clinical Neurosciences 2012 – under review.

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Memberships

Annual Supported Trainee Membership from the International Society of Bipolar Disorders (ISBD) 2009-2010. Membership extended 2010 – 2012

Member of Indian Psychiatry Society (IPS)

Member of Asian Federation of Early Career Psychiatrists (AFECP)

Awards

Sheikh Hamdan Award for being the best outgoing student among all the students in UAE (United Arab Emirates) 2000.

Indian Council of Medical Research (ICMR) scholarship of Rs 25000 for dissertation titled “Concurrent anticonvulsants in bitemporal electroconvulsive therapy: - Seizure and clinical effects” 2010 – 2012

Other Interests

I am avid reader of philosophy and contemporary English literature.



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