

# Curriculum Vitae

## Dr. Bibek Banskota MBBS, MRCS, MS (Ortho)

### Executive / Medical Director

Hospital & Rehabilitation Center for Disabled Children (HRDC),  
Banepa, Kavre, Nepal.

### Consultant Orthopaedic Surgeon,

Department of Orthopaedic Surgery  
B & B Hospital, Lalitpur, Nepal.

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### Personal Data

Date of Birth: May 3, 1977  
Place of Birth: Lalitpur, Nepal.  
Nationality: Nepalese  
Languages: English, Nepali, Hindi

### Education:

2017 Hip Fellowship, Inselspital Stiftung, Bern, Switzerland  
2013 Research Fellowship, Pediatric Orthopedics. Children's Hospital of Philadelphia, United State of America  
2012 Masters in Orthopedic Surgery, Kathmandu University. Nepal  
2008 United States Medical Licensing Exam (USMLE) Step 1  
2007 (Intercollegiate MRCS) Membership of Royal College of Surgeons, Edinburgh, United Kingdom  
2005 (PLAB) Professional and Linguistic Assessment Board  
2002 (IELTS) International English Language Testing System (7.5/9)  
1995-2001 (MBBS) Bachelor of Medicine and Bachelor of Surgery. University of Rajasthan, India  
Distinction in Anatomy (1997- First MBBS)



## **Current Position**

**Executive/Medical Director**, Hospital and Rehab Center for Disabled Children (HRDC), Nepal

**Consultant Orthopedic Surgeon**, B&B Hospital, Nepal

## **Medical Training**

June 2017 – Sept 2017	Hip Fellowship, Inselspital, Bern, Switzerland
June 2012 – Feb 2013	Research Fellow, Pediatric Orthopedics, Children's Hospital of Philadelphia (CHOP), USA
Jan 2009 – Mar 2012	Masters in Orthopedic Surgery, Kathmandu University, Nepal
Sept 2008 – Dec 2008	Clinical Observer, Steadman Hawkins Sports Clinic, Colorado, United State of America
Mar 2008 – Aug 2008	Fixed Term Specialty Trainee, Vascular Surgery, Russells Hall Hospital, Dudley, United Kingdom
Dec 2007 – Mar 2008	Fixed Term Specialty Trainee, Trauma & Orthopaedics, Russells Hall Hospital, Dudley, United Kingdom
Aug 2007 – Dec 2007	Fixed Term Specialty Trainee, Arthroscopy Unit, Royal Orthopaedic Hospital, Birmingham, United Kingdom
Aug 2006 – Aug 2007	Senior House Officer, Trauma and Orthopaedics Ysbyty Gwynedd Hospital, North Wales, United Kingdom
Aug 2005 – Aug 2006	Senior House Officer, Trauma and Orthopaedics Hemel Hempstead General Hospital, United Kingdom
Mar 2005 – Aug 2005	Clinical Observer, Trauma and Orthopedics Hemel Hempstead General Hospital, United Kingdom
June 2004 - Oct 2004	House Officer, Paediatric Orthopaedics (Voluntary) Hospital and Rehabilitation Centre for Disabled Children, Nepal
Oct 2003 – May 2004	House Officer, Trauma and Orthopaedics Kathmandu University Teaching Hospital, Nepal
Oct 2002 – Oct 2003	House Officer, General Surgery & Urology Kathmandu University Teaching Hospital, Nepal
Mar 2002 – Oct 2002	Resident, Accident and Emergency Patan Hospital, Kathmandu, Nepal
Jan 2001 – Jan 2002	Pre Registration House Officer Rotation General Medicine / Surgery / Obs & Gyn / A&E/ Community Medicine, SMS Medical College & Hospitals, India

## **Course**

### **Basic Surgical Training Courses:**

- 2007 Advance Life Support (ALS), Northwest Wales NHS Trust, Bangor, UK
- 2007 Care of the Critically Ill Surgical Patient (CCrISP), Royal College of Surgeons of England, Cardiff, UK
- 2007 Acute Life Threatening Emergency Recognition and Treatment (ALERT), Northwest Wales NHS Trust, Bangor, UK
- 2006 Advanced Trauma Life Support (ATLS), The Royal College of Surgeons of England, Lister Hospital, UK
- 2005 Immediate Life Support (ILS), West Herts Hospital NHS Trust, UK
- 2004 Basic Surgical Skills, Royal College of Surgeons of Edinburgh, New Delhi, India

### **Trauma and Orthopaedics Courses:**

- 2017 AO pelvic fracture fixation course
- 2015 Ganga Arthroplasty Course. Coimbatore, India
- 2014 Ranawat Arthroplasty Course. New Dehli, India
- 2014 Primary Knee Arthroplasty workshop, Vappi, India
- 2012 International Pediatric Orthopedic Symposium (IPOS). Orlando, United State of America
- 2012 Ponseti Clubfoot Management Course. Iowa, United State of America
- 2008 AO Principles of Fracture Fixation Course. Leeds, United Kingdom
- 2007 Core Skills in Operative Orthopaedic Surgery. Royal College of Surgeons of England, Cardiff, United Kingdom
- 2007 Knee Arthroplasty Course. Alexandra Hospital, Redditch, United Kingdom
- 2006 International Hip Replacement Course. Medway Maritime Hospital NHS Trust, Gillingham, United Kingdom

### **Other Courses:**

- 2007 Statistics for Clinicians. Springfield Hospital, Chelmsford, United Kingdom
- 2004 Rehabilitation and Physical Medicine Course. Hospital and Rehabilitation Centre for Disabled Children, Nepal
- 2004 Health Research Methodology. Nepal Health Research Council, Nepal
- 2004 Primary Trauma Care Management. World Federation of Societies of Anesthesiologists, Nepal
- 2001 Training Workshop on Evidence Based Medicine. America Nepal Medical Foundation, Nepal

## Memberships

1. Royal College of Surgeons of Edinburgh (Intercollegiate)
2. Nepal Orthopaedic Association (NOA)
3. General Medical Council. United Kingdom (No. 6067490)
4. NOA Arthroplasty subcommittee

## Journal Reviewer

1. Biomed Central (BMC) journal (19 reviews)
2. Indian journal of orthopedics (2 reviews)
3. Journal of Nepal Health Research Center (JNHRC) (2 reviews)
4. Lancet Global (1 review)
5. B&B HRDC Medical Journal (BBMed) (editorial board)

## Publications

1. Current Concepts Review. Clubfoot Correction in Walking-age Children: A Review. Norgrove Penny, Alaric Aroojis, Anil Mehtani, Bibek Banskota. JFAS-AP VOLUME 8 , ISSUE 3 ( July-September, 2021 )
2. Current Concepts Review. Outcome Measures in Clubfoot. Soroush Baghdadi, Prakash Yadav, Bibek Banskota, Alaric Aroojis, Divya Talwar, David A Spiegel. JFAS\_ AP VOLUME 8 , ISSUE 3 ( July-September, 2021 )
3. Correlation between Radiological Outcome and Health Related Quality of Life after Posterior Spinal Fusion for Adolescent Idiopathic Scoliosis. Chaudhary R, Kaucha D, Banskota B, Barakoti R, Banskota AK. JNHRC. Vol 19 No 1 (2021): Vol. 19 No. 1 Issue 50 Jan-Mar 2021
4. Outcomes of the Ponseti Method for Untreated Clubfeet in Nepalese Patients Seen Between the Ages of One and Five Years and Followed for at Least 10 Years. Banskota, Bibek, MRCS, MS1; Yadav, Prakash, MPH1; Rajbhandari, Tarun, MS1; Shrestha, O.P., MS1; Talwar, Divya, MPH2; Banskota, Ashok, MD, FRCS1; Spiegel, David A., MD2 JBJS Am: December 5, 2018 - Volume 100 - Issue 23 - p 2004-2014 doi: 10.2106/JBJS.18.00445 (**Best publication award, ORTHOCON 2018**)
5. Effectiveness of extra-corporeal shock wave therapy (ESWT) vs methylprednisolone injections in plantar fasciitis. Bibhuti Nath Mishra, Rishi Ram Poudel, Bibek Banskota, Babu Kaji Shrestha, Ashok Kumar Banskota. Journal of Clinical Orthopaedics and Trauma, 2018

6. Socioeconomic Status Influences Functional Severity of Untreated Cerebral Palsy in Nepal: A Prospective Analysis and Systematic Review Drake Leburn, Bibek Banskota, Ashok Banskota, Tarun Rajbhandari, Keith Baldwin, David Spiegel Clinical Orthopaedics and Related Research 477 (1):1 August 2018.
7. A Complex Congenital Lower Limb Deformity: Uncommon Presentation of tibial hemimelia or Popliteal Pterygium Syndrome. Amit Limbu, Ansul Rajbhandari, Yam P Gurung, Bishal Poudel, Bibek Banskota. BBMed, Vol 3, No 1, JAN-JUN, 2019:47-50.
8. Screening of Developmental Dysplasia of Hip in Neonates and Infants at Hospital & Rehabilitation Centre for Disabled Children (HRDC) Meghna Regmi, Ansul Rajbhandari, Bibek Banskota, Ashok K Banskota. BBMed, Vol 3, No 1, JAN-JUN, 2019: 17-25.
9. Lower Extremity Amputations Around the Knee Joint: A Functional Outcome Study. Nitesh K Karn, Prakash Yadav, Rajendra Aryal, Ishor Pradhan, Ashok K Banskota, Nagmani Singh, Bibek Banskota. BBMed, Vol 3, No 1, JAN-JUN, 2019:39-46.
10. Scapulothoracic Dissociation-a Life Threatening Injury. Manoj P Kushwaha, Bibek Banskota, Tarun Rajbhandari, Saroj Rijal, Ashok K Banskota. BBMed 2018,2:120-124.
11. Short-term Results of Open Surgical Intervention in Developmental Dysplasia of Hip Among Nepalese Children Presenting After Walking Age: A Prospective Study. Bibek Banskota, Ansul Rajbhandari, Prakash Yadav, Ishor Pradhan, Ashok K Banskota. BBMed, 2018 Jul-Dec; 2:87-94.
12. Surgical Treatment of Clavicle Fractures at B&B Hospital: A 7 Years' Experience Manoj P Kushwaha, Ram K Barakoti, Bibek Banskota, Ishor Pradhan, Ashok K Banskota. BBMed, 2018 Jan-Jun; 2:10-16.
13. Delays in presentation and treatment among children with musculoskeletal disabilities in Nepal. Drake G. LeBrun, Tuyetnhi A. Pham, Bibek Banskota, David A. Spiegel. Journal of Epidemiology and Global Health. 2017 Dec;7(4): 299-304.
14. Beneficiaries' Satisfaction at Hospital and Rehabilitation Centre for Disabled Children in 2017: A Cross Sectional Study. Prakash Yadav, Bibek Banskota, Ashok K Banskota, Bikash M Singh, Krishna P Bhattarai. BBMed, 2017 Jul-Dec;1:96-102.
15. Addressing Bone Defects in Forearm Osteomyelitis: A Case Series. Bibek Banskota, Tarun Rajbhandari, Om P Shrestha, Ishor Pradhan, Ashok K Banskota. BBMed 2017 Jul-Dec;1:140-7.
16. Chronic Osteomyelitis of Long Bones in Children: Overview and Challenges in Management. Bibek Banskota, BBMed, 2017 Jan-Jun;1:1-17

17. Subclavian Artery Pseudoaneurysm as A Complication of Clavicle Fracture, Managed conservatively. Bibek Banskota, Rabindra B Timala, Uttam K Shrestha, Ashok K Banskota, BBMed, 2017 Jan-Jun;1:35-7.
18. Nepal Earthquake: A long way for the dust to settle! The Emergency Surveillance and Response (ESAR) Initiative. Bibek Banskota. BBMed, 2017 Jan-Jun;1:79-90.
19. Caffey's Disease: A Diagnostic Dilemma, Rajesh K Chaudhary, Bibek Banskota, Ram K Barakoti, Ashok K Banskota. , BBMed, 2017 Jan-Jun;1:47-51.
20. A snapshot of 1001 children presenting with cerebral palsy to a children's disability hospital. Bibek Banskota, Shilu Shrestha, Tarun Rajbhandari, Ashok K. Banskota , David A. Spiegel. Journal of Nepal Health Research Center (NHRC), 2015 Jan - Apr;13(29):31-7.
21. Pinless Halo in the Pediatric Population: Indications and Complications, Hooman Bakhshi, MD, Indranil Kushare, MBBS, DNB(Ortho), Bibek Banskota, MBBS, MRCS(Ed.), MS(Orth.), Christopher Nelson, CPO, and John P. Dormans, MD, FACS Journal of Pediatric Orthopaedics - Vol 34 July/August 2014.
22. Clinical, MRI and arthroscopic correlation in internal derangement of knee. Sharma UK1, Shrestha BK, Rijal S, Bijukachhe B, Barakoti R, Banskota B, Pradhan I, Banskota AK. Kathmandu Univ Med J (KUMJ). 2011 Jul-Sep;9(35):174-8.
23. "Orthopedic Injuries in Motorbike Accident Admissions Presenting to a Trauma Center in Kathmandu Valley" Journal of Nepal Medical Association (in press).
24. The Ponseti method in the treatment of children with idiopathic clubfoot presenting between five and ten years of age. B. Banskota, A. K. Banskota, R. Regmi, T. Rajbhandary, O. P. Shrestha, D. A. Spiegel Bone Joint J 2013;95-B:1721–5 doi:10.1302/0301-620X.95B12.
25. Closed internal degloving associated with a thoracolumbar burst fracture: a case report Bijukachhe B, Banskota B, Shrestha BK, Banskota AK. Eur J Orthop Surg Traumatol. 2013 Nov;23 Suppl 2:S145-8. doi: 10.1007/s00590-012-1056-2. Epub 2012 Jul 27.
26. Neuroarthropathy of the hip following spinal cord injury. Bibek Banskota; Binod Bijukachhe; Babukaji Shrestha; Ashok K Banskota Indian J Orthop Vol 45(1): 87-90, 2011 Jan DOI: 10.4103/0019-5413.73665.
27. Charcot's neuroarthropathy of the foot and ankle. Banskota B, B Bijukachhe, BK Shrestha, AK Banskota . Nepal Orthopaedic Association Journal (NOAJ) Volume 1:- Number 1 January, 2010.

28. Hip arthrodesis in children: a review of 28 cases. Ashok K Banskota, Shikshya P Shrestha, Bibek Banskota, Binod Bijukacche, and Tarun Rajbhandari Indian J Orthop. 2009 Oct-Dec; 43(4): 383–388. doi: 10.4103/0019-5413.55977
29. Serum Lactate –An indicator of morbidity and mortality in polytrauma and multi-trauma patients .P Lamichhane, S Shrestha, B Banskota, AK Banskota. Nepal Orthopaedic Association Journal Vol 2, No 1 (2011)
30. Unique dual pathology of mesenteric border Meckel's diverticulum and ileal duplication cyst. Khanafer A, Bahia S, Banskota B, Dubb A. Minerva Chir. 2009 Jun;64(3):325-6.
31. Epidemiology of surgical admissions to a children's disability hospital in Nepal. Spiegel DA, Shrestha OP, Rajbhandary T, Bijukachhe B, Sitoula P, Banskota B, Banskota A. World J Surg. 2010 May;34(5):954-62. doi: 10.1007/s00268-010-0487-3
32. Estimation of Joint Angular Displacement by Medical Staff at a District General Hospital. B Banskota, J Lewis, A Irving, M Hossain, MW Jones: European Journal of Orthopaedics and Traumatology Reference: ejo070114)
33. Entrapment Neuropathy of the Suprascapular Nerve: A Case Report. B Banskota, H Limbu, B Bijukche, BK Shrestha, AK Banskota: Kathmandu University Medical Journal (KUMJ) (2004) Vol.2, No.4, Issue 8, 364– 366

### **Book Chapters**

1. Neuro-orthopaedics: Poliomyelitis. Chapman's Comprehensive Orthopaedic Surgery. Jaypee Brothers Medical Publishers (P) Ltd, 2019
2. Operation Health: Surgical Care in Developing World. Child health: a case study of club foot repair in Nepal / David A. Spiegel, Bibek Banskota, Ashok K. Banskota, Tarun Rajibhandari, Om Shrestha.
3. Neglected Septic Arthritis in Children, David A. Spiegel, Ashok Kumar Banskota and Bibek Banskota. Global Orthopaedics, Caring for Musculoskeletal Conditions and Injuries in Austere Settings (2014).
4. Clubfoot Etiology, Pathoanatomy, Basic Ponseti Technique, and Ponseti in Older Patients Alaric Aroojis, Shafique Pirani, Bibek Banskota, Ashok Kumar Banskota, and David A. Spiegel. Global Orthopaedics, Caring for Musculoskeletal Conditions and Injuries in Austere Settings (2014).

5. General Principles of Pediatric Trauma. David A. Spiegel and Bibek Banskota. Global Orthopaedics, Caring for Musculoskeletal Conditions and Injuries in Austere Settings (2014).
6. Management of Upper Extremity Fractures. David A. Spiegel, Bibek Banskota and Kaye E. Wilkins. Global Orthopaedics, Caring for Musculoskeletal Conditions and Injuries in Austere Settings. (2014).
7. Management of Lower extremity Fractures. David A. Spiegel, Bibek Banskota and Kaye E. Wilkins. Global Orthopaedics, Caring for Musculoskeletal Conditions and Injuries in Austere Settings (2014).
8. Cerebral Palsy and other neuromuscular Conditions Bibek Banskota, Michelle Foltz, Richard A Gosselin, and David A. Spiegel. Global Orthopaedics, Caring for Musculoskeletal Conditions and Injuries in Austere Settings (2014).

## **Research**

1. Hip arthrodesis in children: A long-term treatment outcome study.
2. Standard versus accelerated Ponseti technique: A randomized control study.
3. Ponseti technique in 5 to 10 year olds, a long-term follow up study.
4. Decentralization of clubfoot services: A viable model for low resource environments?
5. Economic impact of disability in children: A prospective case-control study.
6. Long-term treatment outcome of open surgery in children with developmental dysplasia of the hip presenting after walking age.

## **Teaching Experience & Management Skills**

**School Captain and Head Prefect** 1994-95, American Friendship Residential School, Bangalore

I am actively **involved in teaching** of residents, registrars and fellows who rotate through our department, especially in the area of my special interest: hip and pelvis surgery in children and adults.

As the **executive director of a non-profit hospital**, my responsibilities include fundraising, liaison with government and other non-governmental avenues for partnerships, supervision of day to day management, as well as orthopedic duties.



**Organizing Secretary:** First knee arthroplasty symposium of the Nepal Orthopedic Association Arthroplasty Subcommittee, B&B Hospital, Kathmandu, 2018

**Organizing Faculty:** Second hip and knee arthroplasty symposium of the Nepal Orthopedic Association Arthroplasty Subcommittee, Institute of Medicine, Kathmandu, 2019

**Organizing Secretary:** HRDC-B&B Pediatric Orthopaedic Course, 2018 Nepal

**Organizing Secretary:** EPOS-POSNA-HRDC Nepal Pediatric Orthopaedic Review Course, 2017 Nepal

**Organizing Secretary:** 1<sup>st</sup> Cerebral Palsy Conference in Nepal (CPiN), 2013

**Organizing Member:** International Symposium on Pediatric Orthopedics & Trauma (ISPOT), 2011.

**Organizing Member:** Nepal America Spine Conference (NASCon), 2010

**ESAR Project In-charge:** The Emergency Surveillance and All-Inclusive Response (ESAR) project reached over 45,000 victims (through a series of 110 mobile clinics) affected directly or indirectly by the devastating earthquake that rocked Nepal on the 25<sup>th</sup> of April, 2015. Over 530 victims underwent surgical intervention, mostly orthopedics. My role was to raise funds for this massive undertaking, as well as lead and participate in the camps, and organize and be involved with surgical treatment. This project lasted just over one year. On behalf of our team, I received the 'Sri Balaram Joshi Gyan Bigyan Social Award' for outstanding service during and after the 2015 earthquake in Nepal

## **Presentations**

### **National Faculty:**

- International Symposium on Pediatric Orthopedics & Trauma (ISPOT), 2011
- 1<sup>st</sup> Cerebral Palsy Conference in Nepal (CPiN), 2013
- Cerebral Palsy in Nepal: National Health Research Council (**NHRC**), 2014
- HRDC-B&B Pediatric Orthopaedic Course, 2018 Nepal
- EPOS-POSNA-HRDC Nepal Pediatric Orthopaedic Review Course, 2017 Nepal
- First knee arthroplasty symposium of the Nepal Orthopedic Association Arthroplasty Subcommittee, B&B Hospital, Kathmandu, 2018

- Second hip and knee arthroplasty symposium of the Nepal Orthopedic Association Arthroplasty Subcommittee, Institute of Medicine, Kathmandu, 2019

**Invited Faculty/ Speaker:**

- UNICEF all staff meeting (webinar), Kathmandu, August 2020
- The Australian Pediatric Orthopedic Society meeting, Noosa, Australia, 2016
  - “Pediatric orthopedics in Nepal”
- Chengdu, China (Chinese Association of Orthopedic Surgeons)
  - Assessment of a child with Cerebral Palsy
  - Neglected clubfoot in Children.
- Xi’an, China (Chinese Association of Orthopedic Surgeons)
  - Clubfoot in older children
  - Developing pediatric orthopedic services in Nepal

**Other Presentations:**

- Outcomes of the Ponseti Method for Untreated Clubfeet in Nepalese Patients Seen Between the Ages of One and Five Years and Followed for at Least 10 Years. Presented at the annual meeting of the **Pediatric Orthopedic Society of North America (POSNA)**, Austin, Texas, USA, 2018
- Pediatric Musculoskeletal Disability in Nepal: The Story of HRDC. Annual fundraiser of the American Himalayan Foundation. 2016 San Francisco, USA
- Cerebral Palsy in Nepal. National Health Research Council International meeting, 2017.
- The Ponseti method in the treatment of children with idiopathic clubfoot presenting between five and ten years of age. ***Pediatric Orthopedic Society of North America (POSNA)[Toronto] and World Congress of Surgery [Trinidad], 2012.***
- Coagulation Screening in an Orthopaedic Trauma Unit: An Audit of Practice. ***British Trauma Society: (Oct 2007, Nottingham)***
- Estimation of Joint Angular Displacement by Medical Staff at a District General Hospital. ***British Trauma Society: (Oct 2007, Nottingham)***

- Can Carpal Malalignment Predict Early and Late Instability in Non-operatively Managed Distal Radius Fractures? **British Trauma Society:** (Oct 2007, Nottingham)
- Edinburgh Splints: Are We Achieving A 'Safe Position'? **British Orthopaedic Association:** (Sept 2007, Manchester)
- Patient Information Leaflets in Joint Arthroplasty: Are They Useful? **Welsh Orthopaedic Society:** (May 2007, Aberystwyth)
- Rapidly Destructive Osteoarthritis of Hip. **British Hip Society;** (March 2007, Leeds)
- Habitual Dislocation of Patella Treated by the Galeazzi Procedure: A Follow Up Study of Twelve Knee. **Nepal Orthopaedic Association:** (Dec 2004, Kathmandu)

## Audits

1. Fracture Neck of Femur management in A&E compared to British Association of Accident and Emergency Medicine guidelines: **Outcome:** Recommendations led to development of pain protocol and renewed interest in an already existing 'fast tracking' system for fracture neck of femur patients.
2. Coagulation Screening in an Orthopaedic Trauma Unit: An Audit of Practice: **Outcome:** Recommendations lead to development of protocol based on NICE guidelines and decrease in unnecessary testing, especially obvious in common conditions like fracture neck of femur patients without significant co-morbidity . Re-audit to be carried out in the near future.
3. Edinburgh Splints: Are We Achieving A 'Safe Position'? **Outcome:** This audit lead to increased awareness of the importance of the 'safe position' for proper application of the splint to prevent eventual finger stiffness and compromised hand function following the use of Edinburgh splints for hand injuries. A change of practice was noted amongst junior staff and technicians applying this splint. Re-audit to be carried out in the near future.

## **References:**

### **Ashok K Banskota, MD FACS**

Professor and Chairman of Orthopedic Services

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### **David A Spiegel, MD**

Professor

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34th & Civic Center Blvd

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### **Richard M. Schwend, MD**

Director, Orthopaedic Research Program

Chair, American Academy of Pediatrics, Section on Orthopaedics

President Pediatric Orthopaedic Society North America

Professor Pediatric Orthopaedic Surgery, University of Missouri-Kansas City School of

Medicine and University of Kansas Medical Center

Pediatrics, Children's Mercy Hospital

Kansas City, MO 1983