

# CURRICULUM VITAE

NAME : **Ashok K. Banskota**  
FATHER'S NAME : Narayan P. Banskota (late)  
SPOUSE'S NAME : Padma Banskota  
DATE OF BIRTH : October 27<sup>th</sup> 1948  
NATIONALITY : Nepalese  
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## **Present Position and Business Address**

- Chairman of Orthopaedic services: Hospital and Rehabilitation Centre for Disabled Children (HRDC), Nepal.
- Chairman of Orthopaedic Surgery & Medical Director: B & B Hospital, Kathmandu, Nepal.
- Professor of Orthopaedic Surgery, Kathmandu University (KU) from 1999 to 2014.
- Co-founder and Medical Director, B&B Hospital Pvt. Ltd., Gwarko, Lalitpur, Nepal.
- Chairman, Friends of the Disabled (FOD): The organization responsible for running the Hospital and Rehabilitation Centre for Disabled Children (HRDC).

## **Education:**

School : St. Xavier's School, Kathmandu  
January 1955 through 1964  
Senior Cambridge "O" Level

College : Amrit Science College Kathmandu, Nepal  
January 1965 to February 1966  
Intermediate in Science

Medical School : All India Institute of Medical Sciences, New Delhi  
July 1966 through December 1971  
M.B.B.S

## **Post Graduate Medical Education:**

- July 1972 – June 1973 : Straight Surgical intern, Coney Island Hospital, Brooklyn, New York, USA
- July 1973 – June 1974 : Junior Resident in General Surgery, Maimonides Medical Centre and affiliated hospitals, Brooklyn, New York, USA
- July 1974 – June 1975 : Junior resident in Orthopaedic Surgery, Maimonides Medical Centre and affiliated hospitals, Brooklyn, New York, USA
- July 1975 – 1976 : Senior resident in Orthopaedic Surgery, Maimonides Medical Centre and affiliated hospitals, Brooklyn, New York, USA
- July 1976 – June 1977 : Chief resident in Orthopaedic Surgery, Maimonides Medical Centre and affiliated hospitals, Brooklyn, New York, USA  
The last Six months of this period were spent at Albert Einstein Medical College and affiliated Hospital Bronx, New York, exclusively for Pediatric Orthopedic Surgery
- Special Training : Orthotics and Prosthetics  
New York University Post Graduate Medical School in October 1975.  
  
Orthopaedic Pathology  
John Hopkins Medical School, Baltimore, Maryland, May 1975.

## **Professional Memberships:**

Member of the international advisory board: Indian Journal of Orthopaedics.

The American Board of Orthopaedic Surgery, September 1977.

The Federal State Licensing Boards of USA. The State of New Jersey In 1980.

Fellowship of the American College of Surgeons, October 1982.

Member of the Association of Bone and Joint Surgeons (ABJS) of America, 1985.

Life Member: Indian Association of Physical Medicine and Rehabilitation.

Reviewer for Clinical Orthopaedics and Related Research (CORR) journal.

President, Nepal Orthopaedic Association, (1998-2000)

## **Orations:**

- Society of Surgeons of Nepal (Dr. B. N. Rana Oration): "Conflicting Realities In Trauma Care". Kathmandu, 1998.
- First oration of the Nepal Orthopaedic Association for outstanding contribution to the development of Orthopaedic services in Nepal, 2002
- Nepal Medical Association (Mrigendra Guthi) Oration, 2005.
- Professor B. Mukopadhyaya oration. Kathmandu, 2008.
- Professor AN Srivastava oration (Chatrapati Sahuji Maharaj Medical University, erstwhile King George Medical College) for outstanding contribution to the care of physically challenged children of Nepal. Lucknow, India. 2010.

## **Awards & Honors:**

World of Children Alumni Award – USA 2016

Star Impact Award for Health- Asia Pacific Winner, United kingdom, 2014

The World of Children Health award. New York, 2011. This prestigious award has also been called the “Nobel Prize in Child Advocacy”.

American Himalayan Foundation Award in recognition of work with physically disabled children in Nepal. USA,1997.

Bhupal Man Singh Karki Award for outstanding contribution to development of Orthopaedic services in Nepal through the Hospital & Rehabilitation Center for Disabled Children (HRDC), 2001.

Received on behalf of the Hospital and Rehabilitation Center for Disabled Children (HRDC):

Dr. Balam Joshi Award for outstanding services to the community & nation in Orthopaedic & rehabilitation through the establishment of institutions.

Civilian honors conferred by His late Majesty King Birendra of Nepal:

Gorkha Dakshin Bahu IV

Trishakti Patta IV

Gorkha Dakshin Bahu III

Trishakti Patta III

Civilian honor conferred by His Majesty King Gyanendra, ex-king of Nepal:

Gorkha Dakshin Bahu II

American Himalayan Foundation (AHF) Sterling Partner Award. USA, 2006.

## **WORK EXPERIENCE:**

1. Attending surgeon, Emergency room, Coney Island Hospital, Brooklyn, New York, July 1977 to September 1977.
2. Orthopaedic Surgeon, Shanta Bhawan Hospital, Kathmandu, Nepal from 1978 to February 1983.
3. Honorary visiting Orthopaedic Surgeon, Leprosy Mission Hospital, Anandaban, Nepal, July 1983 to September 1984.
4. Honorary visiting Orthopaedic Surgeon, Sheer Memorial Hospital, Banepa, April 1983 to 1987.
5. Managing Director, Kathmandu Nursing Home, Kathmandu, Nepal, 1987 to 1992.
6. Founding Medical Director, Hospital for Disabled Children (Now HRDC), Jorpati, Kathmandu, September 1985 to 1991.
7. Chief, Medical Rehabilitation, Khagendra New Life Centre, Jorpati, Kathmandu (1985 – 1991).
8. Chief of services: Orthopaedic Surgery and Rehabilitation: Hospital and Rehabilitation Centre for Disabled Children (HRDC) Banepa, Nepal, 1991 to present.
9. Visiting Professor in Orthopaedic Surgery: University of Arizona, Health Science Centre, Tucson, Arizona, USA. December 1986 to February 1987.
10. Chairman and Founding Member, Friends of the Disabled (FOD), Kathmandu, 1992.
11. Member of Review Panel, Clinical Orthopaedics and Related Research (US Publication). 1993 to 2002 and Currently (2013-)
12. Private Practice (exclusively orthopedic surgery), B & B Hospital, Kathmandu. 1997.

## **Publications/ Chapters:**

1. Prosthetic Replacement for Femoral Neck Fractures. Journal of Nepal Medical Association, Vol. 19, No 3, 1981, July September, pages 20-23.
2. Contributed in the publication of the experimental edition of Primary Traumatology, Part 1, Bony Injuries. A GTZ sponsored Kenyam/German Project for District Hospital Surgery, 1982, Editor, Dr. Maurice King.
3. An Experience with Bone Tumors at Shanta Bhawan Hospital. Journal of Nepal Medical Association. 1983. Souvenir of the 11th All Nepal Medical Conference. Vol. 21 No. 1 Pg 88 – 89
4. Radial Club Hand Deformity as a Sequele of Chronic Pyogenic Osteomyelitis. Journal of the Institute of Medicine. Vol. 5, No. 1, March 1983, Pages 93 - 96.
5. Chronic Pyogenic Osteomyelitis: Towards More Effective Treatment. Journal of the Institute of Medicine. Vol. 5, No. 2, September 1983, Pages 179 - 192.
6. Traumatic Laceration of the Radial Nerve Following Supracondylar Fracture of the Elbow: A Case Report. Clinical Orthopaedic and Related Research (USA). No. 184, April 1984, Pages 150-152.
7. Aneurysmal Bone Cyst of the Lumbar Spine with Paraplegia. Orthopaedic Review (USA). Vol. XIII, No. 7, July 1984, Pages 412-415.
8. Management of Soft Tissues Wounds: Some Basic Principles. Journal of the Institute of Medicine. Vol. 6, No. 2, September 1984, Pages 169-172.
9. Pathological Fractures: Diagnosis and Management. Journal of the Institute of Medicine. Vol. 6, No. 1, 1984, Pages 15-22.
10. Unrecognized Distal Femoral Epiphyseal Fracture Separation: A Case Report. Journal of the Institute of Medicine. Vol. 7, No. 2, 1986, Pages 259-276.
11. Gentamicin Beads in the Management of Chronic Pyogenic Osteomyelitis. Journal of the Institute of Medicine. Vol. 8, No. 4, 1986, Pages 259-276.
12. Congenital Pseudarthrosis of the Tibia: Difficulties in Management. Journal of the Institute of Medicine. Vol. 9, No. 3, 1987, Pages 151-163.
13. Pediatric Orthopaedic Rehabilitation in Nepal: A New Enlightening Experience. Journal of the Institute of Medicine. Vol. 10, No. 2, 1988 Pages 93-125.
14. Identifying and Assessing Interventions in Osteomyelitis Using the Measurement Iterative Loop. Journal of the Institute of Medicine. Vol. 10, No. 3, 1988 Pages 191-200.
15. Burn Contractures and Disability. Journal of the Institute of Medicine. Vol. 10, No. 4, 1988 Pages 247-254.

16. Tubercular Spondylitis Revisited. Journal of the Institute of Medicine. Vol. 11, No. 2, 1989, Pages 15-23.
17. Hip Fractures: A Review of Cases in Clinical Practice. Journal of the Institute of Medicine. Vol. 11, No. 2, 1989 Pages 93-106.
18. Nail Patella Syndrome. Skeletal Radiology (USA). Vol. 18, No. 4, 1989, Pages 318-321.
19. Managing Diaphyseal Forearm Fractures. Journal of the Institute of Medicine. Vol. 11, No. 4, 1989, Pages 267-278.
20. Congenital Clubfoot: A Review of Epidemiological Data and Current Concepts in Management. Journal of the Institute of Medicine. Vol. 12, No. 1, 1990 Pages 19 - 29.
21. Congenital Idiopathic Clubfoot: A Review. Proceedings of the Bir Hospital. Vol. 1, Issue No. 1, December 1990, Pages 9-17.
22. Catastrophic Complications in Orthopaedic Practice. Case Reports and Discussion. Published in the Bir Hospital Centenary Journal, 1990.
23. Orthopaedic Management of Paralytic Poliomyelitis. Journal of the Institute of Medicine. Vol. 12, No. 3, 1990 Pages 225-232.
24. Congenital Clubfoot. Part II - An Experience with Soft Tissue Release Procedures. Journal of the Institute of Medicine. Vol. 12, No. 4, 1990.
25. Congenital Pseudarthrosis of Tibia: An Update on HRDC Experience. German - Nepalese Neuro-Sciences, Mental Health and Orthopaedic Conference. February 1991, Souvenir, Pages 53-38.
26. Osteotomy for Ricketic Deformities around the Knee. Journal of the Institute of Medicine. Vol. 13, No. 36, 1991, Pages 119-127
27. Regional Anesthesia in Pediatric Orthopaedic Surgery. Read at the German - Nepalese Conference, February 1991 and subsequently published in Souvenir, Pages 67-70.
28. Physical Disability Care - The Long Term Logistic Difficulties in the Final Outcome. Journal of Nepal Medical Association. Vol. 30 No. 103, Pages 166-170, July - September 1992.
29. Pediatric Rehabilitation: Follow Up Experience of the Hospital for Disabled Children. Journal of Nepal Medical Association. Vol. 31, Pages 112-131, 1993.
30. Clubfoot Part III: Experience with Bony Procedures. Journal of the Institute of Medicine. Vol. 15, No. 2, Issue 44, Pages 201-226.
31. Total Hip Replacement Arthroplasty, the Kathmandu Nursing Home Experience. Journal of Nepal Medical Association, Vol. 31, No. 107, July - September 1993, Pages 280-284.

32. Lumbar Disc Surgery: A Retrospective Study of 150 Cases. Journal of Nepal Medical Association. Vol. 32 No 112, 1994, Pages 219-226.
33. Congenital Idiopathic Clubfoot. HRDC Review of 849 Cases. First International Conference of the Society of Surgeons of Nepal, January 8 - 10th, 1994, Souvenir, Pages 37-42.
34. Volkmann's Ischemic Contracture, Recurring Dilemma of Rehabilitation. Journal of Nepal Medical Association. Vol. 33, No. 113, 1995, Pages 98-104.
35. Chemoprophylaxis in Orthopaedic and reconstructive at HRDC Surgery: Part I- Preliminary Report. Journal of Nepal Medical Association. Vol. 33, No 113, 1995, Pages 71-78.
36. **Banskota A.K.**, Principles of hand salvage. pp 101 Journal of the Institute of Medicine Apr - Sep 1996
37. **Banskota A.K.**, Gurung K. Pediatric orthopaedic rehabilitation: Community approach to comprehensive disability care and follow-up. pp 180 Journal of the Institute of Medicine Oct - Dec 1996.
38. Stabilization of open fractures of tibia: **Banskota A. K.** , Shrestha B. K., Pandey C. R. - Review of experience with case reports. Annual Conference of the Society of Surgeons of Nepal, Pokhara, Nepal. p 35; 1997.
39. Open Injuries in the Upper Extremity: **Banskota A. K.**, Pandey C. R., Shrestha B. K., Rijal S. - Presentation as Case Reports. Annual Conference of the Society of Surgeons of Nepal, Pokhara, Nepal pp 35; 1997.
40. Late presentation of femoral neck fractures in young adults: **Banskota A.K.**, Pandey C.R., Shrestha B. K., Rijal S., and Pradhan I. - IV International Surgical Conference of Society of Surgeons of Nepal, Kathmandu, Nepal. pp 19; 1998.
41. Pandey C., **Banskota A.K.**, Pradhan I., Shrestha P., and Uprety S.: Treatment of Complicated Orthopaedic Cases with Ilizarov Circular External Fixator. pp 40. JSSN March, 1999.
42. Pediatric Orthopaedic Rehabilitation: community Approach to Comprehensive Disability Care and follow- up. Dr. **A.K. Banskota** and Krishna Gurung. (Journal of Institute - Vol. 18 No. 2+3 Issue 54 Apr. - Sept. 1999)
43. Refractory Shoulder Pain Due to Entrapment Neuropathy of the Suprascapular nerve; A Case Report. Banskota B, Bijukachhe B, Limbu H, Shrestha BK, **Banskota AK** (Kathmandu University Medical Journal – Vol. 2. No.4, Issue 8, Oct-Dec. 2004)
44. Tibial Plateau Fractures, B&B Hospital experience. Shrestha BK, Bijukachhe B, Rajbhandary T, Uprety S, **Banskota AK**. KUMJ Vol.2, No. 1, Issue 9, 2004



45. The Spectrum and challenges of spinal disorders presenting to a pediatric orthopaedic hospital and rehabilitation center, **Ashok Kumar Banskota**, J Neuroscience 1: 26-31, 2004
46. Radial Club Hand Deformity – The Continuing Challenges and Controversies from the Hospital and Rehabilitation Centre for Disabled Children. **Banskota AK**, Bijukachhe B, Rajbhandary T, Pradhan I, Singh A. KUMJ, Vol. 3. No. 1, Issue 9, 2005.
47. Surgical Interventions in chronic osteomyelitis, HRDC, Banepa, Kavre .B. K. Shrestha, Tarun Rajbhandary, Ravi Thapalia, **A. K. Banskota**. KUMJ Vol. 3, No. 1, Issue 9, 2005.
48. Results of simultaneous open reduction and Salter innominate osteotomy for developmental dysplasia of the hip - **Banskota AK**, Paudel B, Pradhan I, Bijukachhe B, Vaidya R, Rajbhandary T (Kathmandu University Medical Journal – Vol. 3. No.1, Issue 9, Jan-Mar. 2005)
49. Two faces of major lower limb amputations- **Banskota AK**, Paudel B, Shrestha BK (Kathmandu University Medical Journal (2005) Vol. 3, No. 3, Issue 11).
50. Tuberculosis of the Musculoskeletal System, David Spiegel, Girish K. Singh, and **Ashok K. Banskota**. Techniques In Orthopaedics, June 2005, Volume 20, Number 2).
51. Results of simultaneous open reduction and Salter innominate osteotomy for developmental dysplasia of the hip, **Ashok Kumar Banskota** et al, Kathmandu University Medical Journal 9 2005) Vol. 3, No. 1 Issue9, 6-10
52. Open Reduction for Neglected Traumatic Hip Dislocation in Children and Adolescents- **Ashok Kumar Banskota**, David Andrew Spiegel, Sikshya Shrestha, Om Prasad Shrestha. J Pediatric Orthop. Volume 27, Number 2, March 2007.
53. Sequelae of Septic Arthritis of The Hip. David A. Spiegel MD, J. Norgrove Penny MD, **Ashok K. Banskota MD, FACS**, Om P. Shrestha MS. [http://www.global-help.org/publications/books/help\\_hipsepticarthritis.pdf](http://www.global-help.org/publications/books/help_hipsepticarthritis.pdf).
54. Ponseti Method for Untreated Idiopathic Clubfeet in Nepalese Patients From 1 to 6 Years of Age. David A. Spiegel MD, Om P. Shrestha MS, Prakash Sitoula MS, Tarun Rajbhandary MS, Binod Bijukachhe MS, **Ashok K. Banskota MD, FACS**. Clin. Orthop. & Related Research, 2008.
55. Musculoskeletal training for Orthopaedists and Nonorthopaedists: Experiences in Nepal. **Ashok K Banskota MD, FACS**. Clin. Orthop. Rel. Research, 2008.
56. Hip Arthrodesis in Children: A review of 28 patients. **Banskota AK**, Shrestha SP, Banskota B, Bijukacche B, Rajbhandari T. Indian J Orthop. 2009 Oct; 43(4):383-8.
57. Charcots Neuroarthropathy of the Foot and Ankle. B. Banskota, B. Bijukachhe, B. K. Shrestha, **A. K. Banskota**. Nepal Journal of Orthopaedics. 2009.

58. Challenges of an Orthopaedic Surgeon in Nepal: first oration of Nepal Orthopaedic Association. Nepal Journal of Orthopaedics. **Ashok Kumar Banskota**, 2009.
59. Neuroarthropathy of the hip following spinal cord injury. Banskota Bibek, Bijukachhe Binod, Shrestha Babu Kazi, **Banskota Ashok K.** Indian Journal of Orthopaedics, 2010.
60. Epidemiology of surgical admissions to a children's disability hospital in Nepal. Spiegel DA, Shrestha OP, Rajbhandri T, Bijukachhe B, Sitoula P, Bankota B, **Banskota A.** World Journal of Surgery May 2010.
61. Managing the injury burden in Nepal.
62. 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)
63. 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.
64. 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.
65. 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.
66. 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.
67. 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).
68. 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).
69. 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

70. Patterns of Orthopaedic Injuries among Motorbike Accident Admissions Presenting to a Trauma Centre in Kathmandu Valley. Banskota B, Shrestha S, Chaudhary RK, Rajbhandari T, Shrestha BK, **Banskota AK**. J Nepal Health Res Counc 2016 Jan-Apr;14(32):51-57
71. Pediatric Trauma Care in Austere Environment. **Askok k. Banskota**. Springer International Publishing Switzerland 2016. J.D. Robinson (ed.), Orthopaedic Trauma in Austere environment: A Practical Guide to care in the Humanitarian Setting, DOI 10.1007/978-3-319-29122-2-30 (Author Chapter No. 30)
72. Subclavian Artery Pseudoaneurysm as A Complication of Clavicle Fracture, Managed conservatively Bibek Banskota, Rabindra B Timala ,Uttam K Shrestha, **Ashok K Banskota**. BBMed, BBMed, 2017 Jan-Jun;1:35-7.
73. Addressing Bone Defects in Forearm Osteomyelitis: A Case Series. Bibek Banskota, Tarun Rajbhandari, Om P Shrestha, Ishor Pradhan, **Ashok K Banskota**. 2017 Jul-Dec;1:140-7.
74. 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.
75. Caffey's Disease: A Diagnostic Dilemma, Rajesh K Chaudhary, Bibek Banskota, Ram K Barakoti, **Ashok K Banskota**. , BBMed, 2017 Jan-Jun;1:47-51.
76. Nepal Earthquake: A long way for the dust to settle! The Emergency Surveillance and Response (ESAR) Initiative. Bibek Banskota, **Ashok K Banskota**, Jagdish L Baidya, Bikash M Singh; Krishna P Bhattarai. BBMed, 2017 Jan-Jun;1:79-90.
77. Osteoid Osteoma of Spine: An Unusual Cause of Back Pain. Ram K Barakoti, Rajesh K Chaudhary, Babu K Shrestha, **Ashok K Banskota**. BBMed, 2017 Jan-Jun;1:157-61.