

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.

Co-founder: AKB Education Foundation (AKBEF)

Deputy Director: AKBEF Clinical Fellowship Program

Faculty: NBMS Program (Orthopedic Residency)

Member: Royal College of Surgeons of Edinburgh, UK

Member: General Medical Council, UK

Member: B&B Hospital Institutional Review Committee

Member: Miraclefeet Medical Advisory Board, USA

Member: Advisory council for Institute for Global Orthopedics
and Traumatology (IGOT), SF, USA

General Secretary: Nepal Orthopedic Association Pelvi-acetabular
Subcommittee (NOA-PAS)

Vice President: Nepal Orthopedic Association Arthroplasty Subcommittee

Phone: +977-1-5531933
Fax: +977-1-5528526
e-mail: bibekbanskota@gmail.com

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 Rehabilitation Center for Disabled Children (HRDC), Nepal
Consultant Orthopedic Surgeon, B&B Hospital, Nepal
Co-founder, AKB Education Foundation

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 Nepal	Masters in Orthopedic Surgery, Kathmandu University,
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 Hospital and Rehabilitation Centre for Disabled Children, Nepal
Oct 2003 – May 2004	House Officer, Trauma and Orthopaedics B&B Hospital, Nepal
Oct 2002 – Oct 2003	House Officer, General Surgery & Urology B&B 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

Courses

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 Orthopedics Courses:

2017,2022	AO pelvic fracture fixation course. Nepal
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, USA
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:

2022	Ethics and Good Clinical Practice, NBMS, Nepal
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
2. Nepal Medical Council (NMC No.3457)
3. Nepal Orthopaedic Association (NOA No.180)
4. Nepal Medical Association (NMA No.4820)
5. General Medical Council. United Kingdom (No. 6067490)
6. NOA Arthroplasty Subcommittee, Life Member
7. NOA Pelvi-acetabular Subcommittee, Life Member

Journal Reviewer

1. Biomed Central (BMC) journal (24 reviews, **Excellent peer-reviewer** award, Aug 2022)
2. Indian journal of orthopedics (2 reviews)
3. Journal of Nepal Health Research Center (JNHRC) (2 reviews)
4. Lancet Global (1 review)
5. Disability and Rehabilitation (2 reviews)

Publications

1. Barnawal SP, **Banskota B**, Pandey NR, Rijal S, Rajbhandari T, Regmi S, et al. High Dependency Unit Admissions among Patients with Lower Extremity Long Bone Fracture Visiting the Department of Orthopaedics in a Tertiary Care Centre. J Nepal Med Assoc [Internet]. 2024 Feb 24;62(270):121–4. Available from: <https://www.jnma.com.np/jnma/index.php/jnma/article/view/8430>
2. Rajbhandary TK, Regmi S, Gurung YP, **Banskota B**, Barnawal SP, Banskota AK. Complete Correction following Temporary Hemiepiphysiodesis using 2-hole Reconstruction Plates among Skeletally Immature Patients with Angular Deformities around Knees: A Descriptive Cross-sectional Study. J Nepal Med Assoc [Internet]. 2024 Feb 29;62(271):184–7. Available from: <https://jnma.com.np/jnma/index.php/jnma/article/view/8494>
3. **Banskota B**, Rajbhandari A, Aryal R, Banskota AK. Original Article Total Hip Arthroplasty in Patients Under 50 Years of Age : A Demo- graphic and Treatment Outcome Study at Five Years Follow-Up. Nepal Orthop Assoc J. 2023;9(2):15–8.
4. Awale, A. ., **Banskota, B. .**, Yadav, P. ., Shakya, G. ., & Kumar Banskota, A. . (2023). Cerebral Palsy among Children Visiting the Outpatient Department of Pediatric Orthopaedics in a Tertiary Care Centre. *Journal of Nepal Medical Association*, 61(264), 626–629. <https://doi.org/10.31729/jnma.8232>
5. Chaudhary RK, Regmi S, Shah N, **Banskota B**, Barakoti RK, Banskota AK. Hip-Spine Discordance in Bone Mineral Densities in Patients Undergoing Dual Energy X-Ray Absorptiometry Scan in a Tertiary Care Centre: A Descriptive Cross-sectional Study. J Nepal Med Assoc. 2023;61(262):502–5.
6. Rajbhandari R, Shah JP, Pradhan A, Dangol R, Dangol U, Manandhar A, et al. Incidence of new onset arrhythmia after non cardiac surgery. J Adv Intern Med. 2023;12(1):5–7
7. Ishor Pradhan, Subhash Regmi, Mohan Chandra Joshi, Rajesh Kumar Chaudhary, **Bibek Banskota**, Amit Joshi. Mean Length of Stay of Orthopedic Trauma Patients Admitted in the Intensive Care Unit of a Tertiary Care Hospital: A Descriptive Cross-sectional Study. NOAJ 2023. Vol.1 Issue 1. Nepal Orthopedic Association Journal <https://doi.org/10.59173/noaj.20230901c>
8. Rajesh Kumar Chaudhary, Subhash Regmi, Niraj Shah, **Bibek Banskota**, Ram Krishna Barakoti, Ashok Kumar Banskota. Hip-Spine Discordance in Bone Mineral Densities in Patients Undergoing Dual Energy X-Ray Absorptiometry Scan in a Tertiary Care Centre: A Descriptive Cross-sectional Study. J Nepal Med Assoc 2023;61(262):502-5
9. Factors Predictive of Tenotomy After Ponseti Casting for Idiopathic Clubfoot: A Tertiary Care Center Study. Sandeep Sharma, MS, **Bibek Banskota, MRCS, MS**, Prakash Yadav, MPH, Tarun Rajbhandari, MS, Rajan Bhusal, BPH, and Ashok Kumar Banskota, MD, FACS. *Journal of pediatric orthopedic* volume 43, number 3, march 2023.

10. Utility of intraoperative neuromonitoring (IONM) in tertiary care center – our experience: Suman K Basel, MBBS, MS; Rajesh K Chaudhary, MBBS, MS; Ram K Barakoti^{1,2}, MBBS, MS; Babu K Shrestha, MBBS, MS; Deepak Kaucha, MBBS, MS; **Bibek Banskota, MRCS, MS**; Ishor Pradhan MBBS, MS; Prabin Shrestha, MBBS, MS. BBMed, Vol 5, No 1, JAN-DEC, 2022
11. Mean Tip Apex Distance in Patients undergoing Dynamic Hip Screw Fixation for Pertrochanteric Fractures without using Traction Table: A Descriptive Cross-sectional Study, Subhash Regmi, Rajesh Kumar Chaudhary, Ishor Pradhan, **Bibek Banskota**, Amit Joshi. JNMA, VOL 60, ISSUE 256, DECEMBER 2022
12. Hip Arthrodesis in Children: A review of 26 cases with an average of 20 years' follow up. **B Banskota**, P Yadav, A Rajbhandari, R Aryal, AK Banskota. Bone Joint J 2022;104-B(9):1089–1094. **(Best publication award, ORTHOCON 2023)**.
13. Host perspectives of high-income country orthopedic resident rotations in low and middle-income countries. H Roberts, N Cross, M Urva, B Haonga, P Woolley, **B Banskota**, S Morshed, D Shearer, and S Sabharwal. . J Bone Joint Surg Am 2022 Sep 21;104(18):1667-1674.
14. Physiotherapists and Paramedics Led Decentralized Ponseti Services: An Effective Model for Low-resource Environments? **Bibek Banskota**, MRCS, MS; Prakash Yadav, BPH, MPH; Shyam Maharjan, Rajan Bhusal, BPH, MBS; Ashok K Banskota, MD, FACS. BBMed 2021,1:24-32
15. Myopericytoma: A rare soft tissue neoplasm. S Jaiswal, **B Banskota**, AK Banskota. BBMed Vol.4, No.1, Jan-Dec 2020.
16. Congenital elevation of the scapula associated with a dislocated glenohumeral joint. **Bibek Banskota**. BBMed Vol.4, No.1, Jan-Dec 2020.
17. Disability orientation outcomes in three districts of Nepal: An interventional study. **Bibek Banskota**, Prakash Yadav, Nitra Deuja, Krishna Bhattarai, Ashok K Banskota. BBMed Vol.4, No.1, Jan-Dec 2020.
18. 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)
19. 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)
20. 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
21. 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)

22. 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
23. 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.
24. 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.
25. 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.
26. 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.
27. Scapulothoracic Dissociation-a Life Threatening Injury. Manoj P Kushwaha, **Bibek Banskota**, Tarun Rajbhandari, Saroj Rijal, Ashok K Banskota. BBMed 2018,2:120-124.
28. 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.
29. 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.
30. 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.
31. 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.
32. 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.

33. Chronic Osteomyelitis of Long Bones in Children: Overview and Challenges in Management. **Bibek Banskota**, BBMed, 2017 Jan-Jun;1:1-17
34. 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.
35. 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.
36. Caffey's Disease: A Diagnostic Dilemma, Rajesh K Chaudhary, **Bibek Banskota**, Ram K Barakoti, Ashok K Banskota. , BBMed, 2017 Jan-Jun;1:47-51.
37. A snapshot of 1001 children presenting with cerebral palsy to a children's disability hospital. **B Banskota**, S Shrestha, T Rajbhandari, A K Banskota , D Spiegel. Journal of Nepal Health Research Center (NHRC), 2015 Jan - Apr;13(29):31-7.
38. 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.
39. 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.
40. Patterns of Orthopaedic Injuries among Motorbike Accident Admissions Presenting to a Tertiary Care Hospital in Kathmandu. **B Banskota**, S Shrestha, R K Chaudhary, T Rajbhandari, S Rijal, B K Shrestha, A K Banskota. J Nepal Health Res Council (JNHRC) 2016 Jan;14(32):51-7.
41. 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.
42. 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.
43. 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.
44. Charcoat'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.
45. 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

46. 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)
47. 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.
48. 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
49. 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)
50. 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. David Spiegel, **Bibek Banskota**, Hugh Watts. 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).

Salvaging a post-infective hip presenting with acute varus deformity and secondary hip dysplasia. **Best Poster Award, ORTHOCON 2022.**

Current Research & Ongoing Projects:

1. A comparison between standard versus accelerated Ponseti technique in the treatment of idiopathic clubfeet in children: A randomized control study.
2. Ponseti technique in 5 to 10 year olds, a long-term follow up study.
3. Decentralization of clubfoot services: A viable model for low resource environments?
4. Economic impact of disability in children: A prospective case-control study.
5. 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 Faculty: Research for clinicians, AKB Education Foundation

Organizing Faculty: Pelvis-Acetabular Cadaveric Workshop, BPKIHS, Dharan, Nepal

Organizing Member: Inaugural symposium of the Nepal Orthopedic Association Pelviacetabular Subcommittee, Malla Hotel, Kathmandu, 2022

Organizing Member: Traumacon 2022, Kathmandu, Nepal

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

Organizing Secretary: 1st Cerebral Palsy Conference in Nepal (CPiN), 2013

Organizing Member: International Symposium on Pediatric Orthopedics (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 25th 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:

- Nepal Orthopedic Association ORTHOCON (Pediatric Orthopedics) 2016, 2017, 2018, 2019, 2022.
- Nepal Orthopedic Association ORTHOCON (Pelvis-Acetabular Surgery, Arthroplasty) 2021,2022.
- International Symposium on Pediatric Orthopedics & Trauma (ISPOT), 2011
- 1st 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
- AO Pediatric Orthopedic Course, Nepal Medical College, 2017
- 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
- Nepal Orthopedic Association Annual Meetings (ORTHOCON), Peds Ortho sessions
- Nepal Orthopedic Association Pelvis Acetabulum Subcommittee Inaugural CME, 2022

Invited Faculty/ Speaker:

- Rural Orthopedics in Nepal. American Himalayan Foundation (AHF), San Francisco, 2016 & 2022
- Addressing musculoskeletal disability in socioeconomically deprived children in Nepal. UNICEF all staff meeting (webinar), Kathmandu, 2016 & 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
- 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 Knees. **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

B&B Hospital and Hospital and Rehabilitation Center for Disabled Children (HRDC)

Medical Director, B&B Hospital

P.O. Box: 2481

Fax: +977-1-5528526

Gwarko, Kathmandu, Nepal

ashokbanskota@gmail.com

admin@bbhospital.com.np

David A Spiegel, MD

Professor

Division of Orthopaedic Surgery

Children's Hospital of Philadelphia

2nd Floor Wood Building,

34th & Civic Center Blvd

Philadelphia, PA 19104

Office: 215-590-1527

Fax: 215-590-1501

Email: spiegel@email.chop.edu

Richard M. Schwend, MD

Director, Orthopaedic Research Program

Chair, American Academy of Pediatrics, Section on Orthopaedics

Past 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