

Serina Ruth Salins, DA, DNB (Anaesthesia)

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Current Position

Associate Professor,

Department of Anaesthesia,
Christian Medical College(CMC),
Vellore,
India.

Area of interest-Regional Anaesthesia and Pain Medicine.

CMC, Vellore is a premier, medical, educational and research institution in our country, teaching and training under-graduates and post-graduates, over the past 118 years. It is a tertiary level, 3500-bedded hospital, with an additional, upcoming 750-bedded super speciality and trauma centre. The Department of Anaesthesia, is divided into five units (I-V), including all specialities and super-specialities, fully equipped, providing its services to 150-180 cases per day in 40 operation theatres. Unit-I, covers General Surgery and Unit-II, covers the Orthopaedic Surgery. I predominantly, function in these units. Therefore, I get to utilise the exposure, in my area of interest, independently perform and teach trainees, on an average 20-25 different blocks per week, with and without catheters, ultrasound and peripheral nerve stimulation guided, including, upper limb, lower limb, head, neck, chest wall, abdominal and neuroaxial blocks, both in the adult and paediatric groups, while maintaining a personal logbook of the same. Several of my research, both audits and original work, are based in this area. I am involved in Quality Improvement, oversee the Acute Pain Services

and consulted for Chronic Pain procedures as well. I am one of the programme coordinators in the formulation of the Regional Anaesthesia & Pain Medicine Fellowship. I regularly present my work at National and International conferences.

Education

Course particulars	Degree	College/University	Year of passing
Postgraduate training- 1996-1997	Diplomate of National Board Anaesthesia (DNB)	Christian Medical College, Ludhiana, India	2007
Postgraduate training- 1995- 1996	Diploma in Anaesthesia (DA)	Christian Medical College, Ludhiana, India	1997
Undergraduate training-1987-1992	MBBS	Dr.B.R.Ambedkar Medical College Hospital, Bangalore (Karnataka), India	1993

Professional and Academic Appointments

Designation	Location	Year
Associate Professor	Department of Anaesthesia, Christian Medical College, Vellore, Tamil Nadu, India.	April 2016- till date
Volunteer Consultant Anaesthetist	Aberdeen Women's Centre, Freetown, Sierra Leone, West Africa	15th to 28th March, 2014

Clinical Observer Anaesthetics	Department of Anaesthesia, Freeman and RVI Hospitals, Newcastle upon Tyne, UK.	September 2013 – June 2014 (On study leave from CMC)
Assistant Professor	Department of Anaesthesia, Christian Medical College, Vellore.	August 2009 to August 2016
Research Officer	Department of Anaesthesia, Christian Medical College, Vellore	August 2008-2009
Consultant Anaesthetist	Sri Narayani Hospital and Research Centre, Vellore, Tamil Nadu, India.	February 2007 to August 2008
Tutor of Anaesthesia	Department of Anaesthesia, Christian Medical College Vellore.	May 2005 to April 2006
Senior Registrar, Department of Anaesthesia	Lyell McEwin Health Services, Elizabeth Vale, Adelaide, South Australia.	February 2002 to January 2005
Tutor of Anaesthesia	Department of RUHSA and Anaesthesia, Christian Medical College, Vellore.	August 2000 to November 2001
Tutor of Anaesthesia	Department of Anaesthesia, Christian Medical College, Vellore.	July 1998 to October 1998
Resident Registrar Diplomate of National Board Examination	Christian Medical College, Ludhiana, Punjab, India.	January 1997 to December 1997
Resident Registrar Diploma Anaesthesia	Christian Medical College, Ludhiana, Punjab, India.	January 1995 to December 1996
Resident Medical Officer	Crawford Memorial Hospital, Vikarabad, India.	May 1994 to December 1994

Resident Medical Officer	Good News Society Hospital, Bidar (Karnataka), India.	November 1993 to April 1994
Compulsory Rotatory Internship	Dr.B.R.Ambedkar Medical College Hospital, Bangalore, India.	November 1992 to October 1993

Memberships and Licensure

Association	Particulars
Indian College of Anaesthesiologist (ICA)	Life member
Indian Society of Anaesthesiologist (ISA)	Life member
Research Society of Anaesthesiology Clinical Pharmacology (RSACP)	Life member
Association of Regional Anaesthesia(AORA)	Life member
European Society of Regional Anaesthesia (ESRA)	From 2014 till date
International Association for the Study of Pain (IASP)	From 2017 till date
American Society of Regional Anaesthesia and Pain Medicine (ASRA)	From 2017 till date

Conferences / Workshops (Continuing Professional Development)

Conferences :Presented

1. Faculty talk on-Perioperative Surgical Home-Role of Regional Anaesthesia, at the 8th National Conference of Academy of Regional Anaesthesia of India(AORA), Thiruvananthapuram,India,2018.
2. Comparing the effectiveness of Erector Spinae Plane Block using intermittent boluses versus continuous infusion-A Pilot Study.E-Poster presentation at the ASRA World Congress on Regional Anaesthesia and Pain Medicine,

- New York,USA,2018.
3. Scientific Chairperson CME and Cadaveric Workshop Regional Anaesthesia Updates,CMC,Vellore,India,2018.
 4. An audit of acute pain management services in a tertiary and secondary care hospital in South India.E-poster presentation at the 7th National Conference of the Academy of Regional Anaesthesia of India(AORA); Indore,India; 2017.
 5. Utility of the Lean Six Sigma methodology in improving the functioning of a Daycare Unit.E-Poster; 34th European Society of Regional Anaesthesia & Pain Medicine Congress; Ljubljana, Slovenia; 2015.
 6. Fascia Iliaca Compartment Nerve Block (FICNB) pain relief for fracture femur in children-safety and efficacy. Poster presentation at the 2nd National Conference of the Academy of Regional Anaesthesia (AORA); Coimbatore, India; 2012.
 7. Extension of brachial plexus block with 1.5% lignocaine and adrenaline, a comparison with 1.5% lignocaine, adrenaline and buprenorphine. Poster presentation at the 23rd Annual National Conference of Indian Society for Study of Pain; Vellore, India; 2008.

Conferences :Attended

1. 8th National Conference of Academy of Regional Anaesthesia of India(AORA); Thiruvananthapuram,India,2018.
2. ASRA World Congress on Regional Anaesthesia and Pain Medicine, New York,USA, 2018.
3. 7th National Conference of Academy of Regional Anaesthesia of India(AORA); Indore,India; 2017.
4. 6th National Conference of Academy of Regional Anaesthesia of India(AORA); Hyderabad,India;2016.
5. 30th Annual National Pain Congress of Indian Society of Study of Pain; Chennai, India; 2015.

6. National Conference of the Research Society Anaesthesiology Clinical Pharmacology(RSACP); Bangalore, India; 2010.
7. 23rd Annual National Conference of the Indian Society for Study of Pain; Vellore, India; 2008.
8. South Zone Conference of Indian Society of Anaesthesiologist; Pondicherry; India; 2006.
9. National Conference of Australia New Zealand College of Anaesthesiology; Adelaide, South Australia; 2004.
10. 2nd National Conference of Indian Society of Neuroanaesthesiology and Critical Care; Vellore, India; 2001.
11. National Conference of the Indian Society of Anaesthesiology; New Delhi, India; 1997.

Continuing Professional Development: Workshops attended

1. Workshop-Interventional Cancer Pain Management-Fluroscopy and ultrasound Musculoskeletal chronic pain management-Ultrasound guided New Blocks: Retrolaminar, Erector Spinae, iPack, Costoclavicular, Retroclavicular Brachial Plexus blocks,TAP ,Quadratus Lumborum at the ASRA World Congress on Regional Anaesthesia and Pain Medicine, New York,USA,2018.
2. Workshop-Upper limb blocks, above and below the claivlcle,lower limb,lumbar plexus,parasacral and ultrasound guided neuroaxial blocks at the 7th National Conference of the Academy of Regional Anaesthesia of India(AORA); Indore, India; 2017.
3. Update in Labor Analgesia CME & Workshop;CMC,Vellore,India,2017.
4. Advanced Airway Management CME;Kochi,India,2017.
5. IASP-ISSP Multidisciplinary Evidence-Based Pain Management Programme,Jaslok Hospital and Research Centre,Mumbai,2017.

6. CME on Bronchial Asthma; Christian Medical College, Vellore, India,2017.
7. AHA accredited BLS and ACLS course,Vellore,2017.
8. CME on the diagnosis and management of Depression; Christian Medical College, Vellore, India; 2017.
9. Transesophageal echocardiography and its practical applications; Christian Medical College; Vellore, India; 2017.
10. Workshop-Advanced Nerve Blocks including Ophthalmic,Head and Neck,cervical plexus,shoulder,chest wall,QL at the 6th National Conference of Academy of Regional Anaesthesia of India; Hyderabad,India; 2016.
11. CME on Regional Anaesthesia;Chennai,India,2016.
12. Fluroscopic guided pain interventions on cadavers; Indian Society of Study of Pain; Chennai, India; 2015.
13. Workshop-Hands-on cadever,all blocks you need to know in one go,neuroaxial blocks at the 34th European Society of Regional Anaesthesia & Pain Medicine Congress; Ljubljana, Slovenia; 2015.
14. Thoracic Anaesthesia; Christian Medical College; Vellore, India; 2015.
15. Ethics, Research and Good Clinical Practice Guidelines, Christian Medical College; Vellore, India; 2015.
16. Ultrasound Guided Regional Anaesthesia; Oman- New York Society of Regional Anaesthesia International Symposium; Sultan Qaboos University Hospital; Muscat, Oman; 2014.
17. The James Cook Regional Anaesthesia Course, Durham University; Stockton-on-Tees, UK; 2014.
18. Transesophageal echocardiography and its practical applications; Christian Medical College; Vellore, India; 2014.
19. Clinical Trials Course: Design, Analyses, Interpretation and Reporting; Christian Medical College; Vellore, India; 2012.
20. 4th Advanced Regional Anaesthesia and Ultrasound Workshop, Axon Anaesthesia Associates; Hyderabad, India; 2009.
21. AHA, Paediatric Advanced Life Support (PALS),Provider and Instructor Course;

Sri Narayani Hospital and Research Centre, Vellore, India; 2007.

22. AHA, Paediatric Advanced Life Support (PALS), Provider and Instructor Course; Sri Narayani Hospital and Research Centre, Vellore, India; 2008.

23. Regional Anaesthesia and Pain Medicine; Research Society Anaesthesiology Clinical Pharmacology, Christian Medical College; Vellore, India; 2005.

Publications

1. Salins SR, Kumar PP, Stephen E, Selvaraj D. Anaesthetic management in the excision of large carotid body tumours: Surgeons perspectives. Int J Med Res Rev [Internet]. 2016 Aug 30 [cited 2017 Jul 6];4(08).
Available from: <http://medresearch.in/index.php/IJMRR/article/view/918>
2. Sundaram SC, Salins SR, Kumar AN, Korula G. Intra-Operative Fluid Management in Adult Neurosurgical Patients Undergoing Intracranial Tumour Surgery: Randomized Control Trial Comparing Pulse Pressure Variance (PPV) and Central Venous Pressure (CVP). Journal of clinical and diagnostic research: JCDR. 2016 May;10(5):UC01. [cited 2017 Jul 5]. Available from:
http://jcdr.net/article_fulltext.asp?issn=0973709x&year=2016&volume=10&issue=5&page=UC01&issn=0973-709x&id=7850
3. Raganath R, Salins SR, Sen I, Stephen E. Inguinal hernia repair under local Anaesthesia -a lost art. Indian Journal Of Applied Research (IJAR). February_2016_1454142044__07.pdf [Internet]. [cited 2017 Jul 6].
Available from: [https://www.worldwidejournals.com/indian-journal-of-applied-research-\(IJAR\)/file.php?val=february_2016_1454142044__07.pdf](https://www.worldwidejournals.com/indian-journal-of-applied-research-(IJAR)/file.php?val=february_2016_1454142044__07.pdf)
4. Salins SR, Thomas S, Thampi SM, Gladly George G. The danger of near-expiry blood.; E-Letter. Published 20 July 2015; British Journal of Anaesthesia. Accessible at http://bjao.oxfordjournals.org/forum/topic/brjana_e1%3B12843
5. Salins SR. Paediatric orthopaedics anaesthesia for surgeons. Paediatric Orthopaedics and Related Sciences. 2017 Jan 1;3(1):3.

6. Salins SR. Magnesium and the Anaesthetist- A magnetic relationship.
CMC Alumni Journal; Vol 45,July, 2012:50-55.
7. Salins SR, Pothapragada KC, Korula G. Difficult oral intubation in Acromegalic patients-A way out. Journal of Neurosurgical Anesthesiology, 2011, Jan. 23(1): 52.
doi:10.1097/ANA.0b013e3181f091b1.
8. Salins SR, Korula M, Nandhakumar A. Accidental Intrathecal Morphine Overdose. InThe Indian Anaesthetists' Forum 2009 Jul 3.
(<http://www.theiaforum.org>) Online ISSN 0973-0311 July 2009)
9. Stephen E, Nayak S, Salins SR. Thyroidectomy under local anaesthesia in India. Tropical doctor. 2008 Jan;38(1):20-1. doi: 10.1258/td.2006.006255.
PMID: 18302856.
10. Salins SR, Abraham V, Kaur B, Abraham J. Extension of Brachial Plexus Block with 1.5% Lignocaine, Adrenaline and Buprenorphine: A Comparison with 1.5% Lignocaine and Adrenaline. Journal of Anaesthesiology Clinical pharmacology. 2000;16(1):47-52.
11. Salins SR, Wilkinson P. "Utility Of Lean™ Thinking And Sigma™ Kaizen Model In Day Case Pain Management Services". British Journal of Pain- Manuscript ID- BJP-17-0059IJHCQA-03-2017-0050.R1.Submitted-awaiting acceptance-2018.

Book Chapter Contribution

1. Preoperative Cardiopulmonary Exercise Testing. Chris Snowden, Serina Salins; Perioperative Medicine for the Junior Clinician, First Edition. Edited by Joel Symons, Paul Myles, Rishi Mehra and Christine Ball. © 2015 John Wiley & Sons, Ltd. Published 2015 by John Wiley & Sons, Ltd. Companion Website:
www.wiley.com/go/symons

Student research and graduate thesis : guide / co-investigator

1. 2017-Anthropometry and sonoanatomy of the sciatic nerve-Could there be a correlation?

2. 2016-Effectiveness of Valsalva Manoeuvre on intensity of pain and anxiety of patients undergoing peripheral intravenous cannulation-A randomised controlled trial.
3. 2016-Usefulness of two level PECS-2 block in providing opioid-free analgesia for intra and post-operative cancer-related breast surgery-A randomised controlled trial.
4. 2015-An audit of acute pain management services in a tertiary and secondary care hospital in South India.
5. 2015-Infraclavicular approach to brachial plexus block – does adding dexamethasone improve the efficacy of the block?
6. 2014-Perioperative serum lactate levels: are they predictive of postoperative outcome and increased morbidity and mortality in adult patients undergoing open heart under cardiopulmonary bypass.
7. 2013-Anaesthetic management of Larsens syndrome.
8. 2012-Sundaram SC, Salins SR, Kumar AN, Korula G. Intra-Operative Fluid Management in Adult Neurosurgical Patients Undergoing Intracranial Tumour Surgery: Randomized Control Trial Comparing Pulse Pressure Variance (PPV) and Central Venous Pressure (CVP).
9. 2012-A prospective, randomized, double-blind, double dummy, two-treatment, two-period, cross over, multi-center study evaluating the efficacy and safety of Oral Trans-mucosal Fentanyl Citrate 200 µg versus Tramadol Hydrochloride injection 50 mg/ ml in managing pain during dressing changes in adult burn patients.
10. 2011-Anaesthetic management of carotid body tumours.
11. 2010-Fascia Iliaca Compartment Nerve Block (FICNB) pain relief for fracture femur in children-safety and efficacy.

Other appointments

1. Trustee, Board Member; VELEMEGNA, Good News Society Hospital, Bidar, India.
2. Senatus Member, Christian Medical College; Vellore, India.

Personal Information

Gender : Female

Date of Birth : August 31st, 1968

Marital Status : Husband-Dr.Edwin Stephen,
(DOB-14.10.1968)
Professor & Head,Vascular Surgery,
CMC,Vellore,India.

Children : Daughter-Tanya Rachel Stephen,
(DOB-04.05.1999)
Student-A-Level,Strathallan School,Perth,Scotland.
: Son-Chris Anselm Stephen (DOB-10.01.2003)
Student-Standard-11,Shrishti School,Vellore,India.

Referees

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