

CURRICULUM VITAE

Name : Dr. Arun Bhikedeo Bal
Date of Birth : 1st April 1951
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Passport Number

Educational Qualifications:

Master of Surgery, (MS), University of Mumbai in 1977

Ph.D. in Political Science, University of Mumbai 2005 on Healthcare as a Human Right

Work Experience:

Hospital Position Held:

Consultant Diabetic Foot Surgeon, S. L. Raheja Hospital (A Fortis Associate now),
November 1986 till date

Achievements:

Working as a Surgeon in Raheja Hospital from 1986 and exclusively doing work related to prevention, treatment and management of complications of problems related to Diabetic Foot. Over the last 17 years I have successfully developed the strategies to manage various problems related to Diabetic Foot with the aim preventing the foot ulcer and salvaging the foot in infected cases. This includes successful development of locally manufactured and cost effective special footwear, development of surgical techniques in diabetic foot, conservative management of Charcot`s foot.

Mainly responsible for local development of measuring equipment like Semmes Weinstein, Monofilament, Sensitometers for Vibration Perception and Heat and Cold Threshold measurement and toe pressure measurement to evaluate diabetic neuropathy and vascular status with active industry interaction. The department of Diabetic Foot Surgery in this hospital is the most comprehensive in India. Heading the multi-specialty team consisting of Surgeons, Orthopedic, Plastic and Vascular Surgeons / Specialist, Anesthetists Wound Care Nurses. We have been able to achieve foot salvage rate of 93% in high risk / infected

diabetic foot this institute over thousands of grossly infected high risk patients we have operated .

Amrita Hospital, Kochi, India:

Amrita Institute Of Medical Sciences, Kochi, (a deemed University) India as a Visiting Professor, Dept of Endocrinology, since December 2000 till date

Achievements:

Amrita Institute of Medical Sciences (AMIS) was started as Super Specialty Institute in 1999. It has been granted Deemed University Status from Feb 2003. I was mainly responsible for starting Diabetic Foot Division from February 2001. Total 9000 patients have been operated for variety of Diabetic Foot Complications with salvage rate of 90%. I was instrumental in training the staff and setting up of the work protocol. I have successfully created and implemented comprehensive team management for Diabetic Foot Problems by forming a team of Diabetologists, Foot, Vascular and Plastic Surgeons and Podiatry Assistants. Under my guidance for the first time in Asia Podiatry Assistant Certificate Course has been started. An In House diabetic footwear manufacturing facility was started and is operative still. Two year post Graduate Diploma in Diabetic Foot Surgery is awaiting approval from University authorities.

Anusuya Bal Foot Foundation, Pune:

Trustee and Consultant since Jan 2002. This project was started with my initiative and under my guidance as Comprehensive Diabetic Foot Prevention and Assessment Clinic. The clinic acquired a highly sophisticated foot pressure measurement system with additional orthotic support systems for the first time in India. More than 1000 patients have been examined and corrective footwear has been supplied. I have conducted 2 patient education programs in July 2002 and April 2003, at a time when Diabetic Foot was nowhere on the clinical horizon of professionals, attended by 900 & 700 patients

Other Work Related Positions:

Consultant Diabetic Foot Surgeon from 2009, Hinduja Hospital, Mumbai, India; This hospital is a multi-super-specialty hospital where a protocol was developed and implemented for diabetic foot including prevention, management and rehabilitation

Work Related Positions Held During and After Post Graduation:

One Year as House Surgeon in J. J. Group of Hospitals, Mumbai, India 1974 to 1975
Two years as Surgical Registrar, J. J. Group of Hospitals, Mumbai, India 1975 to 1977
Lecturer in Gen Surgery, Grant Medical College, Mumbai, India from 1977-1979
Asst .Prof in Gen. Surgery , Grant Medical College, Mumbai, India 1979 to 1980
Associate Prof in General Surgery, Grant Medical College, Mumbai ,India 1980-1981

Papers Published :

Amputations In Patients With Diabetes, A Study of Microbial Spectrum. Pathare, Bal, Talwalkar, Antani; Indian Journal of Microbiology, 1998

Surgical Treatment Of Diabetic Foot, Asian Journal of Diabetology, Oct 1998
Case Report of Closure of Foot Spaces, Vartak & Bal, Asian Journal Of Diabetology, Oct 1998
Review Article on Aspartame, Barua, Bal, Journal of Diabetes Association of India, 1996

Invited Speaker on Diabetic Foot Management in India:

Concept of Foot Spaces in Diabetic Foot Surgery, .Bal /.Karmarkar, in the conference on Diabetes in Tropics, Bombay, 1993
Concepts in management of Diabetic Foot Infections, Bal /.Karmarkar, All India Plastic Surgeons, Annual Meeting, 1995
Associations of Physicians of India, (API) Marathwada Chapter, Annual Meeting, Latur, 1996
Juvenile Diabetes Foundation, Annual Meeting, Bombay 1997,
Association of Surgeons of India, (ASI) , Maharashtra Chapter, Aurangabad, March 1997
Indian Medical Association, (IMA), Sindhudurg District, Maharashtra, April 1997
Indian Medical Association, (IMA), Dahanu, July 1998
Indian Medical Association, (IMA), Ankleshwar, Gujrat, India, Sept, 1996
Indian Naval Ship, (INS) Ashwini Naval Hospital, Sept 1998
Indian Medical Association, (IMA), Andheri West, Oct 1998
National Diabetic Foot Seminar, Mumbai, Oct 1998
1st National Conference on Diabetic Foot, Nagpur, Sept, 1999
National Diabetic Foot Update, Chennai, Nov 1999
Associations of Physicians of India (API) Annual Conference, Jaipur, 2000
Association of Surgeons of India, (ASI), Maharashtra Chapter, Pune March 2001
All Kerala Diabetic Foot Workshop, Kochi, August 2001
1st Mayo Clinic Diabetes Update, Kochi, Dec 2001
RSSDI Annual Meeting, Kochi, Oct 2002
2nd Mayo Clinic Diabetes Update, Jan 2003
Cochin Diabetes Club, Kochi, April 2003
Travancore Physicians Association, Thiruvella, May 2003
Rajkot Physicians Association, Rajkot, June 2003
Ahmadabad Physicians Association, Ahmadabad, June 2003
Associations of Physicians of India (API), Allahabad Chapter, July 2003
RSSDI annual conference, Jaipur, Oct 2003
Association of Surgeons of India, (ASI) Gujrath Chapter annual meeting, Bhuj, Nov 2003
Sri Uttaradi Thirunal Hospital, Trivendrum, Nov 2004
3rd Mayo Clinic, USA Diabetic Update, Feb 2004
Physician`s Club, Pallakad, Kerala, March 2003
Medical Trust Hospital, Kulanad, Kerala, March 2004
New Bombay Surgical Society, April 2004
World Congress on Prevention of Diabetes, Chennai, Feb 2005
New Bombay Indian Medical Association, (IMA), Feb 2005
ASI/API Karnataka Joint Meeting, Hubli, March 2005
Indo American Workshop on Diabetic Foot Complication, Chennai April 2005
International Congress on Diabetes, Ahmadabad, Feb 2006
Surgical Society of Thane, Mumbai, March 2006

Endocrine Society of India Annual Conference, 2010
RSSDI Annual Conference, Kochi, 2010
Endocrine Society of India, Chandigarh, 2013
Woundcon Chennai, 2013, 2014, 2015
Mayo Clinic Update, Mumbai 2014

Teaching Activities:

Conducted 25 Workshops on Diabetic Foot with Novo Nordisk Education Foundation All Over India

Conducted 9 Workshops on Diabetic Foot as an External Expert, for Short Course in Diabetes program of University of Newcastle, Australia in several Indian cities

Started For The First Time In Asia Podiatry Assistant Certificate Course In Amrita Institute Of Medical Sciences, Kochi from 2003

Started for first time in India Fellowship in Diabetic .Foot Surgery In Amrita Institute of Medical Sciences in 2003

Course Director for Post Graduate Certificate Course in Diabetic Foot Management for Physicians, Amrita Institute, Kochi, India

Project Director for National Wound Care Training project of Diabetic Foot, Society of India, funded by World Diabetes Foundation (WDF) from 2009 to 2015; this project trained Post Graduate Surgery and Medicine students from more 100 medical colleges across India in Wound Care related to diabetic Foot Ulcers;

Teaching Activities, Invited Lectures Outside India

Novo Nordisk Diabetic Update, Colombo, March 2003
University of Newcastle, Australia, Nov 2004
World Diabetes Foundation Meeting, Cairo, Egypt.
DFCON, Los Angles, 2010
Myanmar Society of Metabolism, Yangon Myanmar 2015
Myanmar Society of Metabolism, Mandlay, Myanmar 2016
Conducted 2 Workshops each on Diabetic Foot with Novo Nordisk Education Foundation in Colombo and Kuala Lumpur, 2003,
Conducted 10 days Surgical Training Workshop with operative sessions for Surgeons in Medical College, Suva, Fiji in 2014
Conducted training workshop for surgeons in Diabetic Foot Surgery in Tanzania as a World diabetes Foundation (WDF) project in 2009, 2011
Conducted 2 days training workshop for physicians in Diabetic Foot Management In Yangon, Myanmar, in Yangon General Hospital in 2017

Professional Positions held:

Founder President, Diabetic Foot Society of India
President, Association for Consumers Action for Safety & Health, India

Convener, Ethics Committee, Medical Council of India

Editor, Indian Journal of Medical Ethics,

My Work in the field of Medical ethics and Healthcare Consumer Action

I am a founder member of Forum for Medical ethics and Association for Consumers Action on Safety & Health both organization formed in 1990.. My areas of interest have been developing Ethical standards.in medical practice and patients Rights. I was part of the group formed by Government of India to formulate Charter of Patients Rights. As a Editor of Indian Journal of Medical Ethics I was part of the group which conducted workshops in meical colleges for optimal doctor patient communication.

Awards: Annual award of Diabetes Assn of India, Pune for Significant Contribution to The Field of Diabetology

(Dr. Arun Bal)