



# SHIJAS SHANAVAS

MBBS | DHA & MOH ELIGIBILITY LETTER HOLDER

## ABOUT ME

MBBS graduate with completed internship training and successful clearance of EMREE examination. Clinically astute and patient-centered physician with strong experience in patient assessment, emergency stabilization, procedural skills, and evidence-based management. Demonstrates sound clinical judgment and effective teamwork in high-pressure settings. Committed to ethical, high-quality care, with a strong interest in Cardiology and Internal Medicine and dedication to excellence in residency training.

## CLINICAL EXPERIENCE

### Medical Internship at EHS, Ras Al Khaimah

(Aug 2024 - Aug 2025)

- Completed a one-year rotating internship across core clinical specialties.
- Rotated through Internal Medicine, Surgery, Cardiology, Gastroenterology, Psychiatry, Pediatrics, and Obstetrics & Gynecology.
- Actively involved in inpatient, outpatient, and emergency patient care under consultant supervision.

### St John's Medical College Hospital, Bengaluru, India

(July 2022 - Aug 2022)

- Elective clerkships in Emergency Medicine and Ophthalmology with hands-on clinical exposure.
- Skilled in CPR, emergency drug therapy, and patient assessment.
- Conducted comprehensive histories and physical examinations.
- Assisted in emergency and complex surgical procedures.

## PUBLICATIONS

- Long-Term Cardiovascular Outcomes of Anti-Inflammatory Therapies in Atherosclerotic Cardiovascular Disease: A Systematic Review & Meta-Analysis – South Eastern European Journal of Public Health
- Meta-Analysis of Stapled vs. Hand-Sewn Anastomosis in Gastrointestinal Surgery – Fortune Journal
- The Role of Cardiovascular Biomarkers in Early Detection of Myocardial Fibrosis – Fortune Journal
- Efficacy of SGLT2 Inhibitors in Reducing Cardiovascular Mortality in Heart Failure Patients – Fortune Journal
- Harnessing Oncolytic Viruses for Cancer Treatment: A Comprehensive Review (Under process)

## POSTERS AND AWARDS

### Mobile Phones as a Potential Fomite in Healthcare Settings: A Narrative Review of UAE Studies

- Presented at Infection Control Conference 2025, Saudi German Hospitals
- Awarded 2nd Prize for outstanding presentation

### ALCAPA Presenting as Infantile Heart Failure: A Rare Congenital Coronary Anomaly

- Presented at 14th International Pediatric Conference 2025, Dusit Thani Hotel

### Autism Awareness – Bridging Science and Understanding

- Presented at 14th International Pediatric Conference 2025, Dusit Thani Hotel

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## EDUCATION

EMREE SCORE : 64%

MBBS(Bachelor of Medicine & Bachelor of Surgery)

RAK MEDICAL & HEALTH SCIENCES UNIVERSITY, UAE

September 2019 - May 2024

CGPA: 2.84

HIGH SCHOOL DIPLOMA

NEW INDIAN MODEL SCHOOL (2004 - 2019)  
DUBAI, UAE

## SKILLS

- Communication
- Critical Thinking
- Leadership
- Surgery Support
- Patient safety
- Medical record-keeping
- Clinical Teamwork skills
- Diagnosis and Decision making

## LANGUAGES

- English
- Malayalam
- Tamil
- Hindi

## INTERESTS

- Travel
- Nutrition & Diet
- Reading
- Social Networking

## SPORTS PARTICIPATION

- 2nd Place, Badminton – 14th AUS Men’s & Women’s Intercollegiate Racket Tournament 2024
- Volunteer Organizer – 13th RAKMHSU Sports Festival
- Volunteer Organizer – 12th RAKMHSU Sports Festival
- Volunteer Organizer – 11th RAKMHSU Mini Marathon (Feb 2023)
- Volunteer Organizer – 10th RAKMHSU Mini Marathon (March 2022)

## PROFESSIONAL DEVELOPMENTS

- Attendee 14th International Pediatric Conference of KidsHeart Medical Center, Columbia University Medical Center [2025]
- Attendee Fundamentals of Obesity & Type 2 Diabetes MENA Blue Series Webinar [2025]
- Attendee in 2nd Annual Infectious Disease Conference SGHD [2025].
- Attendee in 4th Emirates Pediatric Bone Marrow Transplant & Gene Therapy Congress EACCME [2025].
- Attendee in EIOC Journal Club Webinar on Personalizing Care Across the Spectrum of Metastatic Prostate Cancer [2025]
- Attendee in Cardiovascular Center of Excellence Annual Conference [2024]
- Attendee in Excellence in Oncology Care Conference [2024]
- Attendee in 3rd Annual International Oncology Forum Conference [2024]
- Attended Radiology Highlights Conference, Dubai [2023]
- Attendee in Sun And Solar Damage Webinar for Professional Development Record [2023]
- Attendee in MENASO Education Academy Cerebrovascular Grand Rounds [2023]
- Attendee in “Sleep Apnea Diagnostic” Webinar [2023].
- CPD Accredited webinar on Vascular and Vascular Surgery by the International Surgical Anatomy Teaching Series [2023]
- CPD Accredited Webinar on “ENT & NECK , ENT SURGERY” by ISATS [2023]

## CERTIFICATIONS

- 2nd Position, Poster Presentation Competition- 2nd Infection Prevention & Control Conference, Saudi German Hospital [2025]
- Hands- on Training in Basics of Laboratory Animal Handling & Experimental Techniques at Central Animal Research Facility, RAKMHSU [2025]
- CPR, AED, FIRST AID Certification Course
- BLS Certification Course [February 2024]
- Monkeypox: Epidemiology, Preparedness and Response for African Outbreak Contexts [2024]
- ECG Skills: Tachycardia [2024]
- Chest Pain Guideline and Diagnosis [2024]
- Acute Kidney Injury in Pediatrics [2024]
- Prevention & Control of Infection [2024]
- Facility Management and Safety program - IBHO Hospital [2024]
- WHO/ICRC Basic Emergency Care: Conflict Related Injuries Basic Understanding of Medical Ethics [2023]
- WHO COVID 19: How to put on and remove PPE Equipment [2022]
- International Patient Safety Goals [2021]
- Infection Prevention Control Training Course [2020]
- High Distinction in International Benchmark Test [2015]

## MEDICAL VOLUNTEERING

- Volunteered with RED CRESCENT Blood glucose and BP Check Campaign, March’24.
- Volunteered for World diabetes day in Ibrahim Bin Hamad Obaidullah Hospital, Rak Nov’25
- Organized and Volunteered for the RAKMHSU Health Checkup - Special Olympics.
- Volunteered with Red Crescent to Conduct Health Checkup for Workers.
- Organized and participated in the SCOPH, IFMSA - UAE Mental Health Campaign.