

DR VISWASRI VIJAYARAJ

MBBS, DNB (PEDIATRICS), DCH (UK), MRCPCH (UK),

PgCert in Allergy (University of Southampton)

IBCLC (Lactation Consultant)

Specialist Pediatrician & Pediatric Allergist |

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PROFILE

I am a dedicated specialist Pediatrician with 10 years of clinical experience across diverse healthcare settings in Dubai, the United Kingdom and India. I offer comprehensive care in diagnosing and managing a broad spectrum of pediatric and neonatal conditions, including both acute and chronic illnesses with a particular emphasis on allergies. Skilled in diagnosing and managing childhood asthma, food allergies, eczema, allergic rhinitis, urticaria, and drug allergies. Being a board-certified Lactation Consultant, I also provide specialized support to breastfeeding mothers.

Known for my compassionate approach, excellent communication skills, and ability to build strong relationships with patients and their families, I am committed to enhancing children's health and well-being through preventive care and targeted treatments.

EXPERIENCE

- **ASTER CLINIC-TECOM, DUBAI, Specialist Paediatrician** (2023-2025)
- **RAINBOW CHILDRENS HOSPITAL, HEBBAL, BANGALORE -Consultant Paediatric Allergist** (2022- 2023).
- **WELL KIDS CLINIC AND ALLERGY CENTER, BANGALORE -Consultant Paediatrician** (2022-2023).
- **WHITTINGTON HOSPITAL NHS TRUST, London, Clinical Fellow in Paediatrics and neonatology** (2020-2021).
- **ROYAL MANCHESTER CHILDREN HOSPITAL, UK - Clinical Fellow in Pediatric Allergy** (2019 –2020).
- **WEST SUFFOLK HOSPITAL, Bury St Edmunds, UK - Clinical fellow in Pediatrics – 2019**
- **SAGAR HOSPITALS, Bengaluru, India - Pediatric and neonatal registrar** (2017 - 2019).
- **SAGAR HOSPITALS, Bengaluru, India - DNB pediatric resident** (2014 – 2017).

EDUCATION

- **MBBS** - JAGADGURU JAYADEVA MURUGARAJENDRA MEDICAL COLLEGE, India. (2006-2012)
- **DNB (PEDIATRICS)** SAGAR HOSPITALS, Jayanagar, Bangalore (2014-2017)
- **DCH (UK)** ROYAL COLLEGE OF PEDIATRICS AND CHILD HEALTH (2017)
- **MRCPCH (UK)** ROYAL COLLEGE OF PEDIATRICS AND CHILD HEALTH (2018)
- **IBCLC** – INTERNATIONAL BOARD-CERTIFIED LACTATION CONSULTANT (2020)
- **PgCert IN ALLERGY** – UNIVERISTY OF SOUTHAMPTON, UK (2022)
- **ENS** (Early Nutrition Specialist): LUDWIG MAXIMILLIAN UNIVERSITY, GERMANY (2024)

LICENSE AND MEMBERSHIP

- **REGISTRATION AND LICENSE**

- **DUBAI HEALTH AUTHORITY** – 66644277
- **GENERAL MEDICAL COUNCIL, UK** – 7683761
- **KARNATAKA MEDICAL COUNCIL, INDIA** -95822

- **MEMBERSHIP**

- **ROYAL COLLEGE OF PEDIATRICS AND CHILD HEALTH**-239994
- **BRITISH SOCIETY OF ALLERGY AND IMMUNOLOGY**-7645
- **EUROPEAN ACADEMY OF ALLERGY AND CLINICAL IMMUNOLOGY**-21974
- **INDIAN ACADEMY OF PEDIATRICS**- AL/2017/V-158
- **INTERNATIONAL BOARD-CERTIFIED LACTATION CONSULTANT (IBCLC)**L-301428

LIFE SUPPORT COURSES

- **PALS**, Basic Life Support and Paediatric Advanced Life Support, Aster hospital, Al Qusais ,2023
- **APLS**, Advanced Paediatric Life Support at Brighton and Sussex University Hospitals, UK, in 2019.
- **EPLS**, European Paediatric Advanced Life Support, North Middlesex University Hospital, UK,2019.
- **NLS**, Neonatal Advanced Life Support at West Suffolk Hospital, Bury, Suffolk UK, in 2019.

KEY SKILLS

- Performing comprehensive examinations on newborns and children to identify abnormalities.
- Monitor Growth & Developmental Assessment.
- Childhood Immunisations.
- Treatment of Infectious Diseases.
- Paediatric Emergencies Management
- Diagnosis and Management of Food allergy, Asthma, Allergic Rhinitis and Eczema
- Providing breastfeeding advice and support to lactating mothers.
- Effective Communication with Families & Colleagues

AWARDS

- **PGME Whittington Star Award-** For demonstrating outstanding resilience during the challenging shifts of winter months (COVID-19 Pandemic), by Whittington Hospital NHS Trust in January 2021.
- **1st prize – Case Presentation Competition on World Tuberculosis Day** conducted by the Indian Academy of Pediatrics in 2017.

PRESENTATIONS

- **Role of Montelukast in asthma** – Bangalore PEDICON 2022.
- **Manchester University NHS Foundation Trust** - Cow's Milk Allergy at STEP ST4-8 Pediatric Teaching, Royal Manchester Children's Hospital in 2019.
- **Karnataka State PEDICON-** Febrile Infection-Related Epilepsy Syndrome (FIRES) - A rare epilepsy syndrome, poster presentation -2015.
- **Indian National PEDICON** –Vitamin D levels in children admitted to PICU and its correlation with disease severity, poster presentation on - 2017.
- **IAP Bangalore** case presentation competition at St. John's Medical College -2015.
- The Neonate- International Symposium for Asia in Shanghai, poster presentation - 2016.
- Cerebral Folate Deficiency - A form of Folinic acid-responsive seizures.
- Dexmedetomidine in Ventilated Neonates - A pilot study.
- **VIIth Recent Advances in Neonatal Medicine** in Wurzburg in 2014 Congenital Parvovirus B19 Infection presenting with Hydrops and Severe PPHN- A rare case report.

RESEARCH

- Postgraduate thesis - "Serum Vitamin D levels in children admitted to the Pediatric Intensive Care Unit and its correlation with disease severity - A cross-sectional study" June 2016.
- Audit on Immunoglobulin use at Royal Manchester Children's Hospital – 2020.

CONTINUED MEDICAL EDUCATION

- **Pediatric Allergy Training -3**, RCPCH ,UK – oct 2022.
- **Lactation Consultant Training Programme** – 90 hours of Lactation-Specific Education by Lactation Education Resources, USA, in 2020.
- **Level 1, 2, 3 Child Safeguarding** – Health Education England, NHS UK in 2020.
- **Good Clinical Practice** – National Institute for Health Research - 2019.
- **Newborn Infant Physical Examination** - Health Education England, NHS UK - 2019.
- **Communication Skills** - Health Education England, NHS in 2019.
- **Man vs Microbes**- IAP Infectious Disease in 2016.
- **Pediatric Thoracic Imaging**- Indira Gandhi Institute of Child Health, Bangalore India, in 2016.
- **Clinical Training Programme**- Kozhikode Government Medical College, Kerala in 2016.
- **CME on Vaccinology**- Childs Trust Medical Research Foundation in 2015.
- **Challenges in Child Health Symposium** - St John's Medical College, Bangalore in 2015.

WORKSHOPS

- **Basic Pediatric Intensive Care Course** -St John's Medical College, Bangalore India -2015.
- **Pediatric Neurology Workshop** - Indian Academy of Pediatrics - 2015.
- **Basic Mechanical Ventilation in Paediatrics** - Indian Academy of Paediatrics - 2017.
- **Development for all Cradle to Crayon** - Indian Academy of Paediatrics -2017.

GENERAL PEDIATRICS COMPETENCIES

- Performing comprehensive examinations on newborns and children to identify abnormalities.
- Providing breastfeeding advice and support to lactating mothers.
- Monitor Growth & Developmental Assessment.
- Childhood Immunisations.
- Treatment of Infectious Diseases.
- Paediatric Emergencies Management.
- Assessment of Behavioural problems & Developmental Delays.
- Detection of Congenital Abnormalities.
- Diagnosing, monitoring and treating children who are injured, ill or living with disabilities.
- Discussing diagnosis and treatment plans with parents and children
- Advising patients and their family members on medication use, nutrition and preventive measures.

PEDIATRIC ALLERGY COMPETENCIES

- Diagnosis and Management of Food allergy, Asthma, Allergic Rhinitis and Eczema.
- Perform and interpret Skin Prick Testing and RAST.
- Demonstrate and teach patients to use Inhalers with Aero chambers, Nasal sprays and Adrenaline Autoinjectors.
- Conduct Food Challenges.

CLINICAL EXPERIENCE

Having completed my MBBS from J. J. M. Medical College, Davangere, I joined Sagar Hospitals, Bangalore, as a Postgraduate in the Department of Pediatrics in 2014. My training was for a period of three years. The pediatric department has Multidisciplinary Speciality Services, including a Level 3 state-of-the-art Neonatal Intensive Care Unit and Pediatric Intensive Care Unit. As a part of the rotation, I trained in all subspecialties, including eight months in NICU and eight months in PICU. Under the guidance of Dr. P.P. Maiya, I completed my dissertation on Vitamin D levels in children admitted to PICU. In addition, I have actively participated in the department's teaching programme, presented posters at various conferences and won first prize for presenting a case on congenital Tuberculosis on World TB Day.

- **Sagar Hospitals (April 2017- Feb 2019)**

Following my postgraduation, I started working as a Registrar at Sagar Hospital from April 2017 to February 2019. I was responsible for making emergency decisions related to patient care during the non-availability of the consultants out of hours. Further I improved my communication skills and performed procedures such as paracentesis, chest tube insertion, and arterial line insertion. I passed my MRCPCH (UK) and DCH (UK) exams and decided to move to the UK and widen my pediatric experience.

- **West Suffolk Hospital (March 2019- July 2019)**

My first job in the UK was at the West Suffolk Hospital. My responsibilities were treating children admitted to wards, Paediatric Assessment Units and Emergency Department. I saw a wide array of atopic diseases such as eczema, food allergies, FPIES, asthma etc. I found the multidisciplinary approach to various chronic illnesses very helpful. In the neonatal unit, I learnt advanced techniques such as LISA (Less Invasive Surfactant administration).

- **Royal Manchester Children's Hospital (August 2019 – February 2019)**

I moved to Manchester in August 2019 and joined the Royal Manchester Children's Hospital's Allergy Department as a Senior Clinical Fellow in Paediatric Allergy ,Worked as part of a tertiary pediatric allergy service managing children with food allergy, asthma, eczema, allergic rhinitis, urticaria, and drug allergy. Responsibilities included performing and interpreting skin prick tests, conducting oral food challenges, and providing anaphylaxis risk assessment and management. Collaborated closely with immunologists, dermatologists, pulmonologists, and dietitians in multidisciplinary clinics. Contributed to clinical governance through an audit on immunoglobulin use and participated in teaching sessions for pediatric trainees and medical students.

- **Whittington Hospital NHS Trust (March 2020 - Sept 2021)**

In March 2020, I moved to London and started working as a Clinical Fellow at a Level II Neonatal Unit. Gained more experience in neonatal procedures and modern neonatal practices. While working in the postnatal wards, I realised lactating mothers needed more advice and support. Hence, I obtained 90 hours of lactation-specific education, passed the IBCLC exam and became an International board-certified lactation consultant to help mothers with breastfeeding support.

I was awarded the PGME Whittington star award in 2021 for my contribution during the COVID-19 Pandemic and showing resilience in managing under winter pressures. I gained more experience in general paediatrics and learned to manage Febrile Neutropenia in oncology patients, Bronchiolitis, Severe asthma, Sepsis, Sickle cell crisis and various Adolescent Mental Health problems.

- **Postgraduate Certification in Allergy (Sept 2021 – Sept 2022)**

As I wished to further specialise in the field of paediatric allergy, Hence, I joined the University of Southampton as a full time Postgraduate in Allergy, during which I have successfully completed the Foundation of Allergic Diseases, Allergic Airway Disease, Food Allergy, Drug and Skin allergy modules in merit and obtained my PgCert in Allergy.

- **Rainbow Children's Hospital, Hebbal, Bangalore (Sep 2022- Jun 2023)**

Managed outpatient clinics dedicated to pediatric allergy, evaluating and treating children with food allergies, asthma, eczema, urticaria, allergic rhinitis, and drug allergies. Provided inpatient consultations and PICU referrals for children with severe anaphylaxis and complex immunological conditions. Delivered family-centered counseling on allergen avoidance, nutritional management, and emergency preparedness.

Well Kids Clinic and Children's Allergy Centre (Oct 2022- June2023)

- I Established and independently managed a pediatric allergy practice offering diagnostic and therapeutic services for children with food allergy, asthma, allergic rhinitis, eczema, and urticaria. Performed and interpreted allergy tests, conducted oral food challenges, and provided long-term care plans. Focused on parent education, preventive strategies, and continuity of care in a community clinic setting.

Specialist Pediatrician | Aster DM Healthcare, Dubai, UAE (2023 –2025)

- Key responsibilities were - Provide outpatient consultations for infants, children, and adolescents with acute and chronic conditions. Monitor growth, development, and immunization schedules. Diagnose and manage common paediatric illnesses and emergencies. Counsel families on nutrition, preventive care, and health promotion. Diagnose and manage paediatric allergic disorders including asthma, allergic rhinitis, eczema, urticaria, food allergy, drug allergy, and anaphylaxis.