

## CURRICULUM VITAE

# Ishan Perera

1217 Floyd Ave SW, Roanoke, VA 24015  
(757) 478 1622 | ishanperera07@gmail.com  
hololabsva.com | ishanperera.com

### CAREER FOCUS

I am a life-long Student of Medicine, currently attending the Edward Via College of Osteopathic Medicine, Class of 2025. My studies and the application of the following experiences will be focused solely on the fulfillment of my call to vocation, Neurosurgery.

### EDUCATION

**Doctor of Osteopathic Medicine**, expected graduation date May 2025  
Edward Via College of Osteopathic Medicine (VCOM), Blacksburg, VA  
GPA: 3.89/4.00

**Bachelors of Science**, Major: Biology, Minors: Chemistry & Computer Science, 2020  
Old Dominion University (ODU), Norfolk, VA  
Summa Cum Laude, Honors  
GPA: 3.90/4.00

### HONORS AND AWARDS

2023; Certificate of Recognition, Virginia Osteopathic Medical Association (VOMA)  
2023; First Place (\$350), Medical Student Research - Clinical, VCOM 2023 Research Day  
2023; Third Place (\$150), Educational Research - Student, VCOM 2023 Research Day  
2022; DO With Research Distinction Candidate, VCOM  
2022; Gold Award for Community Service, Council of Osteopathic Student Government Presidents  
2021; Most Altruistic Student - Block 1, VCOM  
2019; Certificate of Appreciation, Virginia Medical Reserve Corps (VA-MRC), Virginia Department of Health (VDH)  
2019; 2019; WOW! Moment, Sentara Healthcare

### LICENSES, COURSES, AND CERTIFICATES

2023; Comprehensive Osteopathic Medical Licensing Examination of the United States (COMLEX-USA), Level 1, PASS  
2023; United States Medical Licensing Examination (USMLE), Step 1, PASS  
2023; American Heart Association (AHA) Advanced Cardiac Life Support, Expires 2025  
2023; Collaborative Institutional Training Initiative (CITI Program) Block 1 Laboratory Safety Training (ID 143789), Expires 2024  
2023; Federal Emergency Management Agency Emergency Medical Response Awareness  
2022; CITI Program Conflicts of Interest (ID 94933), Expires 2026  
2022; CITI Program Research Study Design (ID 168097), Expires 2025  
2022; AHA Basic Life Support Provider, Expires 2024  
2022; Global Seminar for Health and Environment  
2022; REVIVE! Opioid Overdose and Narcan Education for Virginia Trainer  
2022; REVIVE! Opioid Overdose and Narcan Education for Virginia Master Trainer Candidate

2022; Institute of Healthcare Improvement Open School Basic Certificate in Quality and Safety  
2021; CITI Program Protection of Human Research Subjects (ID 55963), Expires 2024  
2021; CITI Program OSHA Bloodborne Pathogens (ID 192100), Expires 2023  
2021; American Osteopathic Academy of Addiction Medicine (AOAAM) Medication Administration Training (MAT) Waiver Training  
2021; Centers for Disease Control and Prevention (CDC) COVID-19 Vaccination Administration  
2019; CDC & Virginia Department of Health (VDH) Flu Vaccination Administration  
2019; Ultrasound Peripheral Intravenous Access, Sentara Healthcare  
2019; Bloomberg Market Concepts Core Concepts, ID: 156692999111  
2019; Sentara Nursing Care Partner  
2018; Emergency Medical Technician Level B (EMT-B) Certification, Tidewater Community College (TCC), Virginia Beach, VA

### **ACADEMIC APPOINTMENTS & CLINICAL EXPERIENCE**

2022-Present; Administrator, Healthcare Observations, Lexicography, and Outcomes (HOLO) Labs

2022-Present; Co-Founder, Executive Board Member, HOLO Labs

- Co-Founded in November of 2022.
- First student led research laboratory to adopt a research brokership approach. Focused on providing Osteopathic students the opportunity to be involved in research, product development, grant writing, professional development, and community outreach.
- Provides student oversight on major decisions regarding the lab and its members.

2021-2023; Peer Educator, Ultrasound Peripheral IV (USPIV) for Physicians, VCOM

- Designed Peer Education for USPIV with Arian Hoodfar Class of 2025.
- Held and taught 3 sessions for both first and second year students.

2021-2023; Teaching Assistant; OMM Mock Practical Tutor, The Center for Institutional, Faculty, and Student Success, VCOM

2022; Co-Founder & Teaching Assistant; Hospital Integrated Clinical Cases course, Simulation and Technology Center, VCOM

2021-2022; Teaching Assistant, Anatomy & Neuroscience Lecture & Lab, Anatomy Department, VCOM

2019-2020; Emergency Department Technician, Sentara Princess Anne Hospital, Virginia Beach, VA

2020; Research Assistant, Cadaver Lab, ODU

### **GRANTS AND CONTRACTS**

American Association of Colleges of Osteopathic Medicine (AACOM) Research Grant, Dr. Brolinson (PI), 2023

Monetary support for the study, Investigation of Suboccipital Release, Muscle Energy, and combination therapy, respectively evaluating their effect on vertebral artery blood flow.

Role: Investigator

Total Award: \$2,783.46

VCOM Simulation Center Grant, Ishan Perera (Investigator), 2023

Development of a proprietary artificial intelligence-based voice recognition program for the assessment of student medical lexicons in clinical case presentation.

Role: Investigator

Total Award: \$2,000.00

VCOM Educational Travel Stipend, Ishan Perera (Investigator), 2023  
Monetary support for travel to the American Association of Neurological Surgeons 2023 Scientific Meeting to present a poster on Novel Geometric Morphometric Analysis for Application in Evaluating Chiari I Malformations.

Role: Investigator

Total Award: \$599.00

Nicholas S. Nicholas Fund, AAO Convocation Travel Grant, Ishan Perera, 2023  
Monetary support to attend the 2023 AAO Convocation in Colorado Springs, CO.

Total Award: \$255.00

VCOM Student American Academy of Osteopathy Convocation Travel Grant, Ishan Perera, 2023  
Monetary support to attend the 2023 AAO Convocation in Colorado Springs, CO, provided by the student section at VCOM.

Total Award: \$130.00

New River Valley Master Gardeners Association, Garden Grant, Ishan Perera, 2023  
Provided 230 seed packets for the VCOM Student Garden.

Total Award: 230 Seed Packets

Verathan, Equipment Grant, Ishan Perera, 2023

4 GlideScopes were donated for use in the study, Evaluation of Direct, Direct Video, and Indirect Video Laryngoscopy training on osteopathic medical students' ability to successfully perform direct laryngoscopy during a high-fidelity manikin-based assessment.

Role: Investigator

Total Award: 4 GlideScopes

VCOM REAP Seed Grant Recipient, Dr. Millard (PI), 2022

Chiari I Malformation. The goal of this lab is to develop and evaluate a novel 3D geometric morphometric protocol for identification of Chiari I Malformation patients and to elucidate other shape differences.

Role: Investigator



## PUBLICATIONS

1. Kasper B E, **Perera I R**, Moriarty S E, et al. (April 21, 2023) Lumbar Laminectomy Precedes Positional Headache and MRI-Confirmed Pseudomeningocele With Duro-Cutaneous Fistula. *Cureus* 15(4): e37946. doi:10.7759/cureus.37946 (QR)
2. Medicare vs. Medicaid Infographic, Medical Society of Virginia, December 2022 (QR)
3. Advocating for the FAIR Act to Improve Health Across Virginia - AACOM Washington Insider, December 2022 (QR)
4. Virginia Residency Programs: Identification of Disparities in Residency Program Data, Virginia Osteopathic Medical Association, 2022 (QR)



## **RESEARCH IN PROGRESS**

1. Perplexing Tubo-Ovarian Abscess Presentation from Inflammatory Process in a Patient with an Inconclusive Computed Tomography Scan
2. A Transformational Health Approach to Evaluation of the Virginia REVIVE! Training Course in the Training of First Year Medical Students in Rural Virginia. Pending IRB.
3. Evaluation of the Appreciable Impact on Opioid Overdose Related Morbidity and Mortality in Rural Virginia Following the Introduction of the Commonwealth's REVIVE! Course and Naloxone Dispensing Events in the New River Health District Between 2007 and 2021. In Progress.
4. Artificial Intelligence classification model comparison based on NYHA keywords and history of present illness to predict heart failure classification. Manuscript Submitted.
5. Investigation of Increased Prevalence of Prostate Cancer in Black Patients to Improve Current Understanding of Risk Factors and Clinical Practice. #2030248-1 VCOM IRB. Manuscript In Progress.
6. Evaluation of Direct, Direct Video, and Indirect Video Laryngoscopy training on osteopathic medical students' ability to successfully perform direct laryngoscopy during a high-fidelity manikin-based assessment. #1950659-1 VCOM IRB. Manuscript In Progress.
7. Investigating the success of dermatologic procedures with silicone skin models. In Progress.
8. Investigation of Suboccipital Release, Muscle Energy, and combination therapy, respectively evaluating their effect on vertebral artery blood flow. #2016103-1 VCOM IRB. Pending IRB.
9. Analysis of Current Medical Student Demographics for the Improvement and Development of Novel Educational Modalities. Pending IRB.
10. Haqua Revitalize Therapy: Does Regular Consumption of Hot Water Provide Health Benefits? In Progress.

## **POSTER PRESENTATIONS**

1. Evaluation of the Appreciable Impact on Opioid Overdose Related Morbidity and Mortality in Rural Virginia Following the Introduction of the Commonwealth's REVIVE! Course and Naloxone Dispensing Events in the New River Health District Between 2007 and 2021, VCOM National Rural Medicine Conference 2023
2. Novel Geometric Morphometric Analysis for Application in Evaluating Chiari I Malformations, VCOM-VA 2023 Research Day (1st Prize), American Association of Neurological Surgeons 2023 Annual Scientific Meeting
3. Analysis of Current Medical Student Demographics for the Improvement and Development of Novel Educational Modalities, VCOM-VA 2023 Research Day (3rd Prize)
4. Investigating the success of dermatologic procedures with silicone skin models, VCOM-VA 2023 Research Day (Selected for Competition)

## **PROFESSIONAL PRESENTATIONS**

1. Osteopathic Medical School - Edward Via College of Osteopathic Medicine, Roanoke College. Roanoke, VA. August 2023.
2. Support the FAIR Act. Spring 2023 Conference. Virginia Osteopathic Medical Association. Williamsburg, VA. April 2023.
3. Washington Needs Help: How Osteopathic Medical Students Are Blazing a New Trail for OME Advocacy (255). 2023 Educating Leaders Conference. American Association of Colleges of Osteopathic Medicine. April 2023.

## **COMMITTEES AND LEADERSHIP**

2022-Present; Community Outreach Vice Chair, Medical Society of Virginia (MSV)

2022-Present; Deputy Editor, Simulation, Biodesign, & Innovation in Medical Education Curreus Journal

2022-Present; District 9 House of Delegates Voting Delegate, MSV

2021-Present; Overdose Prevention Task Force Co-Chair (OPTF), VCOM, Blacksburg, VA

- Class of 2026 (185 Students) 100% trained in REVIVE!.
- Multiple free community-based REVIVE! courses.

2021-Present; Representative for the Class of 2025, VCOM Financial Aid Committee, Blacksburg, VA

- Provide the greater committee with the opinions and experience of the Class of 2025.
- Vote on Cost of Attendance figures.

2021-Present; VCOM Course Review Committee, Blacksburg, VA

2021-Present; VCOM Accepted Students Day/Open House Panelist, Blacksburg, VA

2021-Present; VCOM Student Forum Maintenance

2021-Present; VCOM Virginia Student Google Drive Owner

- Purchased and currently maintain digital storage space for all VCOM and board related materials.
- Representative of the VCOM student body to the MSV Board.
- Voted to include or remove policy from the MSV Policy Compendium.
- Voted on the behalf of District 9 at the MSV Annual Meeting.

2021-2023; Virginia Osteopathic Medical Association (VOMA) VCOM Student Chair

- Representative of the VCOM student body to the VOMA Board.
- Voted to include or remove policy from the VOMA Policy Compendium.

2021-2023; MSV VCOM Student Chair

2022; Residency Panel Organizer & Facilitator, VOMA Fall Conference

2022; Co-Creator OMM Technique of the Month Lecture Series, VCOM, Blacksburg, VA

## **PROFESSIONAL AFFILIATIONS**

2023-Present; North American Spine Society (NASS)

2023-Present; Congress of Neurological Surgeons (CNS)

2023-Present; American College of Surgeons (ACS)

2023-Present; Omega Beta Iota National Osteopathic Political Honor Society (OBI)

2022-Present; American Association of Neurological Surgeons (AANS)

2022-Present; Sigma Sigma Phi Chi Honor Society, VCOM Chapter (SSP)

2021-Present; Student American Academy of Osteopathy (SAAO)

2021-Present; American Academy of Osteopathic Surgeons (ACOS)

2021-Present; New River Valley GrowPUNK

2021-Present; New River Valley Literacy Volunteers

2021-Present; Medical Society of Virginia (MSV)

2021-Present; American Medical Association (AMA)

2021-Present; American Association of Colleges of Osteopathic Medicine (AACOM)

2021-Present; American Osteopathic Association (AOA)

2021-Present; Student Osteopathic Medical Association (SOMA)

2021-Present; Virginia Osteopathic Medical Association (VOMA)

2018-2022; National Registry of Emergency Medical Technicians

## **EMPLOYMENT**

2021-Present; Owner, Ravana LLC, <https://www.akaruivb.com/> (Deployed),  
<https://www.micromedgarden.com/> (In Development)

2020-Present; Owner, Perera Consulting LLC, DBA: Virginia State of Mind, [virginiastateofmind.com](http://virginiastateofmind.com)

2020-Present; Co-Founder & Operations Manager, EZ Inn, Norfolk, VA

2019-2020; Emergency Department Technician, Sentara Princess Anne Hospital, Virginia Beach, VA

2018-2019; Research Assistant, ODU Center for Real-Time Computing, Norfolk, VA

2017-2018; Resident Assistant, ODU Housing and Residence Life, Norfolk, VA

2014-2016; Store Manager, YourPie, Norfolk, VA

Forever; Cashier, Azalea Food Mart, Norfolk, VA

## **COMMUNITY SERVICE PROJECTS**

2023-Present; Healthcare Observations, Lexicography, and Outcomes (HOLO) Laboratories VCOM  
Community Garden, Pulaski, VA

- Soil Tested
- Organic Non-GMO Vegetables and Flowers selected to create various mini gardens, including a depression garden.
- Provides free food to all VCOM Students, Faculty, and Staff

2023-Present; Healthcare Observations, Lexicography, and Outcomes (HOLO) Laboratories  
Community Outreach Program, Rural Virginia

- Bringing awareness of the opportunity of medical school to local High Schools, Community Colleges, and Universities.
- Ultrasound workshops, intubation education, high-fidelity simulation, and real-world medical emergency management.

2021-2023; New River Valley Literacy, English as a Second Language, Christiansburg, VA

- Every Sunday at the Christiansburg Public Library, myself and a cohort of tutors teach our individual groups English at specific learning levels. I was an instructor for Level 3 English.

2023; VCOM Gala Planning and Facilitation

- Contacted local businesses with philanthropic interest to donate goods and services to the silent auction (plane ride with dinner for 4, haircut for 1).
- Assisted in event setup, check-in, and break-down.
- Largest VCOM GALA to date.

2021-2022; Agape Center Food Pantry, Christiansburg, VA

- Assembling food donations for community members in need.
- Organized the food pantry.

2022; Christiansburg Community Garden, Christiansburg, VA

- Throughout the year we planned, cared for, and harvested many seasonal plants. This garden helped me to develop the skills necessary for creating a much larger garden.
- Vegetables and flowers were provided for free to the community.

2022; Student American Academy of Osteopathy Rural Health Fairs & Farmers Market OMM

- Rural health fairs, where I performed supervised OMT on community members with both acute and chronic pain.
- Farmers Market OMM events, where I performed supervised OMT on community members with both acute and chronic pain.
- Guided first year Osteopathic Medical Students in treatment.

2022; Camp Counselor, VCOM Summer Enrichment Experience for Youth, Blacksburg, VA

- Developed all-day educational materials for high school students with relevance to all major body systems.
- 2021-2022; VCOM Mini Medical School, Pearisburg & Christiansburg, VA
- Provided relevant education and anticipatory guidance to high school-age students.
- 2020-2021; Union Mission Ministries Shelters, Norfolk, VA
- As one of the only operating full-service kitchens in the Tidewater area of Norfolk, VA, during the COVID-19 pandemic, we donated 200 boxed lunches on Sundays to the shelter.
- 2020; Foodbank of Southeastern Virginia and the Eastern Shore, Norfolk, VA
- Assembled packages of food for pickup.
- 2018-2020; Virginia Beach Emergency Medical Services Ocean Park Station 1, Virginia Beach, VA
- Provided volunteer-based emergency medical services to the city of Virginia Beach.
  - Attendant-in-Charge.
- 2018; Virginia Beach Buddhist Temple, Virginia Beach, VA
- Aided in demolition, renovation, and additions to a pre-existing home that we converted into a Buddhist Temple.
- 2016-2020; Ronald McDonald House Charities, Norfolk, VA
- Once a month provided hot allergen-free meals to families staying in the Norfolk Roanoke McDonald House.
- 2016-2020; ODU Red Cross Club, Norfolk, VA
- Organized and staffed 12+ blood drives across the ODU campus.
- 2018; Ignite Norfolk Mission Trip, Florida City, FL
- Week long mission trip to Branches, provided education to elementary school kids and private one-on-one SAT tutoring for high schoolers.
  - Participated in community rebuild efforts.

## **CONFERENCES**

- CNS Annual Meeting September 2023
- VOMA Spring Conference April 2023
- AACOM Educating Leaders April 2023
- AANS Annual Scientific Meeting April 2023
- AAO Convocation March 2023
- MSV Lobby Day January 2023
- MSV Annual Conference October 2022
- VOMA Fall Conference October 2022
- VOMA Spring Conference April 2022

## **TECHNICAL SKILLS**

- Programming Languages: C++, Java, Javascript, Unix, Python, Relational Databases, Swift, React, React Native, Django, HTML, CSS, AJAX, PHP
- Automotive Technology: Nissan, Toyota, Ford
- Medical Imaging Software: 3D Slicer, MorphoJ
- Investment Model Creation, Procurement, Management
- Tissue Preservation, Plastination
- Amateur Distiller, Brewer, Vintner
- Amateur Horticulturist, Mycologist

## **PRODUCT DEVELOPMENT**

- Keychain Naloxone Carrier
- Affordable Video Laryngoscope Trainer
- Kirkham Rawlins Perera Lexical Analysis Program (KRPLAP)

## **LANGUAGE PROFICIENCY**

- Spanish, conversational proficiency
- Sinhalese, conversational speaking proficiency

## **REFERENCES**

Dr. Fred Rawlins, II, D.O.

Senior Associate Dean for Simulation and Technology, VCOM-VA

(540) 520 - 5475

[frwalins@vt.vcom.edu](mailto:frwalins@vt.vcom.edu)

Maria S. Harris

Executive Director, Virginia Osteopathic Medical Association

(804) 269 - 0136

[voma@voma-net.org](mailto:voma@voma-net.org)

Carrie K. Buck, MSN, RN, CEN, NE-BC

Nursing Professional Development Specialist, Sentara Healthcare

[cjkrans@sentara.com](mailto:cjkrans@sentara.com)

## **ADDITIONAL REFERENCES AVAILABLE UPON REQUEST**