

CURRICULUM VITAE

Ishan Perera

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CAREER FOCUS

My studies and the application of the following experiences will be focused solely on the fulfillment of my call to vocation, to obtain residency in a Neurosurgical program.

EDUCATION

Doctor of Osteopathic Medicine, expected graduation date May 2025
Edward Via College of Osteopathic Medicine (VCOM), Blacksburg, VA
GPA: 3.85/4.00

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

2024; Golden Ticket Scholarship Finalist (\$5,000), American Osteopathic Foundation (AOF)
2024; Student Doctor of the Year, VCOM Virginia
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; Deputy Editor, Simulation, Biodesign, & Innovation in Medical Education Cureus Journal
 2022-Present; Co-Founder, Board of Trustees, 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.

2022-2023; 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

VCOM FY23 Research Eureka Accelerator Program (REAP) Grant, Dr. Rawlins, II (PI), 2023
 Monetary support for study, Application of a Novel Voice Recognition-based Analytical Classification Model in Analysis of Medical Student Medical Decision-Making During Case Presentation.

Role: Investigator

Total Award: \$27,948.00

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

Verathon, Equipment Grant, Ishan Perera, 2023

4 GlideScopes were provided 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. Greenberg S S, Moriarty S E, **Perera I**, et al. (February 01, 2024) Manual Therapy as an Alternative Treatment Option for Idiopathic Pulmonary Fibrosis: A Case Report. Cureus 16(2): e53383. doi:10.7759/cureus.53383
2. Menendez S, Moriarty S E, **Perera I**, et al. (October 09, 2023) Perplexing Tubo-Ovarian Abscess Presentation from an Inflammatory Process in a Patient



with an Inconclusive Computed Tomography Scan. Cureus 15(10): e46760.
doi:10.7759/cureus.46760 (QR)

3. 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)
4. Medicare vs. Medicaid Infographic, Medical Society of Virginia, December 2022 (QR)
5. Advocating for the FAIR Act to Improve Health Across Virginia - AACOM Washington Insider, December 2022 (QR)
6. Virginia Residency Programs: Identification of Disparities in Residency Program Data, Virginia Osteopathic Medical Association, 2022 (QR)



RESEARCH IN PROGRESS

1. South Florida Atmospheric Effect Aneurysm Rupture Investigation (SAFARI). Planning.
2. 3D Geometric Morphometric Analysis for Application in Prediction of Disease Progression in Cavernous Malformations. IRB in Progress.
3. Novel Approach to Post-Surgical Complications: Fascial Planning. IRB in Progress.
4. Geometric Morphometric Analysis of the Brainstem and Cerebellum in Chiari I Malformation. Manuscript in Review.
5. Case Report: Microdosing Insulin and Sulfonylureas in the Management of KCNJ11 Associated Neonatal Diabetes Mellitus. Manuscript Submitted.
6. Application of a Novel Voice Recognition-based Analytical Classification Model in Analysis of Medical Student Medical Decision-Making During Case Presentation. In Progress.
7. A Transformational Health Approach to Evaluation of the Virginia REVIVE! Training Course in the Training of First Year Medical Students in Rural Virginia. In Progress.
8. Impact of Virginia's REVIVE! Course and Naloxone Distribution Efforts on Opioid Overdose Morbidity and Mortality in the New River Health District: A Preliminary Study. In Progress.
9. Artificial Intelligence classification model comparison based on NYHA keywords and history of present illness to predict heart failure classification. Manuscript in Progress.
10. 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.
11. 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.
12. Investigating the success of dermatologic procedures with silicone skin models. In Progress.
13. Investigation of Suboccipital Release, Muscle Energy, and combination therapy, respectively evaluating their effect on vertebral artery blood flow. #2016103-1 VCOM IRB. Preliminary Study in Progress.
14. Analysis of Current Medical Student Demographics for the Improvement and Development of Novel Educational Modalities. Pending.

15. Haqua Revitalize Therapy: Does Regular Consumption of Hot Water Provide Health Benefits? In Progress.

POSTER PRESENTATIONS

1. Novel Treatment Approaches to Glioblastoma: A systematic review, VCOM-VA 2024 Research Day
2. Glioblastoma: A Comprehensive Review of Currently Approved Treatments, VCOM-VA 2024 Research Day (Selected for Competition)
3. Application of a Novel Voice Recognition-Based Analytical Classification Model in Analysis of Medical Student Medical Decision-Making During Case Presentation, VCOM-VA 2024 Research Day (1st Prize)
4. Evaluating the Impact of Direct, Direct Video, and Indirect Video Laryngoscopy Training on the Proficiency of Medical Students in Performing Direct Laryngoscopy: A High-Fidelity Manikin-Based Assessment, VCOM-VA 2024 Research Day
5. Case Report: Microdosing Insulin and Sulfonylureas in the Management of KCNJ11 Associated Neonatal Diabetes Mellitus, VCOM-VA 2024 Research Day
6. A Transformational Health Approach to Evaluation of the Virginia REVIVE! Course in the Training of First Year Medical Students in Rural Virginia, VCOM-VA 2024 Research Day (1st Prize)
7. Manual Therapy as an Alternative Treatment Option for Idiopathic Pulmonary Fibrosis: A Case Report, VCOM-VA 2024 Research Day (3rd Prize)
8. Investigation of Literature and Statistics in Black Patients with Prostate Cancer, VCOM-VA 2024 Research Day
9. Lumbar Laminectomy Precedes Positional Headache and MRI-Confirmed Pseudomeningocele With Duro-Cutaneous Fistula, VCOM-VA 2024 Research Day
10. Perplexing Tubo-Ovarian Abscess Presentation from an Inflammatory Process in a Patient with an Inconclusive Computed Tomography Scan, VCOM-VA 2024 Research Day
11. 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
12. 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, VOMA Fall Conference 2023
13. Analysis of Current Medical Student Demographics for the Improvement and Development of Novel Educational Modalities, VCOM-VA 2023 Research Day (3rd Prize)
14. Investigating the success of dermatologic procedures with silicone skin models, VCOM-VA 2023 Research Day (Selected for Competition)

PROFESSIONAL PRESENTATIONS

1. Palliative and Hospice Care. VCOM, Blacksburg, VA. May 2024.
2. Resident and Third Year Panel. Fall 2023 Conference. Virginia Osteopathic Medical Association. Roanoke, VA. October 2023.
3. Osteopathic Medical School - Edward Via College of Osteopathic Medicine, Roanoke College. Roanoke, VA. August 2023.
4. Support the FAIR Act. Spring 2023 Conference. Virginia Osteopathic Medical Association. Williamsburg, VA. April 2023.

5. 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

2024-Present; Chair, Medical Student Section, Medical Society of Virginia (MSV)

2023-2024; Community Outreach Vice Chair, MSV

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

- 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-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.

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

2024-Present; Gold Humanism Honor Society (GHHS)

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.akuivb.com/> (Retired),
<https://www.micromedgarden.com/> (In Development)
2020-Present; Co-Founder & Operations Manager, EZ Inn, Norfolk, VA
2020-2023; Owner, Perera Consulting LLC, DBA: Virginia State of Mind, virginiastateofmind.com
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; Direct Care Volunteer, Gentiva Hospice

- Place weekly calls to families and facilities to provide support.
- Compile medication and medical equipment orders for each patient.

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.

2023; Teddy Bear Fundraiser, VOMA

- Co-organized a student event for packaging teddy bears and filling out cards that were delivered to the pediatrics floor of Carilion Roanoke Memorial Hospital.

2023; Lobby Day, MSV

- Lobbied various law makers in Richmond, VA during the general assembly in January of 2023, providing support for physician and medicine-centered policies.

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.
- 2021; Habitat for Humanity, Blacksburg, VA
 - Cleaned and remodeled a local house for a family entered into the program.
- 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.
- 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.
- 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.
- 2016-Present; Virginia Medical Reserve Corps
 - Administered vaccinations during COVID-19 pandemic throughout Christiansburg, VA in 2021.
 - Provided medical support at the Virginia National Tattoo Festival in 2019.
 - Conducted health screenings at a healthy living facility in 2018.

CONFERENCES

- VOMA Spring Conference April 2024
- AAO Convocation March 2024
- VOMA Fall Conference October 2023

- MSV Annual Conference October 2023
- 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 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
- Statistical Analysis: R
- Automotive Technology: Nissan, Toyota, Ford
- Medical Imaging Software: 3D Slicer, MorphoJ
- Investment Model Creation, Procurement, Management
- Tissue Preservation, Plastination
- Amateur Distiller, Brewer, Vintner, Mixologist
- Amateur Horticulturist, Mycologist

PRODUCT DEVELOPMENT

- Keychain Naloxone Carrier
- Affordable Video Laryngoscope Trainer
- Daniels Rawlins Perera Lexical Analysis Program (KRPLAP)
- DRP Submissions App
- Osteopathic Spanish Translation Guide

LANGUAGE PROFICIENCY

- Spanish, conversational beginner
- Sinhalese, conversational beginner, speaking

MISCELLANEOUS

- Billboard Model

REFERENCES

Dr. Fred Rawlins, II, D.O.

Senior Associate Dean for Simulation and Technology, VCOM-VA

(540) 520 - 5475

frwalins@vt.vcom.edu

Maria S. Harris

Executive Director, Virginia Osteopathic Medical Association

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ADDITIONAL REFERENCES AVAILABLE UPON REQUEST