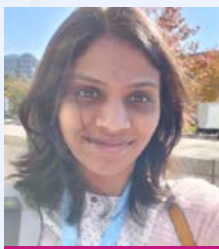


REPORT OF 1ST SUCCESSFUL COMPLETION OF WIN MENTOR-MENTEE PROGRAM

[NOVEMBER 2021 - JANUARY 2022]



WIN-India Mentee **Dr. Niveditha Girimaji. S**

MD, DNB, DM

Report of Mentor-Mentee Program **(November 2021- January 2022)**

WIN-India has given me an opportunity for an observership in paediatric nephrology under the mentorship of Dr Arpana Iyengar, Professor of Paediatric Nephrology at St. John's Medical College Hospital, Bengaluru. During this stint, I was posted in the paediatric nephrology outpatient clinic, inpatient wards, CKD and post-transplant clinic, and nephrology-urology clinic. I was able to learn the intricacies of presentation and management of common paediatric nephrology diseases like nephrotic syndrome, CAKUT, tubulopathies, AKI, CKD and also got a chance to learn the basics of paediatric CAPD, HD, and genetics. I witnessed one paediatric renal transplant and also the patient's follow-up for two months. I had an opportunity to exchange my knowledge of POCUS and AV Fistula assessment with the department. I also briefly took part in analysing renal biopsy slides at the Department of Pathology.

Through the process of interaction with faculty and fellows, I gained an understanding of the nuances of paediatric nephrology that makes it different from nephrology in adults. Working closely with paediatricians gave me a chance to learn and appreciate qualities that are unique to them, like patience, empathy, and rapport building with children and parents. I interacted with women nephrologists who not only focus on clinical research but also continue to be actively involved in clinical care and teaching. It was a learning experience to witness how they handle work-life balance.

The program gave me the necessary thrust to further my research skills. Under my mentee's guidance, I began a research project on paediatric nephrolithiasis. The aim of this retrospective observational study was to describe the clinical presentation, complications, and management of nephrolithiasis in children who presented

to St. Johns Hospital over 20 years. We also plan to follow them up for meaningful outcomes like recurrence, hypertension, and CKD. The reason behind taking up this research topic was a lack of data, especially related to factors that influence the disease and its outcomes that are unique to India. It was my privilege to interact with a woman paediatric surgeon as part of the research activity. I also plan to work on review article



WIN-India Mentor
Dr. Dr Arpana Iyengar
MD, MD, DNB, FPN, FRCP

I had the pleasure of having a bright, young and accomplished nephrologist, Dr Niveditha Girimaji join me as an observer for 3 months. I have known Niveditha from her college days and she is the daughter of distinguished doctor-parents. Under the formal mentorship program of WIN-India, Niveditha and I put down a clear and focused plan of action in the area of clinical research related to paediatric nephrolithiasis and transition of care of the adolescent with kidney disease. Niveditha has been an outstanding student who received training from premier Institutions in the country. We had the opportunity to interact, share and discuss various issues of clinical care, capacity building, research, collaborative initiatives, team work, communication skills, leadership, and work-life balance. Niveditha's strengths have been academic and clinical competence, enthusiasm, managerial skills, team spirit and commitment. Her simplicity and humble personality is admirable. Niveditha stands as a role model for our post-doctoral trainees and fellows.

with my mentor on the transition of care from paediatric to adult nephrology.

On completion of the three months program, I am now better equipped to handle common paediatric nephrology diseases in my practice, have got an exciting research project to work on, and am happy to have met and interacted with inspiring senior nephrologists. 🧡

I do hope that the mentor- mentee collaboration under the support of WIN-India will inspire many young women in nephrology to seek mentorship to make a difference to their professional and personal growth.

Wishing Dr Niveditha Girimaji all the very best in all her future endeavours!

Dr. Arpana Iyengar
MD, DNB, FPN, FRCP

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Subject Editor, ISN Academy

Core Executive Member, ISN-South Asia Regional Board 🧡