

## Learnings from Bombay Hospital and Medical Research Centre

I am Dr. Anvit Nanavati and I was given the opportunity and privilege to pursue my observership in this esteemed institution under the department of Neurology. During this period, I shadowed respected consultants in the department including the Head of department, Dr. Satish Khadilkar. Subsequently I was able to learn about the various aspects of neurology including vital emphasis on physical examination as well as history taking, which if done correctly negates the requirement of laboratory tests in quite a few disorders. Certain aspects of the examination were exclusively conducted in neurology. Strong emphasis was placed on having an organized and accurate management plan with an aim on retaining cost-effectiveness as well as keeping its efficacy in mind.

On closely observing patients, especially on rounds with the consultants and residents, I came across multiple rare disorders which were quite insidious in presentation yet intriguing as even though multiple conditions were quite complex including at a treatment point of view, I learnt that more often than not, going back to the basics knowledge-wise, proved to be quite helpful in coming up with a diagnosis.

Even though I was here for a comparatively small period of time, I realized that I could only imagine what it would be like

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Anvit Nanavati

**Corresponding Author:**

Dr. Anvit Nanavati, (M.D) from DMSF, Philippines.

Email: anvit97nanavati@gmail.com

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to learn and pursue residency in this institution; as due to the abundant yet challenging patient load, mastering this specialty, especially under the care and guidance of consultants already adept in the same, would be a very plausible possibility. Once again, I am grateful for being given this opportunity and it would be an honor to apply my knowledge gained through this program to treat multiple patients and diagnose rare disorders in the future, as an aspiring neurologist.

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