

GAURAV RAJ DHAKAL

Chief of Spine Surgery
Professor of Orthopedic Surgery
Manmohan Memorial Teaching Hospital
Kathmandu, Nepal

Email: spinegurav@gmail.com

Education/Training (in English)

North American Spine Society Clinical Travelling Fellowship - New York Presbyterian Allen Spine Hospital - Mt. Sinai Hospital, New York - Miami Children's Hospital, Florida	2015
Fellowship of The Association of Spine Surgeons of India Park Clinic, Kolkata, India	March 2014
Master in Surgery (MS) in Orthopedics and Traumatology Kathmandu University, Nepal	2006 - 2009
Bachelor of Medicine Bachelor of Surgery (MBBS) Kathmandu University, Nepal	1998 - 2004

Position

Chief of Spine Surgery
Professor of Orthopedic Surgery
Manmohan Memorial Teaching Hospital
Kathmandu, Nepal

July 2024

Professor of Orthopedic Surgery
Spine Surgeon
National Trauma Center
National Academy of Medical Sciences
Kathmandu, Nepal
December 2015 – June 2023

AO Spine Faculty
Since 2016

Associate Member
AO Spine Knowledge Forum Spine Trauma
October 2018

Member
Global Outreach Program
Scoliosis Research Society
September 2018

AO Spine Research Commission Mentorship Program 2014-2015

Fellow of The Association of Spine Surgeons of India, Park Clinic, India
1st April 2012 – 1st March 2014

Orthopedic and Trauma Surgeon, Lecturer , Dhulikhel Hospital, Kathmandu University Hospital,
Nepal
April 2009 – February 2012

Orthopedic House Surgeon & Teaching Assistant, Dhulikhel Hospital, Kathmandu University
Hospital, Nepal
January 2005 – February 2006

Medical Intern, Manipal Teaching Hospital, Pokhara, Nepal
August 2003 – August 2004

Visited Spine Centers

The Spine Hospital, Columbia University, USA
University Hospital of Toyama, Toyama, Japan
Nishitaga National Hospital, Sendai, Japan
Ganga Hospital, Coimbatore, India
November 2015
November 2014
March 2012
October 2009

Professional Membership

Member of The Nepal Medical Council (4911)
Member of Orthopedic Association of Nepal
Member of the Association of Spine Surgeons of India
Member of Indo American Spine Alliance
Member of AO Spine (128889)

Research Experience

2015-2018

Review of Subaxial Cervical Spine Injuries presenting to a tertiary level hospital in Nepal: Challenges in Management in a third world scenario.

Epidemiological Characteristics of Dorso-Lumbar Spine Trauma presenting to a Trauma Hospital in Kathmandu, Nepal: Formulation of a National Spine Policy.

Clinical Efficacy of Selective Nerve Root Block in Lumbar Radiculopathy Due to Disc Prolapse: outcome analysis in the Nepalese population.

2013

AO Spine Project

A prospective trial comparing L4/5 instrumented posterolateral fusion for degenerative spondylolisthesis performed with local bone graft alone versus posterior iliac crest graft and local bone graft versus Beta Tricalcium Phosphate and local bone graft.

Magnetic Resonance Imaging features of healing status in Tuberculosis of spine – a prospective independent observer based study.

Kinetics of inflammatory markers and correlation with various factors after Uneventful spinal surgeries- a prospective observational study.

2012

Comparison between Standing and Supine Plain Film Lateral Radiographs in Low Grade Spondylolisthesis using the PACS software.

2006 – 2009

Orthopedic Post Graduate Research Work
Efficacy of three sequential epidural steroid injections in Lumbar Stenosis

2007 – 2008

Department of Orthopedics and Traumatology, Kathmandu University
Demographic Parameters of Patients with Road Traffic Accidents

2002

Department of Medicine, Manipal Hospital, Pokhara, Nepal
Developing Holistic Health Care in the Third World: A working study proposal

Honors and Awards

2019	AO Spine Asia Pacific Research Grant 2019 Awardee
2018	2018 Global Spine Congress Travel Grant Awardee
2016	AO Spine Faculty Education Program, Hong Kong
2015	NASS Clinical Travelling Fellowship
2014	First Position in the ASSI Indian Spine Fellowship Exit Examination
2012	Fellowship of the Association of Spine Surgeons of India
2012	Shoichi Kokubun Spine Fellowship
2009	Ganga Hospital Orthopedic Fellowship

Research Meetings

19 October 2019	AO Spine Knowledge Forum Spine Trauma Meeting, Amsterdam
13-15 July 2019	Research Methodology and Publication Refresher Course, NAMS
May 2014	AO Spine Research Commission Meeting, Xian, China
September 2014	AO Spine Research Commission Meeting, Zurich, Switzerland

Peer Reviewed Publications

Clinical Efficacy of Selective Nerve Root Block in Lumbar Radiculopathy due to Disc Prolapse
Gaurav Raj Dhakal, Pawan Kumar Hamal, Siddhartha Dhungana, Yoshiharu Kawaguchi
J. Nepal Health Research Council 2019 Apr-June;17(43):242-6

Review of Subaxial Cervical Spine Injuries presenting to a tertiary level hospital in Nepal:
challenges in surgical management in a third world scenario.
Gaurav Raj Dhakal, Ravi Bhandari, Santosh Paudel, Ganesh Gurung, Yoshiharu Kawaguchi,
K.Daniel Riew
Global Spine Journal Volume 9, Issue 7, 2019

Epidemiological Characteristics of Dorsal and Lumbar Spine Trauma presenting to a Trauma
hospital in Kathmandu, Nepal: Formulation of a National Spine Policy.
Gaurav Raj Dhakal, Santosh Paudel, Siddhartha Dhungana, Ganesh Gurung, Yoshiharu Kawaguchi
Spine Surgery and Related Research 2018 Vol 2 Issue 4 Pages 249-252

Basu S, **Dhakal GR**, Ghosh J, Biswas A, Sarangi T
Posterolateral fusion for Degenerative Spondylolisthesis performed with local bone graft alone
versus posterior iliac crest and local bone graft versus beta tricalcium phosphate and local bone
graft
Postgraduate Medical Journal of NAMS 2017; 17(1): 37-42

Dhakal G, Biswas A, Rathinavelu S, Patel D, Basu S
Comparison between Standing and Supine Lateral Radiographs in Low Grade Spondylolisthesis
Journal of Manmohan Memorial Institute of Health Sciences 2015; Volume 4, Number 1:14-18

Shrestha D, Dhoju D, Parajuli N, **Dhakal G**, Shrestha R
Management of pediatric displaced distal metaphyseal forearm fracture: comparison between
cast immobilization and percutaneous K wire fixation. *Nepal Orthopedic Association Journal*
2012; Volume 2, Number 1

Parajuli NP, Shrestha D, Dhoju D, **Dhakal GR**, Shrestha R, Sharma V
Intramedullary Nailing for Pediatric Diaphyseal Forearm Bone Fracture
Kathmandu Univ Med J 2011;35(3):198-202

Dhoju D, Shrestha D, Parajuli N, **Dhakal G**, Shrestha R
Ipsilateral supracondylar fracture and forearm bone injury in children: a retrospective review of
thirty one cases. *Kathmandu Univ Med J 2011;34(2)11-6.*

Presentations and Poster (all in English Language)

Vertebral Metastasis: When to stabilize. Concept of Oncologic Spinal Instability
Invited talk. South Asian Association for Regional Co-operation Oncological Conference.
Kathmandu, December 2019

Accepted as E-poster in Global Spine Congress Toronto 2019 (P578)
Complications after Spinal Surgery in the first three years of independent spine practice in
A government trauma hospital in Nepal: Lessons Learned
G. Dhakal, G. Gurung, S. Poudel

Oral Presentation in Global Spine Congress, Singapore 2018
Review of Subaxial Cervical Spine Injuries presenting to a tertiary level hospital in Nepal:
Challenges in Management in a third world scenario
Dhakal GR, Dhungana S, Paudel S, Gurung G, Kawaguchi Y, Riew D

Accepted as E poster in Global Spine Congress 2018 Singapore (2249)
Clinical Efficacy of Selective Nerve Root Block in Lumbar Radiculopathy Due to Disc Prolapse:
outcome analysis in the Nepalese population
Dhakal GR, Gurung G, Kawaguchi Y

Annual Conference of the Association of Spine Surgeons of Nepal October 2017

Epidemiological Characteristics of Dorso-Lumbar Spine Trauma presenting to a Trauma Hospital
in Kathmandu, Nepal: Formulation of a National Spine Policy
Dhakal GR, Dhungana S, Paudel S, Gurung G

International Meeting for Advanced Spine Techniques, Valencia, Spain 2014
A prospective trial comparing L4/5 instrumented posterolateral fusion for degenerative
spondylolisthesis performed with local bone graft alone versus posterior iliac crest graft and
local bone graft versus Beta Tricalcium Phosphate and local bone graft.
Basu Saumyajit, Dhakal Gaurav Raj

Indian Orthopedic Association Conference, Agra. December 2013

Safety and efficacy of Posterior Hemivertebrectomy and Short Segment Instrumentation in Congenital Scoliosis. *Biswas Amitava, **Dhakal Gaurav Raj**, Sreeramalingam R, Patel Dharmesh, Kumar Kiran, Basu Saumyajit*

Association of Spine Surgeons of India Conference, Kochi. January 2013
Comparison between Standing and Supine Plain Film Lateral Radiographs in Spondylolisthesis using the PACS software. **Dhakal GR**, *Biswas A, Sreeramalingam R, Basu S*

Association of Spine Surgeons of India Conference, Kochi. January 2013
Scoliosis in Neurofibromatosis – Our experience in 21 cases.
*Biswas A, **Dhakal GR**, Sreeramalingam R, Basu S*

Nepal Orthopedic Conference, Dharan, Nepal. 21-23 December 2007
Osteomyelitis: Pediatrics Perspective. **Dhakal GR**, *Bijukachhe B, Banskota AK*

Nepal Orthopedic Conference, Kathmandu, Nepal. 2-3 December 2005
Post Polio Sequelae: from immobility to mobility. **Dhakal GR**, *Upreti S*

All Nepal Medical Conference, Kathmandu, Nepal. 2-4 March 2005
Establishment of Orthopedics and Trauma Services at Kathmandu University Hospital.
Dhakal GR

Spine Related Meetings Attended

18-19 September 2019	Brain and Spine 2019, Maldives
May 2019	Global Spine Congress Toronto
January 2019	ASSICON, Ahmedabad
26 – 27 October 2018	AO Spine Principles Course, Kathmandu
May 2018	Global Spine Congress 2018, Singapore
December 2017	AO Spine Davos Courses: Spine Deformity
5 September 2016	SRS Philadelphia 52 Annual Meeting
January 2017	Association of Spine Surgeons of India Annual Meeting, Hyderabad, India
21 September 2016	Scoliosis Research Society Annual Meeting, Prague
April 2016	Global Spine Congress, Dubai
27 February 2015	AO Spine Advanced Specimen Course, Ahmedabad, India
26 January 2015	ASSICON 2015, Pune, India
12 May 2014	World Forum for Spine Research, Xian, China 2014

24 January 2014	SRS World Wide Conference/ASSICON 2014, Kolkata, India
26 September 2013	Medtronics Drill Workshop, Park Clinic, Kolkata, India
18 September 2013	Scoliosis Research Society Annual Conference, Lyon, France
16-18 August 2013	Instructional Course in Spine, Kodaikanal, India
25 April 2013	Ganga Operative Spine Course, Coimbatore, India
22 February 2013	AO Spine Principles Course, Ahmedabad, India
5 November 2012	Park Clinic Neurosurgery Update, India
29 September 2012	Medtronics Fundamentals of Spine Surgery, New Delhi, India
22 April 2011	AO Spine Principles Symposium, Kathmandu, Nepal
10 February 2011	Spine Instrumentation Workshop, Kathmandu, Nepal
20 March 2010	Nepal America Spine Conference, Kathmandu, Nepal

AO Spine Event Attendance

22 Apr 2011	AOSpine Principles Symposium	Participant	Kathmandu, Nepal
15 May 2014	AOSpine Research Commission meeting	Guest	Xi'an, China
15 May 2014	World Forum for Spine Research 2014 - The Intervertebral Disc	Participant	Xi'an, China
29 Sep 2014	AOSpine Research Commission Meeting	Guest	Zurich, Switzerland
27 Feb 2015	AOSpine Advanced Level Specimen Course-Pearls & Pitfalls of Junctional Approaches & Instrumentation Techniques	Participant	Ahmedabad, India
19 Nov 2016	AOSpine Faculty Education Program	Faculty training participant	Hong Kong, Hong Kong
01 Jun 2017	AOSpine Masters Webinar—Craniocervical surgery for trauma lesions	Participant	Dübendorf, Switzerland
24 Jun 2017	AOSpine Advanced Course on Spinal Trauma	National Faculty	Colombo, Sri Lanka
21 Sep 2017	AOSpine Masters Webinar-Cervical fracture subluxations and dislocations	Participant	Dübendorf, Switzerland
28 Oct 2017	AOSpine Advanced Symposium	National Faculty	Kathmandu, Nepal

11 Dec 2017	Davos Courses Surgeon 's Cockpit: Training of MISS-Procedures under real spine conditions basic—Monday, 11 Dec	Participant	Davos, Switzerland
11 Dec 2017	Davos Courses 2017—Spinal Deformity Course	Participant	Davos, Switzerland
18 Jan 2018	AOSpine Principles Webinar—Spinal Metastasis	Participant	Dübendorf, Switzerland
17 Feb 2018	AOSpine Research Webinar—AOSpine Subaxial Classification System and International Validation Study -Timezone A	Participant	Davos, Switzerland
17 Aug 2018	2018 AOSpine Advanced Level Regional Anatomical Specimen Course, Chiang Mai, Thailand	Regional Faculty	Chiang Mai, Thailand
17 Aug 2018	AOSpine Advanced Level Regional Anatomical Specimen Course 17-18 Aug (for local thailand)	Regional Faculty	Chiang Mai, Thailand
01 Sep 2018	2018 AOSpine Asia Pacific Online Education in Research, Hong Kong, Hong Kong	Participant	TBD, Hong Kong
26 Oct 2018	2018 AOSpine Principles Course, Nepal, Katmandu	National Faculty	Kathmandu, Nepal
17 May 2019	AOSpine Knowledge Forum Trauma Steering Committee and Associates Meeting	KF Associates	Toronto, Ontario, Canada
6 Sep 2019	AO Spine Chairperson Education Program	Pariticipant	Kuala Lumpur, Malaysia

Referees

1. Prof. Dr. Daniel Riew
Professor of Orthopedic Surgery

Co-Chief Spine Division
Director, Cervical Spine Surgery
Co-director, Adult and Pediatric Comprehensive Spine Fellowship
Department of Orthopedic Surgery
New York Presbyterian Och Spine Hospital
Columbia University Irving Medical Center
New York, USA

2. Prof. Dr. Ganesh Gurung
Professor of Orthopedic Surgery
Former Vice Chancellor, National Academy of Medical Sciences
Former Chief of Spine Unit, National Trauma Center and Bir Hospital
Immediate Past President, Association of Spine Surgeons of Nepal
Kathmandu, Nepal

3. Dr Saumyajit Basu
Spine Surgeon
Park Clinic
Kolkata, India