

Dr. Vaibhav M. Kapre

BPT, MPTh (Cardiovascular & Pulmonary Physiotherapy)

Professor

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He is:

- Professor & H.O.D. Cardiopulmonary Physiotherapy Department,
- Exam Cell In charge
- Final Year BPTTh incharge
- Clinical in OPD and IPD of MGM hospital & MGMMCRI

AREAS OF INTEREST, EXPERTISE AND RESEARCH

Areas of Interest: Pulmonary rehabilitation, Cardiac rehabilitation, Exercise Testing, Physiotherapy in ICU, Cardiovascular and thoracic surgery Rehabilitation and yoga.

Areas of expertise: Pulmonary rehabilitation, Physiotherapy in ICU, Exercise testing, yoga

Areas of research: Cardiac rehabilitation, Yoga, fitness in community

SUBJECT CURRENTLY TEACHING

Subject	Year
Basics of Kinesiotherapy and Kinesiology, Fund. of Electrotherapy	First year
Electrotherapy	First year/second year
Exercise Testing, PFT and other cardiopulmonary assessment tools	Third Year
Physiotherapy in Cardiopulmonary and Pulmonary Rehabilitation	Fourth year

ACADEMIC QUALIFICATIONS

Masters of Physiotherapy (M.P.T) Elective; cardio respiratory Year June 2007
Pune University, D.Y.Patil College of Physiotherapy, Pimpri, Pune, maharashtra

Bachelor of physiotherapy (B.P.T.) year 2004
Devi Ahilya University (DAVV), M.G.M.Medical College, indore (M.P.)

Yoga- Ratna year 2004
1 yr degree course

MS-CIT (Jan 2015)

WORKING EXPERIENCE

Sr No	Designation	Institute/ Place	Duration
1.	Professor	Mahatma Gandhi Mission (MGM) Institute of Physiotherapy,N-6,CIDCO,Aurangabad	From 24 th Aug 2018 Still working
2.	Associate Professor	Mahatma Gandhi Mission (MGM) Institute of Physiotherapy,N-6,CIDCO,Aurangabad	From 11 th 23 rd March 2013 Still working
3.	Asst. Professor	People's Institute of Physiotherapy, People's University Bhanpur,Bhopal	03 sept.2010 to 7 th March 2013

4.	Intensive care physical therapist.	Akshaya heart hospital, habibganj, Bhopal, (m.p.)	2008-2009
6.	Asst. Professor	Rajeev Gandhi College of Physiotherapy, Bhopal, (M.P.)	since 20 th June 2007 upto 2 nd sept.2010
7.	Physiotherapist	Bafna Hospital & Orthopaedic Research Centre, Indore (M.P.)	2005

RESERCH/ PROJECT/PUBLICATIONS

- Research publication: “Effects of home based graduated aerobic exercise programme on cardiovascular disease risk factors in sedentary workers”, *International Journal of Health Sciences & Research*; ISSN: 2249-9571, Vol.7; Issue: 8; August 2017
- Research publication: “Comparison of Active Cycle of Breathing and High-Frequency Oscillation Jacket in Bronchiectasis Patient” *Indian Journal of Physiotherapy and Occupational Therapy*, Volume 08 Number 04 October-December 2014
- Research publication: A Comparative Study of Flow and Volume Oriented Incentive Spirometry after Upper Abdominal Surgery Using PFT Studies, *Indian Journal of Physiotherapy and Occupational Therapy*, Year : 2015, Volume : 9, Issue : 1
- Project on “Wound Healing and physiotherapy perspectives” in May 2005
- “Comparison of pursed lip breathing Vs Pranayama and pursed lip breathing in patients with COPD”
- Presented scientific paper on topic: ”A Comparative study of flow and volume oriented incentive Spirometry after upper abdominal surgery using PFT studies” at 48th Annual conference held in Mangalore in Jan. 2010
- Member of National Editorial Advisory Board of *Indian Journal of Physiotherapy and Occupational Therapy*

Sr No	Name	Title of publication	Name of journal	Year/ vol	
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	Dr. Vaibhav Kapre	“Effects of home based graduated aerobic exercise programme on cardiovascular disease risk factors in sedentary workers”	<i>International Journal of Health Sciences & Research</i>	ISSN: 2249-9571, Vol.7; Issue: 8; August 2017	<i>International</i>
	Dr. Vaibhav Kapre	“Comparison of Active Cycle of Breathing and High-Frequency Oscillation Jacket in Bronchiectasis Patient”,	<i>Indian Journal of Physiotherapy and Occupational Therapy</i>	Volume 08 Number 04 October-December 2014	<i>International</i>
	Dr. Vaibhav Kapre	Research publication: A Comparative Study of Flow and Volume Oriented Incentive Spirometry after Upper Abdominal Surgery Using PFT Studies,	<i>Indian Journal of Physiotherapy and Occupational Therapy</i>	Year : 2015, Volume : 9, Issue : 1	<i>International</i>

STUDENTS RESEARCH PROJECT

- Comparison between Acapella and ACBT on Pulmonary function in post Coronary Artery Bypass Graft (CABG) patients: A randomised clinical trial.
- Prevalence of Hypertension among 30-50 Years age group along with behaviour Pattern
- Prevalence of Exercise Induced Asthma in School children’s
- Prevalence of tennis elbow in Industrial workers

- Prevalence of Physical inactivity and associated factors among School going children's
- To Compare Cardio Pulmonary changes During 30 Degree Head Down Tilt Versus Supine Lying in Normal Healthy Individuals
- A Comparative study on the effects of Deep breathing exercise and Incentive spirometry in CABG patients.
- Comparison of jacobson's progressive muscle relaxation and diaphragmatic breathing exercises on cardiorespiratory parameters and level of stress in primary hypertension.
- Effect of Open kinematic chain Vs Close Kinematic chain in patients with patellofemoral pain syndrome on pain, strength and function.

**IMPROVEMENT IN PROFESSIONAL COMPETENCE:
(Workshop/Seminars)**

- Attended workshop on "*Problem solving for better health*" at M.G.M Medical College, Indore in year 2003
- Participated in work shop on "*Basic mechanical Ventilation*" organized by Lokmanya Hospital, at Pune in Nov.2005
- CME on "**Women's health**" at Pad. Dr. D.Y. Patil College of Physiotherapy, Pimpri Pune in Oct. 2005
- CME on "*Applied ergonomics*" at Pad. Dr. D.Y. Patil College of physiotherapy, Pune in Feb. 2006
- Attended seminars on *Parkinson's disease and NDT tech*, held in Sancheti institute in year 2006
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- Attended workshop on “**Basic concepts of manual therapy**” by Dr. P.P. Mohanty at Pravara inst. of medical sciences, loni in Aug. 2006
- Participated in 44th Annual conference of Indian Association of Physiotherapy held in Ahmadabad, Gujarat in year Jan.2006
- Work shop on “**mobilization by POLD method**” in dec.2007, Rajeev Gandhi college, Bhopal.
- Work Shop on Physiotherapy ICU Management held in Manipal University, Karnataka.
- Participated in 48th Annual conference of Indian Association of Physiotherapy held in Mangalore, Karnataka.in Jan 2010.
- Attended Basic **Workshop in Research Methodology at MUHS, Nashik** on 9-11th Oct 2013
- Delivered a Lecture on ‘**Cardiac Rehabilitation**’ at CME during World Physiotherapy day on 8th Sept 2014
- Certificate course in Aroma Touch Therapy and Pediatric and Geriatric update” (Credit hours-16) between 11th & 12th August 2016 at MGM’s Institute of Physiotherapy, Aurangabad, Maharashtra
- Art of Palpation & Fascia” (Credit hours-16) between 13th & 14th August 2016 at MGM’s Institute of Physiotherapy, Aurangabad, Maharashtra
- Child and Adolescent Fitness Instructor Training, Fitness Diet and Nutrition, Diabetes Fitness Instructor Training, Power Yoga Instructor Training” (Credit hours-60) between 29th December 2016 to 3rd January 2017 at MGM’s Institute of Physiotherapy, Aurangabad, Maharashtra
- Workshop on Medical Education Technology at MGM Medical College, Aurangabad on date 10.01.2017 to 12.01.2017

- Training workshop on CPR on 9th Sept 2017 At MGM Medical College, Aurangabad.
- Workshop on Quality Assurance for Achieving Sustainable Health Science Education Development at MUHS, Nashik on 15th October 2018

I.A.P. membership no. : L-15588

Maharashtra OTPT Reg.No. : PR-2013/10/PT/003007

(Approved As Associate Prof.and PG teacher under,MUHS, Nashik)