

Dr. Vishal Uppal

Email: vishal.uppal3@gmail.com

Degrees

2014 - 2019	Master of Science (Clinical Trials) - London School of Hygiene & Tropical Medicine
2006	FRCA (Anesthesia) - The Royal College of Anaesthetists', London-UK
2000	MBBS (Bachelor of Medicine, Bachelor of Surgery) - Karnatak University, India

Postgraduate Training

2014	Regional Anesthesia Fellowship - Dalhousie University
2013 - 2014	Fellowship in Regional Anesthesia - Western University, London-Ontario
2010 - 2012	Senior Registrar Anesthesia [Residency] - NHS Greater Glasgow and Clyde, Scotland, UK
2009 - 2010	Obstetric Anesthesia Fellow - NHS Greater Glasgow and Clyde, Scotland, UK
2008 - 2009	Anesthesia Registrar [Residency] - NHS Greater Glasgow and Clyde, Scotland, UK
2007 - 2008	Research Fellow (Anesthesia) - University of Glasgow, Scotland, UK
2003 - 2007	Anesthesia Residency - NHS Scotland, UK
2001 - 2003	Anesthesia Residency - Safdarjang Hospital, New Delhi, India

Faculty Appointments

2015 - present	Assistant Professor - Dalhousie University - Department of Anesthesia, Pain Management and Perioperative Medicine
----------------	---

Credentials

2013	European Diploma in Regional Anesthesia (EDRA) - European Society of Regional Anesthesia
2001 - 2003	Diploma in Anesthesia - University of Delhi

Work Experience

2019 - present	Director of Anesthesia Journal Club - Dalhousie University - Faculty of Medicine - Department of Anesthesia, Pain Management and Perioperative Medicine
----------------	---

2015 - present	Fellowship Program Director (Regional Anesthesia Fellowship) - Dalhousie University - Faculty of Medicine - Department of Anesthesia, Pain Management and Perioperative Medicine
2012	Consultant - Dumfries and Galloway Royal Infirmary - Anaesthetics - Glasgow and Clyde, Scotland, UK

Recognition

2018	Nominated-Clinical teacher of the year - Dalhousie University
2017	Resident/Fellow research award, 1st prize (supervisor) - Department of Anesthesia [\$200]
2016	Resident Advocate of the Year - Dalhousie University, Faculty of Medicine
2013	3rd Prize for best e-poster discussion at European Society of Regional Anaesthesia Annual Meeting - European Society of Regional Anaesthesia Annual Meeting, Glasgow Scotland
2008	2nd Prize, Glasgow and West of Scotland Annual Research Prize - Glasgow and West of Scotland Annual Research Prize Competition

Grants and Contracts

1. Bailey JG, **Uppal V**, Richardson G, Miller A (2019 - 2020). Health care resource and costs comparison between spinal anesthesia in a block room versus general anesthesia for primary hip and knee arthroplasty: an economic analysis [Grant] - Dalhousie - \$4,727.
2. Bailey JG, **Uppal V**, Richardson G, Miller A (2019 - 2020). Health care resource and costs comparison between spinal anesthesia in a block room versus general anesthesia for primary hip and knee arthroplasty: an economic analysis [Grant] - NSHARF - \$4,844.
3. Barry G, Bailey J, Sardinha J, Milne A, **Uppal V** (2018 - 2019). Factors associated with rebound pain after peripheral nerve block for ambulatory surgery: A single-centre retrospective cohort study [Grant] - Dalhousie Anesthesia Research Fund (ARF) - \$4,953.
4. Barry G, Bailey J, Sardinha J, Milne A, **Uppal V** (2018 - 2019). Factors associated with rebound pain after peripheral nerve block for ambulatory surgery: A single-centre retrospective cohort study [Grant] - NSHARF - \$4,893.
5. **Uppal V**, Ke J, Shanthanna H, Kwofie K, Trenholm A (2017 - 2019). Preventing Rebound Pain after Arthroscopic Rotator Cuff Repair under General Anesthesia and Interscalene Block: A Randomized Controlled Trial of Pre-emptive Opioid Treatment Compared to Placebo (\$24,353) [Grant] - CDHA - \$24,353.
6. Roda RD, **Uppal V**, McKeen D, Allen V, Woolcott C (2017 - 2018). Postoperative analgesia with Quadratus Lumborum Blockade for elective caesarean delivery: A retrospective study [Grant] - IWK - \$5,000.
7. Kwofie MK, **Uppal V**, Szerb J, Coles C, Colish J (2017 - present). A Randomized Controlled Trial of Regional Anesthesia Versus General Anesthesia for Promoting Independence After Hip Fracture (REGAIN Trial) [Grant] - Patient-Centered Outcomes Research Institute (PCORI) - \$255,967.
8. **Uppal V**, McKeen D, Doyle P, Allen V, Kwofie K (2017). A randomized controlled trial comparing intrathecal morphine with quadratus lumborum block as part of a multimodal analgesia strategy for post-caesarean delivery analgesia [Grant] - Dalhousie - \$5,000.

9. **Uppal V**, Sancheti S, Retter S, Kwofie MK, Szerb J (2016 - 2017). A Phase 3, Randomized, Double-Blind, Placebo-Controlled, Multicenter, Evaluation of the Safety of N1539 Following Major Surgery [Industry Contract] - Recro Pharma - \$25,000.
10. **Uppal V**, Shanthann H, Prabhakar C, McKeen DM (2016 - 2017). Intrathecal Hyperbaric Versus Isobaric Bupivacaine For Adult Non-Caesarean Delivery Surgery: Systematic Review And Meta-Analysis [Grant] - Dalhousie - \$1,500.
11. **Uppal V**, Shanthann H, Prabhakar C, McKeen DM (2016 - 2017). Intrathecal Hyperbaric Versus Isobaric Bupivacaine For Adult Non-Caesarean Delivery Surgery: Systematic Review And Meta-Analysis [Grant] - IWK - \$3,000.
12. **Uppal V**, Kwofie K, Retter S, Ke J, Trenholm A (2016 - 2017). Single dose controlled release hydromorphone as preemptive analgesia to prevent rebound pain after single shot interscalene block for rotator cuff repair surgery: a randomized placebo controlled trial [Grant] - Central Zone - \$5,000.
13. **Uppal V**, Kwofie K, Szerb J, McKeen D (2015 - 2016). Ultrasound Guided Axillary Brachial Plexus Block: Influence of Obesity on Block Failure Rate, Performance Time and Incidence of Acute Complications - A prospective observational study [Grant] - Central Zone - \$5,000.
14. Kwofie MK, **Uppal V**, Szerb J, Baldrige W, Zhou J, Sandeski R (2015 - 2016). Incidence of Sub-perineurial Injection with Ultrasound-Guided Supraclavicular Brachial Plexus Block in Cadavers [Grant] - CDHA - \$14,244.
15. Kwofie MK, **Uppal V**, Szerb J, Baldrige W, Zhou J, Sandeski R, Retter, S (2015 - 2016). Incidence of Subepineurial Injection with Ultrasound-Guided Supraclavicular Brachial Plexus Block in Cadavers [Grant] - Dalhousie Clinical Cadaver Research Program Grant - \$5,000.
16. Sondekoppam RV, **Uppal V**, Brookes J, Ganapathy S. Comparison of Efficacy and Safety of Perihamstring Local Anesthetic Injection to Obturator Nerve Block When Combined with Subsartorial Saphenous Block for Anterior Cruciate Ligament Repair. A Randomized Double Blinded Study [Grant] - DEPARTMENT OF ANESTHESIA Internal Research Fund, University of Western Ontario.
17. Sondekoppam RV, **Uppal V**, Ganapathy S. Ambulatory continuous adductor canal block to facilitate same day discharge following total knee arthroplasty: A pilot study [Grant] - DEPARTMENT OF ANESTHESIA Internal Research Fund, University of Western Ontario.

Scholarly Projects (unfunded)

1. Kwofie MK, Sodhi P, Delbridge C, **Uppal V**, Doucet R, Jarvie A, Szerb J (2018 - 2019). Does Targeted Educational Intervention based on Psychometric Screening Improve Ultrasound-Guided Regional Anaesthesia Performance? [Medical Education or Training]
2. George RB, Carvalho B, Chorney J, Eghan E, Snelgrove-Clarke E, Doyle P, **Uppal V** (2016 - 2017). Are women having a cesarean delivery interested and engaged in shared decision-making regarding postoperative analgesia? An exploratory survey study [Clinical]
3. **Uppal V**, Retter S, Casey M, McKeen D (2016 - 2017). Systematic review and metaanalysis of the effects of intrathecal fentanyl and morphine for cesarean delivery surgery [Database]
4. Sancheti S, **Uppal V**, Sandeski R, Kwofie MK, Szerb J (2016 - 2018). A Cadaver Study Investigating Structures Encountered By The Needle During A Retroclavicular Approach To Infraclavicular Brachial Plexus Block [Development and Innovation]
5. Kwofie MK, Turney K, Szerb J, **Uppal V**, Prabhakar C (2016). Incidence of hemi-diaphragmatic paresis with single-injection versus double-injection ultrasound-guided supraclavicular brachial plexus blockade [Clinical]

Peer Reviewed Journal Publications

1. **Uppal V**, Sancheti S, Kalagara H. Transversus Abdominis Plane (TAP) and Rectus Sheath Blocks: A technical description and evidence review. *Current Anesthesiology Reports*. [Review - Accepted].
2. Colish J, Milne AD, Brousseau P, **Uppal V** (2019). Factors Associated With Failure of Spinal Anesthetic: An 8-Year Retrospective Analysis of Patients Undergoing Elective Hip and Knee Joint Arthroplasty. *Anesthesia and analgesia*. [Published] PubMed ID: [31306240](#).
3. Sondekoppam RV, **Uppal V**, Brookes J, Ganapathy S (2019). Bilateral Thoracic Paravertebral Blocks Compared to Thoracic Epidural Analgesia After Midline Laparotomy: A Pragmatic Noninferiority Clinical Trial. *Anesthesia and analgesia*. [Published] PubMed ID: [31136327](#).
4. Szerb J, Kwofie K, **Uppal V** (2019). India ink: a time-tested histological marker. *Regional anesthesia and pain medicine*. [Published] PubMed ID: [30992413](#).
5. Retter S, Szerb J, Kwofie K, Colp P, Sandeski R, **Uppal V** (2019). Incidence of sub-perineural injection using a targeted intracluster supraclavicular ultrasound-guided approach in cadavers. *British journal of anaesthesia*. [Published] PubMed ID: [30916000](#).
6. **Uppal V**, Sancheti SF, Kwofie MK, Szerb JJ (2019). Novel approaches to the brachial plexus in the infraclavicular space: filling up the tool box. *Regional anesthesia and pain medicine*. [Published] PubMed ID: [30635520](#).
7. **Uppal V**, Retter S, Casey M, Sancheti S, Matheson K, McKeen DM (2019). Efficacy of Intrathecal Fentanyl for Cesarean Delivery: A Systematic Review and Meta-analysis of Randomized Controlled Trials With Trial Sequential Analysis. *Anesthesia and analgesia*. [Published] PubMed ID: [30633056](#).
8. **Uppal V**, Kalagara HKP, Sondekoppam RV (2018). Tips and tricks to improve the safety of the retroclavicular brachial plexus block. *The American journal of emergency medicine*, 36(6), 1107-1108. [Published] PubMed ID: [28978400](#).
9. Prabhakar C, **Uppal V**, Sondekoppam RV (2018). Effect of Beam Steering on Echogenic and Nonechogenic Needle Visibility at 40°, 50°, and 60° Needle Insertion Angles. *Anesthesia and analgesia*, 126(6), 1926-1929. [Published] PubMed ID: [29116966](#).
10. Sancheti SF, **Uppal V**, Sandeski R, Kwofie MK, Szerb JJ (2018). A Cadaver Study Investigating Structures Encountered By The Needle During A Retroclavicular Approach To Infraclavicular Brachial Plexus Block. *Regional Anesthesia and Pain Medicine*. [Published] PubMed ID: [29923952](#).
11. Johnston DF, Sondekoppam RV, **Uppal V**, Howard JL, Ganapathy S (2018). Hybrid Blocks for Total Knee Arthroplasty: A Technical Description. *The Clinical journal of pain*, 34(3), 222-230. [Published] PubMed ID: [28617716](#).
12. Sondekoppam RV, Ip V, Johnston DF, **Uppal V**, Johnson M, Ganapathy S, Tsui BCH (2018). Ultrasound-guided lateral-medial transmuscular quadratus lumborum block for analgesia following anterior iliac crest bone graft harvesting: a clinical and anatomical study. *Canadian journal of anaesthesia = Journal canadien d'anesthesie*, 65(2), 178-187. [Published] PubMed ID: [29164530](#).
13. **Uppal V**, McKeen DM (2017). Strategies for prevention of spinal-associated hypotension during Cesarean delivery: Are we paying attention? *Canadian Journal of Anaesthesia*. [Published] PubMed ID: [28702819](#).
14. **Uppal V**, Retter S, Shanthanna H, Prabhakar C, McKeen DM (2017). Hyperbaric Versus Isobaric Bupivacaine for Spinal Anesthesia: Systematic Review and Meta-analysis for Adult Patients Undergoing Noncesarean Delivery Surgery. *Anesthesia and analgesia*. [Published] PubMed ID: [28708665](#).

15. **Uppal V**, Sondekoppam RV, Sodhi P, Johnston D, Ganapathy S (2017). Single-Injection Versus Multiple-Injection Technique of Ultrasound-Guided Paravertebral Blocks: A Randomized Controlled Study Comparing Dermatomal Spread. *Regional anesthesia and pain medicine*. [Published] PubMed ID: [28665874](#).
16. **Uppal V**, Shanthanna H, Prabharakar C, McKeen D (2016). Intrathecal hyperbaric versus isobaric bupivacaine for adulty non-caesarean-section surgery: systematic review protocol. *BMJ Open*, 6(5). [Published] PubMed ID: [010885](#).
17. Brookes J, Sondekoppam R, Armstrong K, **Uppal V**, Dhir S, Terlecki M, Ganapathy S (2015). Comparative evaluation of the visibility and block characteristics of a stimulating needle and catheter vs an echogenic needle and catheter for sciatic nerve block with a low-frequency ultrasound probe. *British Journal of Anaesthesia*, 115(6), 912-919. [Published].
18. Kalagara HK, **Uppal V**, McKinlay S, Macfarlane AJ, Anderson K (2015). Effect of body mass index on angle of needle insertion during ultrasound-guided lateral sagittal infraclavicular brachial plexus block. *Journal of clinical anaesthesia*, 27(5), 375-9. [Published] PubMed ID: [25935834](#).
19. **Uppal V**, Sondekoppam R V, Ganapathy S (2014). Effect of beam steering on the visibility of the echogenic and non-echogenic needles: a laboratory study. *Canadian Journal of Anesthesia*, 2014(61), 909-15.
20. **Uppal V**, Sondekoppam RV, Ganapathy S (2014). Permanent Diaphragm Paralysis after Shoulder Rotator Cuff Repair: Interscalene Block Is Not the Only Factor. *Anesthesiology*, 120(4), 1054-1056. [Letter to the Editor].
21. Sondekoppam RV, **Uppal V**, Ganapathy S (2014). Intravenous or perineural dexamethasone for interscalene brachial plexus block: the equivalence not yet proven. *British Journal of Anaesthesia*, 112(1), 175-176. [Letter to the Editor].
22. Sondekoppam R, Brookes J, Terlecki M, **Uppal V**, Ganapathy S (2013). Intra-catheter air in continuous thoracic paravertebral block: distraction or assistance? *Canadian Journal of Anesthesia*, 60(8), 824-825. [Letter to the Editor].
23. **Uppal V** (2011). What if epidural catheter needs to be fixed more than 15 cm at the skin? *Middle East Journal of Anesthesiology*, 21(3), 423-424. [Letter to the Editor].
24. Kearns RJ, **Uppal V**, Bonner J, Robertson J, Daniel M, McGrady E (2011). The introduction of a surgical safety checklist in a tertiary referral obstetric centre. *BMJ Quality and Safety*, 2011(20), 818-822.
25. **Uppal V**, Kearns R J, McGrady E M (2011). Evaluation of the M43B Lumbar puncture simulator-II as a training tool for identification of the epidural space and lumbar puncture. *Anesthesia*, 2011(66), 493-496.
26. **Uppal V**, Dourish J, Macfarlane A (2010). Anaesthesia for Electroconvulsive Therapy (ECT). *Continuing Education in Anaesthesia, Critical Care & Pain*, 2010(10), 192-196. [Review].
27. **Uppal V**, Young SJ (2010). Smoking and ethnic group, not epidural use determine breastfeeding outcome. *Anaesthesia*, 65, 652. [Letter to the Editor].
28. **Uppal V**, Gangaiah S, Fletcher G, Kinsella J (2009). Randomized crossover comparison between the i-gel and the LMA-Unique in anaesthetized, paralysed adults. *British Journal of Anaesthesia (BJA)*, 2009(103), 882-885.
29. **Uppal V**, Fletcher G, Kinsella J (2009). Comparison of the i-gel with the cuffed tracheal tube during anaesthesia for pressure-controlled ventilation. *British Journal of Anaesthesia (BJA)*, 2009(102), 264-268.
30. **Uppal V**, Rooney KD, Young SJ (2009). Better antenatal education is a good idea, but does not reduce maternal anxiety regarding anaesthesia for emergency caesarean section. *International Journal of Obstetric Anesthesia*, 18(1), 97-98. [Letter to the Editor].

Books and Chapters

1. **Uppal V**, Shanthanna H (2019). Pain Management in Orthopaedic Surgery [Book Chapter]. In: Mohit Bhandari (Ed), *Evidence-based Orthopedics*. Wiley-Blackwell: Oxford.
2. Kalagara HKP, Kolli S, **Uppal V**, Robards CB, Karmakar MK (2019). Lumbar Paravertebral Sonography and Considerations for Ultrasound-Guided Lumbar Plexus Block [Book Chapter]. In: Admir Hadzic (Ed), *Hadzic's Textbook of Regional Anesthesia and Acute Pain Management: Self-Assessment and Review* (pp. Chapter 38). McGraw-Hill Education: New York.
3. **Uppal V**, Ganapathy S (2012). Ultrasound-guided infraclavicular brachial plexus block [Book Chapter]. In: Glenn Woodworth (Ed), *Fundamentals of Ultrasound Guided Regional Anesthesia*. We Dare to Dream, Inc: i-Book.
4. **Uppal V**, McGrady E (2010). Anaesthesia Service Provision for Maternity Services [Book Chapter]. In: *Models of Care in Maternity Services* (pp. 159-170). Royal College of Obstetricians and Gynaecologists Press: London, UK.

Other Publications

1. **Uppal V**, Ip V *Curb your enthusiasm: Erector spinae plane (ESP) Block – Just because it is easy to do, is not a good reason to do it!* - American Society of Regional Anesthesia News [Evidence-Based Guidelines - Accepted]
2. Bailey JG, **Uppal V** (2019) *Curb Your Enthusiasm: The RAPTIR Could Bite!* - American Society of Regional Anesthesia and Pain Medicine [Online Resource] [View here](#)

Scientific Abstracts

1. Kehoe E, **Uppal V**, Retter S, McKeen D,. Quadratus Lumborum Block for Postoperative Analgesia. [Poster] American Society of Regional Anesthesia Annual Meeting (Las Vegas), April 2019.
2. **Uppal V**, Sondekoppam RV, Dhir S, Mackinnon SP, Retter S, Lopera LM, Kwofie MK, Szerb JJ, McKeen DM,. Association of Obesity with Failure of Ultrasound-Guided Axillary Brachial Plexus Block: A Two-Centre, Prospective, Observational, Cohort Study. [Poster] American Society of Regional Anesthesia Meeting (Las Vegas), April 2019.
3. Roda R, **Uppal V**, Woolcott C, Allen VM, McKeen D. Quadratus lumborum block for postoperative analgesia in planned caesarean delivery: A retrospective cohort study. [Poster] Canadian Anesthesia Society (Montreal, QC), June 2018.
4. Roda R, **Uppal V**, Woolcott C, Allen V, McKeen D. Postoperative analgesia with Quadratus Lumborum Blockade for elective caesarean delivery: A retrospective study. [Podium] Society of Obstetric Anesthesia and Perinatology (Miami, FL, USA), May 2018.
5. Retter S, Szerb J, Colp P, Sandeski R, **Uppal V**, Kwofie K. Incidence of Sub-Perineural Injection Using a Targeted Intra-Cluster Supraclavicular Ultrasound-Guided Approach: A Histologic Study in Cadavers. [Podium] 2018 World Congress on Regional Anesthesia & Pain Medicine (New York), April 2018.
6. Sancheti S, **Uppal V**, Sandeski R, Kwofie K, Szerb J. A Cadaver Study Investigating Structures Encountered By The Needle During A Retroclavicular Approach To Infraclavicular Brachial Plexus Block. [Podium] 2018 World Congress on Regional Anesthesia & Pain Medicine (New York), April 2018.
7. Roda R, **Uppal V**, Woolcott C, Allen V, McKeen D. Postoperative analgesia with Quadratus Lumborum Blockade for elective caesarean delivery: A retrospective study. [Podium] World Congress on Regional Anesthesia & Pain Medicine (New York, NY), April 2018.

8. Colish, J, Milne AD, Brousseau PA, **Uppal V**. Risk Factors for Spinal Anesthetic Failure After Injection of Local Anesthetic into the Subarachnoid Space: An 8 year Retrospective Analysis of Patients Undergoing Lower Limb Surgery. [Poster] American Society of Regional Anesthesia and Pain Medicine (New York, NY, USA), April 2018.
9. Colish J, Brousseau P, Milne AD, **Uppal V**. Risk factors for spinal anesthetic failure after injection of local anesthetic into the subarachnoid space: An 8-year retrospective analysis of patients undergoing lower limb surgery. [Podium] Department of Anesthesia Research Day, Dalhousie University (Halifax, NS), April 2018.
10. Retter S, **Uppal V**, Casey M, Sancheti S, McKeen. Efficacy and safety of intrathecal fentanyl for caesarean delivery: A systematic review and meta-analysis of randomized controlled trials. [Podium] ESRA 2017 (Lugano, Switzerland), September 2017.
11. Casey M, Sancheti S, Retter S, **Uppal V**, McKeen D. Efficacy and safety of intrathecal fentanyl for caesarean delivery: A systematic review and meta-analysis of randomized controlled trials. [Podium] Department of Anesthesia, Pain Management & Perioperative Medicine Research Day (Halifax, NS), April 2017.
12. **Uppal V**, Retter S, McKeen D. Comparison of subarachnoid hyperbaric versus isobaric bupivacaine for adult non-caesarean section surgery- Systematic review and Meta-Analysis. [Poster] ESRA 2016 (Maastricht, Netherlands), September 2016.
13. **Uppal V**, Sondekoppam RV, Sodhi P, Johnston D, Ganapathy S. Randomized prospective study to evaluate efficacy and safety of single versus multiple injection ultrasound guided paravertebral blocks for breast surgery. [Podium] 2016 CAS Annual Meeting (Vancouver), June 2016.
14. **Uppal V**, Sondekoppam RV, Johnston D, Sodhi P, Dhir S, Lopera M and Ganapathy S.. Randomized prospective study to evaluate efficacy and safety of single versus multiple injection ultrasound- guided paravertebral blocks for breast surgery. [Podium] ASRA Annual Meeting 2016 (New Orleans, USA), April 2016.
15. **Uppal V**, Sondekoppam RV, Armstrong P.. Changes in regional anesthesia practice for upper limb surgery at an academic center: Eleven-year retrospective analysis. [Poster] ASRA Annual Meeting 2016 (New Orleans, USA), April 2016.
16. Prabhakar C, Sondekoppam SV and **Uppal V**.. Ultrasound-guided needle visualization using echogenic needles and beam-steer technology. [Poster] ASRA Annual Meeting (New Orleans, USA), April 2016.
17. Sondekoppam RV, Johnston D, **Uppal V**, Giffin R, Litchfield D, Ganapathy S. Comparison of efficacy and safety of perihamstring local anesthetic injection to obturator nerve block for donor site pain following Anterior Cruciate Ligament (ACL) repair: A randomized double blind study. [Poster] American Society of Regional Anesthesia Annual Meeting 2016 (New Orleans, USA), April 2016.
18. Johnson D, Sondekoppam R, Ganapathy S, Johnston M, Sodhi P, **Uppal V**, Brookes J. The spread of injectate during ultrasound guided quadratus lumborum block: a cadaver study. [Poster] 40th Annual Regional Anesthesiology and Acute Pain Medicine Meeting (Las Vegas, Nevada), May 2015.
19. Prabhakar C, **Uppal V**. Ultrasound-guided needle visualization using echogenic needles and Beem-Steer technology. [Podium] Department of Anesthesia, Pain Management and Perioperative Medicine Research Day (Halifax, Nova Scotia), April 2015.
20. **Uppal V** , Sondekoppam RV, Brookes J, Ganapathy S. A novel adductor canal catheter insertion technique. [Poster] European Society of Regional Anaesthesia Annual Meeting (Glasgow, Scotland, United Kingdom), September 2013.

21. **Uppal V**, Kalagara HP, McKinlay S, Macfarlane AJ, Anderson K.. The angle of needle insertion during ultrasound guided Lateral Sagittal Infraclavicular Brachial Plexus Block. [Poster] Regional Anesthesia - ASRA Annual Meeting (Boston, Massachusetts), May 2013.
22. **Uppal V**, Cunningham V, Capek A, Tan K, Young S.. McGrath MAC subgroup analysis of 344 intubations in a tertiary head and neck center. [Poster] Difficult Airway Society Meeting (Cardiff, United Kingdom), November 2012.
23. **Uppal V**. Comparison of P-POSSUM and POSSUM scoring systems as predictors of mortality after Emergency Laparotomy. [Podium] Glasgow and West Society of Anaesthetists Meeting (Glasgow, Scotland, United Kingdom), December 2011.
24. Kalagara HKP, **Uppal V**, Haldane G. Bacterial colonization of continuous peripheral nerve block catheters. [Podium] European Society of Regional Anaesthesia Annual Meeting (Dresden, United Kingdom), May 2011.

Invited Presentations - National and International

1. Diaphragm-Sparing Shoulder Blocks and Lung Ultrasound [Workshop - Resident] - Canadian Anesthesiologists Society (2019) - CAS Annual meeting - Calgary, Alberta [Conference Workshop]
2. Intermuscular Blocks: Anterior thoracic and abdominal wall blocks (2018) - Cadaver Regional Anesthesia ultrasound and PoCUS Workshop - Cleveland [Conference Workshop]
3. Upper limb, lower limb and truncal blocks (2018) - ASRA-ASA Ultrasound-Guided Regional Anesthesia Education Portfolio Cadaver Course - Chicago [Conference Workshop]
4. Pediatric truncal blocks (2018) - Canadian Pediatric Anesthesia Society Annual Conference - Halifax, NS [Conference Workshop]
5. Advanced Upper Extremity and Lung Ultrasound (2018) - 2018 CAS Annual Meeting - Montreal [Conference Workshop]
6. Advanced Truncal and Neuraxial Blocks (2018) - 2018 CAS Annual Meeting - Montreal [Conference Workshop]
7. Spine imaging and Paravertebral blocks (2017) - Cadaveric Regional Anesthesia Ultrasound Workshop - Cleveland Clinic [Conference Workshop]
8. Paravertebral blocks and lower limb blocks (2017) - ASRA-ASA Ultrasound-Guided Regional Anesthesia Education Portfolio Cadaver Course - Chicago [Conference Workshop]
9. Upper limb, lower limb and truncal blocks (2017) - 16th NYSORA Symposium - New York [Conference Workshop]
10. Truncal and Neuraxial Blocks (2017) - CAS Annual Meeting 2017 - Niagara Falls, ON [Conference Workshop]
11. Essential Upper and Lower Limb blocks (2017) - CAS Annual Meeting 2017 - Niagara Falls, ON [Conference Workshop]
12. Lower Limb blocks (2016) - Cleveland Clinic, Cadaver workshop - Cleveland, United States [Conference Workshop]
13. Blocks of the Upper Torso (2016) - CAS Annual Meeting - Vancouver, BC [Conference Workshop]
14. Ultrasound Guided Regional Anesthesia - Crash Course (Lecture) (2016) - Indraprastha Apollo Hospital, Delhi, India - New Delhi, India [Grand Rounds]

15. Ultrasound physics, Knobology & Sonoanatomy (2015) - Cadaveric Regional Anesthesia Workshop - Cleveland Clinic, Cleveland, OH, USA [Conference Workshop]

Invited Presentations - Regional and Local

1. Ultrasound-guided peripheral and central venous access (2018) - CAS Atlantic conference - St. Andrews, NB [Conference Workshop]
2. Ultrasound and Perioperative care (2017) - ANSPAN Education Day - Halifax, NS [Symposium]
3. Acute and Chronic pain Management (2017) - CSHIP Education Day - Halifax, NS [Panel]
4. Blocks of upper and lower limb (2016) - Ultrasound-guided Regional Anesthesia Workshop - Halifax, Canada [Conference Workshop]
5. Sub-gluteal Sciatic, Popliteal Sciatic and Ankle block (2016) - Hamilton, ON [Keynote]
6. Ultrasound guidance for vascular access (2016) - Blood and Beyond Conference, Halifax, Canada - Halifax [Conference Workshop]
7. Peri-op factors affecting cancer recurrence following mastectomy (2016) - Dalhousie University - Joint Anesthesia and Surgery Department, IWK - Halifax [Grand Rounds]
8. Ultrasound-guidance for central venous access. Blood and Beyond Conference (2015) - Blood and Beyond Conference - Halifax, Nova Scotia [Symposium]
9. Paravertebral block for breast surgery, review of evidence (2013) - Annual London nurses meeting - London-Ontario [Keynote]
10. Local Anaesthetics and adjuvants (2013) - Annual Pharmacy Learning and Leadership Symposium (PiLLS) - London-Ontario [Symposium]

Teaching

2019	Blocks for Breast Surgery [Workshop - Physician]
2019	Dalhousie Ultrasound Guided Regional Anesthesia Workshop [Physician]
2019	Anatomy Lab and ultrasound workshop [Resident Teaching Session]
2018	Anatomy Lab and ultrasound workshop [Resident Teaching Session]
2018	Dalhousie Ultrasound Guided Regional Anesthesia Workshop [Physician]
2018	Anatomy Lab and ultrasound workshop [Resident Teaching Session]
2017	Anatomy Lab and ultrasound workshop [Resident Teaching Session]
2017	Dalhousie Ultrasound Guided Regional Anesthesia Workshop [Physician]
2017	Anatomy Lab and ultrasound scanning session [Resident Teaching Session]

2017	Dalhousie Ultrasound Guided Regional Anesthesia Workshop [Physician]
2016	Dalhousie Ultrasound Guided Regional Anesthesia workshop [Physician]
2016	Anatomy Lab and ultrasound workshop [Resident Teaching Session]
2016	Anatomy Lab and Ultrasound Workshop [Resident Teaching Session]
2015	Anatomy Lab and ultrasound workshop [Resident Teaching Session]
2015	Regional Anesthesia Observership [Workshop - Physician]
2014	Anatomy Lab and ultrasound workshop [Resident Teaching Session]

Supervision of Research Learners

2018 - present	Jon Bailey [Fellow]. "Health care resource and costs comparison between spinal anesthesia in block room versus general anesthesia for hip and knee arthroplasty: An economic analysis"
2018 - present	Joel Sardinha [Medical Degree]. "Factors associated with rebound pain after peripheral nerve block for ambulatory surgery: a single-centre retrospective cohort study"
2018 - 2019	Garret Barry [Resident]. "Factors associated with rebound pain after peripheral nerve block for ambulatory surgery: A single-center retrospective cohort study"
2017 - present	Emma Kehoe [Resident]. "Quadratus lumborum block (QLB) for postoperative analgesia: a systematic review"
2017 - 2018	Jane Colish [Fellow]. "Risk factors for spinal anaesthetic failure after injection of local anaesthetic into the subarachnoid space: an 8-year retrospective analysis of patients undergoing lower limb surgery"
2016 - present	Richard Roda [Resident]. "Efficacy of quadratus Lumborum Block (QLB) in addition to intrathecal morphine and multimodal analgesia for the management of postoperative pain among women undergoing cesarean delivery: A retrospective review with propensity matching."
2016 - 2019	Margaret Casey [Resident]. "Effectiveness and safety of addition fentanyl and/or morphine to intrathecal bupivacaine for caesarean section: A systematic review and meta-analysis"
2016 - 2017	Sushil Sancheti [Fellow]. "A Cadaver Investigation Assessing Spread of Dye and Needle Approach for Retroclavicular Block"
2016 - present	Janny Ke [Resident]. "Preventing Rebound Pain after Arthroscopic Rotator Cuff Repair under General Anesthesia and Interscalene Block: A Randomized Controlled Trial of Pre-emptive Opioid Treatment Compared to Placebo"
2016	Susanne Retter [Fellow]. "Comparision of subarachnoid hyperbaric versus isobaricbupivacaine for adult non-caesarean section surgery: systematic review andmeta-analysis."
2015	Christopher Prabhakar [Fellow]. "Comparisonof medium and steep beam steer for needle visibility of echogenic andnon-echogenic needles inserted at 40, 50 and 60 degrees."

Reviewer Activities

2019 - present	Moderator - CAS Regional Anesthesia poster session [Conference Abstracts]
2019 - present	Reviewer - Regional Anesthesia and Pain Medicine [Journal]
2019 - present	Reviewer - British Journal of Anesthesia [Journal]
2018 - present	Reviewer - Anesthesia & Analgesia [Journal]
2018 - present	Judge - CAS [Conference Presentations]
2018 - present	Moderator - Regional anesthesia poster discussion [Conference Abstracts]
2018 - present	Reviewer - BJA Education [Journal]
2017 - present	Judge - CAS Resident Research Presentations [Conference Abstracts]
2017 - present	Reviewer - CAS Research Advisory Committee [Funding Application]
2017 - present	Reviewer - Minerva Anesthesiologica [Journal]
2017 - present	Reviewer - Canadian Journal of Anesthesia [Journal]
2016 - present	Reviewer - BMC Anesthesiology [Journal]
2016 - present	Judge - CAS Resident Research Presentations [Conference Abstracts]
2015 - present	Reviewer - CAS Research Advisory Committee [Funding Application]

Committee Membership

2019 - present	Continuing Professional Development Committee [Member] - Department of Anesthesia, Pain Management and Perioperative Medicine
2017 - 2019	Protected Time Committee [Member] - Department of Anesthesia, Pain Management and Perioperative Medicine
2017 - 2018	Finance Committee [Member] - Department of Anesthesia, Pain Management and Perioperative Medicine
2016 - present	Anesthesia Research Advisory Committee [Member] - Department of Anesthesia, Pain Management and Perioperative Medicine
2016 - present	Research Operational Committee [Member] - Department of Anesthesia, Pain Management and Perioperative Medicine
2015 - present	Fellowship Advisory Committee [Member] - Department of Anesthesia, Pain Management and Perioperative Medicine

Media Interviews

August 2018 Halifax doctor tests new post-surgery pain relief approach [Print] - The Chronicle Herald

Event Organization

2019 - present Journal Club [Chair] - Dalhousie University

2018 - present Canadian Anesthesiologists' Society Annual Meeting, Regional Section - Canadian Anesthesiologists' Society

2016 - present Dalhousie Ultrasound Guided Regional Anesthesia workshop - Dalhousie

Continuing Education

1. 2019: CAS Annual meeting - Canadian Anesthesiologists' Society
2. 2019: American Society of Regional Anesthesia Annual meeting - American Society of Regional Anesthesia
3. 2018: CAS Annual meeting - Canadian Anesthesiologists' Society
4. 2018: PACT meeting - Canadian Anesthesiologists' Society
5. 2018: Blood & Beyond 2018 - Dalhousie University
6. 2018: 2018 World Congress on Regional Anesthesia & Pain Medicine - American Society of Regional Anesthesia and Pain Medicine (ASRA)
7. 2018: Introduction to Focused Cardiac Ultrasound (FoCUS) - American Society of Regional Anesthesia and Pain Medicine (ASRA)
8. 2018: Introduction to Perioperative Point-of-Care Ultrasound: Airway, Lung, Diaphragm, Gastric, eFAST - American Society of Regional Anesthesia and Pain Medicine (ASRA)
9. 2017: POCUS workshop - Canadian Anesthesiologists' Society
10. 2017: PACT meeting - Canadian Anesthesiologists' Society
11. 2017: CAS Annual meeting - Canadian Anesthesiologists' Society
12. 2017: Blood and Beyond - Dalhousie University
13. 2017: Annual Regional Anesthesiology and Pain Medicine Meeting - American Society of Regional Anesthesia
14. 2016: POCUS Pre-conference Workshop - Canadian Anesthesiologists' Society
15. 2016: PACT meeting - Canadian Anesthesiologists' Society
16. 2016: CAS Annual Meeting - Canadian Anesthesiologists' Society
17. 2016: Annual Regional Anesthesiology and Acute Pain Medicine Meeting - American Society of Regional Anesthesia