

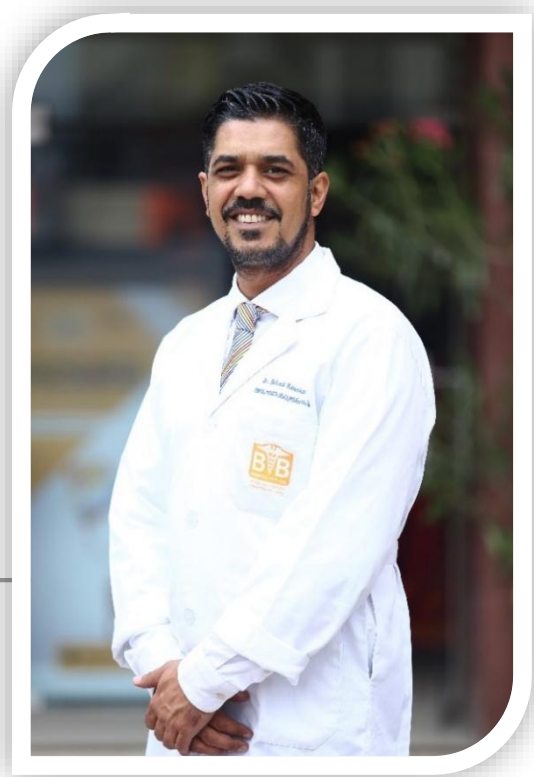
Dr. Bibek Banskota, MBBS, MRCS, MS (Ortho)

Executive / Medical Director

Hospital & Rehabilitation Center for Disabled Children (HRDC),
Banepa, Kavre, Nepal

Consultant Orthopaedic Surgeon

Lalitpur, Nepal



Contact Information

- **Phone:** +977-1-5531933
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Personal Information

- **Place of Birth:** Lalitpur, Nepal
- **Nationality:** Nepalese
- **Languages:** English, Nepali, Hindi

Research Profiles

- **ResearchGate:** <https://www.researchgate.net/profile/Bibek-Banskota>
- **Google Scholar:** <https://scholar.google.com/citations?hl=en&user=obFYTLgAAAAJ>

Professional Appointments & Affiliations

- **Executive/Medical Director:** Hospital & Rehabilitation Center for Disabled Children (HRDC), Nepal
- **Deputy director, Consultant Orthopaedic Surgeon, Head Unit 1:** B&B Hospital, Nepal
- **Co-founder:** AKB Education Foundation (AKBEF)
- **Deputy Director:** AKBEF Clinical Fellowship Program
- **Vice president:** Association of Pelvi-Acetabular Surgeons of Nepal (APASON)

- **Vice president:** Nepal Arthroplasty Society (NAS)
- **Faculty:** NBMS Program (Orthopedic Residency)
- **Editor in chief:** Nepal Orthopedic Association Journal (NOAJ)
- **Advisor:** MiracleFeet Medical Advisory Board, USA
- **Advisor:** Advisory Council for Institute for Global Orthopedics and Traumatology (IGOT), San Francisco, USA

Professional Memberships

1. Nepal Medical Council (NMC No.3457)
2. Nepal Orthopaedic Association (NOA No.180)
3. Royal College of Surgeons of Edinburgh
4. Nepal Medical Association (NMA No.4820)
5. General Medical Council, UK (No.6067490)
6. Nepal Arthroplasty Society (NAS), Life Member
7. Association of Pelvi-Acetabular Surgeons of Nepal (APASON), Life Member
8. B&B Hospital Institutional Review Committee

Education

- **Hip Fellowship (2017):** Inselspital Stiftung, Bern, Switzerland
- **Research Fellowship, Pediatric Orthopedics (2013):** Children's Hospital of Philadelphia, USA
- **Masters in Orthopedic Surgery (2012):** Kathmandu University, Nepal
- **USMLE Step 1 (2008)**
- **Intercollegiate MRCS (2007):** Royal College of Surgeons, Edinburgh, UK
- **PLAB (2005)**
- **IELTS (2002):** Score 7.5/9
- **MBBS (1995–2001):** University of Rajasthan, India
 - *Award: Gold Medal in Anatomy (1997)*

Current Positions

- **Executive/Medical Director:** Hospital & Rehabilitation Center for Disabled Children (HRDC), Nepal
- **Consultant Orthopedic Surgeon:** B&B Hospital, Nepal
- **Co-founder:** AKB Education Foundation

Medical Training

- **June 2017 – Sept 2017:** Hip Fellowship, Inselspital, Bern, Switzerland
- **June 2012 – Feb 2013:** Research Fellow, Pediatric Orthopedics, Children's Hospital of Philadelphia, USA
- **Jan 2009 – Mar 2012:** Masters in Orthopedic Surgery, Kathmandu University, Nepal

- **Sept 2008 – Dec 2008:** Clinical Observer, Steadman Hawkins Sports Clinic, Colorado, USA
- **Mar 2008 – Aug 2008:** Fixed Term Specialty Trainee, Vascular Surgery, Russells Hall Hospital, Dudley, UK
- **Dec 2007 – Mar 2008:** Fixed Term Specialty Trainee, Trauma & Orthopaedics, Russells Hall Hospital, Dudley, UK
- **Aug 2007 – Dec 2007:** Fixed Term Specialty Trainee, Arthroscopy Unit, Royal Orthopaedic Hospital, Birmingham, UK
- **Aug 2006 – Aug 2007:** Senior House Officer, Trauma and Orthopaedics, Ysbyty Gwynedd Hospital, North Wales, UK
- **Aug 2005 – Aug 2006:** Senior House Officer, Trauma and Orthopaedics, Hemel Hempstead General Hospital, UK
- **Mar 2005 – Aug 2005:** Clinical Observer, Trauma and Orthopedics, Hemel Hempstead General Hospital, UK
- **June 2004 – Oct 2004:** House Officer, Paediatric Orthopaedics, HRDC, Nepal
- **Oct 2003 – May 2004:** House Officer, Trauma and Orthopaedics, B&B Hospital, Nepal
- **Oct 2002 – Oct 2003:** House Officer, General Surgery & Urology, B&B Hospital, Nepal
- **Mar 2002 – Oct 2002:** Resident, Accident and Emergency, Patan Hospital, Kathmandu, Nepal
- **Jan 2001 – Jan 2002:** Pre-Registration House Officer Rotation (General Medicine/Surgery/Obs & Gyn/A&E/Community Medicine), SMS Medical College & Hospitals, India

Courses & Certifications

Surgical Training Courses

- **2007:** Advanced Life Support (ALS), Northwest Wales NHS Trust, Bangor, UK
- **2007:** Care of the Critically Ill Surgical Patient (CCrISP), Royal College of Surgeons of England, Cardiff, UK
- **2007:** Acute Life-Threatening Emergency Recognition and Treatment (ALERT), Northwest Wales NHS Trust, Bangor, UK
- **2006:** Advanced Trauma Life Support (ATLS), The Royal College of Surgeons of England, Lister Hospital, UK
- **2005:** Immediate Life Support (ILS), West Herts Hospital NHS Trust, UK
- **2004:** Basic Surgical Skills, Royal College of Surgeons of Edinburgh, New Delhi, India

Trauma and Orthopedics Courses

- **2023:** BPKIHS Pelvi-acetabular Cadaveric Course (Faculty)
- **2017, 2022:** AO Pelvic Fracture Fixation Course, Nepal
- **2015:** Ganga Arthroplasty Course, Coimbatore, India
- **2014:** Ranawat Arthroplasty Course, New Delhi, India
- **2014:** Primary Knee Arthroplasty Workshop, Vappi, India

- **2012:** International Pediatric Orthopedic Symposium (IPOS), Orlando, USA
- **2012:** Ponseti Clubfoot Management Course, Iowa, USA
- **2008:** AO Principles of Fracture Fixation Course, Leeds, UK
- **2007:** Core Skills in Operative Orthopaedic Surgery, Royal College of Surgeons of England, Cardiff, UK
- **2007:** Knee Arthroplasty Course, Alexandra Hospital, Redditch, UK
- **2006:** International Hip Replacement Course, Medway Maritime Hospital NHS Trust, Gillingham, UK

Other Courses

- **2022:** Ethics and Good Clinical Practice, NBMS, Nepal
- **2007:** Statistics for Clinicians, Springfield Hospital, Chelmsford, UK
- **2004:** Rehabilitation and Physical Medicine Course, HRDC, Nepal
- **2004:** Health Research Methodology, Nepal Health Research Council, Nepal
- **2004:** Primary Trauma Care Management, World Federation of Societies of Anesthesiologists, Nepal
- **2001:** Training Workshop on Evidence Based Medicine, America Nepal Medical Foundation, Nepal

Journal Reviewer

- **Biomed Central (BMC) Journal:** 24 reviews (*Excellent Peer-Reviewed Award, Aug 2022*)
- **Indian Journal of Orthopedics:** 2 reviews
- **Journal of Nepal Health Research Center (JNHRC):** 2 reviews
- **Lancet Global:** 1 review
- **Disability and Rehabilitation:** 3 reviews
- **Frontiers:** 2 Review

Publications

1. Pandey, N. R., Poudel, A., Rajbhandari, A., & **Banskota, B.** (2025, April). Management of unusually presenting open pelvic and bilateral femur fractures with crush injury of a foot in an adolescent: A case report. *Nepal Orthopedic Association Journal*. <https://doi.org/10.59173/noaj.20251101j>
2. Pandey, N. R., Khakurel, P., Aryal, R., Bhusal, R., & **Banskota, B.** (2025). *Functional outcome of percutaneous ilio-sacral screw fixation for posterior pelvic ring injuries* [PDF]. *Nepal Orthopedic Association Journal*, 12(1). <https://doi.org/10.59173/noaj.20251101g>
3. Bhusal, R., Banskota, A. K., & **Banskota, B.** (2025, April). *Epidemiology of surgical admissions among children with physical disabilities in Nepal: A retrospective analysis and forecasting using machine learning techniques*. Paper presented at the 11th NHRC Summit, Nepal. <https://doi.org/10.13140/RG.2.2.24260.95369>

4. Pandey, N. R., Bhusal, R., Rajbhandari, A., Shrestha, K. P., Aryal, R., Banskota, A. K., & **Banskota, B.** (2025). Functional outcomes of patients presenting with traumatic hip dislocations at a tertiary care center: A descriptive observational study. *European Journal of Orthopaedic Surgery & Traumatology*, 35(1), 116.
<https://doi.org/10.1007/s00590-025-04243-2>
5. **Banskota B**, Bhusal R, Yadav PK, Banskota AK, et al. Unlocking potential: innovative “private-non-profit” partnership for empowering children with disabilities in resource-limited settings in Nepal. *Front Public Health*. 2025 Feb;13.
doi:10.3389/fpubh.2025.1438992.
6. Gurung YP, Pokharel S, Bhusal R, Rajbhandary T, Banskota AK, **Banskota B.** Effectiveness of supracondylar dome osteotomy in reducing lateral condylar prominence and enhancing functional outcomes in pediatric cubitus varus: a retrospective study. *BMC Musculoskelet Disord*. 2025 Feb;26(1). doi:10.1186/s12891-025-08387-4.
7. Belbase P, Bhusal R, Ghimire SS, **Banskota B**, et al. Assuring assistance to healthcare and medicine: Internet of Things, Artificial Intelligence, and Artificial Intelligence of Things. *Front Artif Intell*. 2024 Dec;7:1442254. doi:10.3389/frai.2024.1442254.
8. Yadav D, **Banskota B**, Aryal R, Pandey NR, Rajbhandari A, Bhusal R, Banskota AK. Assessment of interobserver reliability and intraobserver repeatability of Letournel and Judet classification for acetabular fractures. *J Orthop Rep*. 2024 Nov;4(2):100519.
doi:10.1016/j.jorep.2024.100519.
9. **Banskota B**, Bhusal R, Bhattarai N, Banskota AK, et al. Health-related quality of life among lower limb amputees using prostheses in Nepal: a cross-sectional study. *BMC Sports Sci Med Rehabil*. 2024 Oct;16(1). doi:10.1186/s13102-024-01008-y.
10. Chand BB, Rajbhandari A, Banskota AK, **Banskota B**, et al. Open segmental tibial bone defects treated with Ilizarov frame: a radiological and functional outcome study with average ten-year follow-up. *Int Orthop*. 2024 Aug;48(10):1-5. doi:10.1007/s00264-024-06277-3.
11. Pandey NR, Shrestha N, Aryal R, **Banskota B**, et al. Epidemiological profile of patients presenting with tibia fractures in a tertiary care center: a descriptive cross-sectional study. *Nepal Orthop Assoc J*. 2024 Jul;10(1):e1001a. doi:10.59173/noaj.20241001a.
12. Rajbhandari A, Aryal R, Chand BB, **Banskota B**, & others. Functional and radiological outcomes of surgically treated coxa vara in children. *Journal of Pediatric Orthopaedics*. 2024 (September). <https://doi.org/10.1097/BPO.0000000000002721>.
13. **Banskota B**, Aryal R, Rajbhandari A, Yadav D, Banskota AK. Can the use of a free mobile phone inclinometer application improve the accuracy of coronal cup position during total hip arthroplasty? *J Orthop Rep*. 2024 May;4(4):100372.
doi:10.1016/j.jorep.2024.100372.
14. **Banskota, B.**, Rajbhandari, A., Aryal, R., & Banskota, A. K. (2023). Total hip arthroplasty in patients under 50 years of age: A demographic and treatment outcome study at five years follow-up. *Nepal Orthopaedic Association Journal*, 13(2), Article e20230902e. <https://doi.org/10.59173/noaj.20230902e>
15. Poudel, A., Poudel, P., Chand, B. B., **Banskota, B.**, & Banskota, A. K. (2024). Tuberculosis of calcaneus – A case report and review of literature. *Nepal Orthopaedic Association Journal*, 14(1), Article e20241002c.
<https://doi.org/10.59173/noaj.20241002c>

16. Rajbhandary TK, Regmi S, Gurung YP, **Banskota B**, Barnawal SP, Banskota AK. Complete Correction following Temporary Hemiepiphysiodesis using 2-hole Reconstruction Plates among Skeletally Immature Patients with Angular Deformities around Knees: A Descriptive Cross-sectional Study. *J Nepal Med Assoc*. 2024;62(271):184-7.
17. Barnawal SP, **Banskota B**, Pandey NR, Rijal S, Rajbhandari T, Regmi S, Banskota AK. High Dependency Unit Admissions among Patients with Lower Extremity Long Bone Fracture Visiting the Department of Orthopaedics in a Tertiary Care Centre. *J Nepal Med Assoc*. 2024;62(270):121-4.
18. Awale A, **Banskota B**, Yadav P, Shakya G, Kumar Banskota A. Cerebral Palsy among Children Visiting the Outpatient Department of Pediatric Orthopaedics in a Tertiary Care Centre. *J Nepal Med Assoc*. 2023;61(264):626–629. <https://doi.org/10.31729/jnma.8232>.
19. Rajbhandary TK, Regmi S, Gurung YP, **Banskota B**, Banskota AK. Outcomes following Neuromuscular Blockade using Phenol for the Treatment of Spasticity among Children with Cerebral Palsy: A Descriptive Cross-sectional Study. *BBMed* 2022;1:1-7.
20. Rajbhandari R, Shah JP, Pradhan A, Dangol R, Dangol U, Manandhar A, **Banskota B**. Incidence of new onset arrhythmia after non cardiac surgery. *J Adv Intern Med*. 2023;12(1):5–7.
21. Pradhan I, Regmi S, Joshi MC, Chaudhary RK, **Banskota B**, Joshi A. Mean Length of Stay of Orthopedic Trauma Patients in the ICU: A Descriptive Cross-sectional Study. *NOAJ* 2023;1(1). <https://doi.org/10.59173/noaj.20230901c>.
22. Chaudhary RK, Regmi S, Shah N, **Banskota B**, Barakoti RK, Banskota AK. Hip-Spine Discordance in Bone Mineral Densities in Patients Undergoing DXA Scan in a Tertiary Care Centre: A Descriptive Cross-sectional Study. *J Nepal Med Assoc*. 2023;61(262):502-5.
23. Sharma, S., **Banskota, B.**, Yadav, P., Rajbhandari, T., Bhusal, R., & Banskota, A. K. (2022). Factors predictive of tenotomy after Ponseti casting for idiopathic clubfoot: A tertiary care center study. *Journal of Pediatric Orthopaedics*, 43(5), e354–e359. <https://doi.org/10.1097/BPO.0000000000002338>
24. Basel, S. K., Chaudhary, R. K., Barakoti, R. K., Shrestha, B. K., Kaucha, D., **Banskota, B.**, Pradhan, I., & Shrestha, P. (n.d.). Utility of intraoperative neuromonitoring (IONM) in tertiary care center – Our experiences. *Hospital and Rehabilitation Centre for Disabled Children*. https://www.hrdcnepal.org/Content/EditorImages/files/6_%20IONM%20Paper%20for%20PublicationII.pdf
25. Regmi, S., Chaudhary, R. K., Pradhan, I., **Banskota, B.**, & Joshi, A. (2022). Mean tip apex distance in patients undergoing dynamic hip screw fixation for pertrochanteric fractures without using traction table: A descriptive cross-sectional study. *JNMA: Journal of the Nepal Medical Association*, 60(256), 1021–1025. <https://doi.org/10.31729/jnma.7766>
26. **Banskota B**, Yadav P, Rajbhandari A, Aryal R, Banskota AK. Hip Arthrodesis in Children: A Review of 26 Cases with 20 Years' Follow-up. *Bone Joint J* 2022;104-B(9):1089–1094. (**Best Publication Award, ORTHOCON 2023**)
27. Roberts H, Cross N, Urva M, Haonga B, Woolley P, **Banskota B**, Morshed S, Shearer D, Sabharwal S. Host Perspectives of High-Income Country Orthopedic Resident Rotations in LMICs. *J Bone Joint Surg Am*. 2022 Sep;104(18):1667-1674.

28. **Banskota B**, Yadav P, Maharjan S, Bhusal R, Banskota AK. Physiotherapists and Paramedics Led Decentralized Ponseti Services: An Effective Model for Low-resource Environments. *BBMed* 2021;1:24-32.
29. Jaiswal S, **Banskota B**, Banskota AK. Myopericytoma: A Rare Soft Tissue Neoplasm. *BBMed* Vol.4, No.1, 2020.
30. **Banskota B**. Congenital Elevation of the Scapula Associated with a Dislocated Glenohumeral Joint. *BBMed* Vol.4, No.1, 2020.
31. **Banskota B**, Yadav P, Deuja N, Bhattarai K, Banskota AK. Disability Orientation Outcomes in Three Districts of Nepal: An Interventional Study. *BBMed* Vol.4, No.1, 2020.
32. Mehtani, A., **Banskota, B.**, Aroojis, A. J., & Penny, N. (2021). Clubfoot correction in walking-age children: A review. *Journal of Foot and Ankle Surgery (Asia Pacific)*, 8(3), 102–109. <https://doi.org/10.5005/jp-journals-10040-1166>
33. Aroojis, A. J., **Banskota, B.**, Baghdadi, S., & Spiegel, D. A. (2021). Outcome measures in clubfoot. *Journal of Foot and Ankle Surgery (Asia Pacific)*, 8(3), 132–140. <https://doi.org/10.5005/jp-journals-10040-1188>
34. Chaudhary RK, Kaucha D, **Banskota B**, Barakoti R, Banskota AK. Correlation between Radiological Outcome and HRQoL after Posterior Spinal Fusion for AIS. *JNHRC* Vol.19, Issue 50, Jan-Mar 2021.
35. **Banskota B**, Yadav P, Rajbhandari A, Shrestha OP, Talwar D, Banskota AK, Spiegel DA. Outcomes of the Ponseti Method for Untreated Clubfeet in Nepalese Patients. *JBJS Am* Dec 5, 2018;100(23):2004-2014. (Best Publication Award, ORTHOCON 2018)
36. Mishra BN, Poudel RR, **Banskota B**, Shrestha BK, Banskota AK. ESWT vs Methylprednisolone in Plantar Fasciitis. *J Clin Orthop Trauma*, 2018.
37. Leburn D, **Banskota B**, Banskota AB, Rajbhandari T, Baldwin K, Spiegel DA. Socioeconomic Status Influences Functional Severity of Untreated Cerebral Palsy in Nepal. *Clin Orthop Relat Res* 477(1):1, August 2018.
38. Limbu A, Rajbhandari A, Gurung YP, Poudel B, **Banskota B**. A Complex Congenital Lower Limb Deformity: Tibial Hemimelia or Popliteal Pterygium Syndrome. *BBMed* Vol.3, No.1, 2019:47-50.
39. Regmi M, Rajbhandari A, **Banskota B**, Banskota AK. Screening of Developmental Dysplasia of the Hip in Neonates at HRDC. *BBMed* Vol.3, No.1, 2019:17-25.
40. Karn NK, Yadav P, Aryal R, Pradhan I, Banskota AK, Singh N, **Banskota B**. Lower Extremity Amputations Around the Knee: A Functional Outcome Study. *BBMed* Vol.3, No.1, 2019:39-46.
41. Kushwaha MP, **Banskota B**, Rajbhandari T, Rijal S, Banskota AK. Scapulothoracic Dissociation – A Life Threatening Injury. *BBMed* 2018;2:120-124.
42. **Banskota B**, Rajbhandari A, Yadav P, Pradhan I, Banskota AK. Short-term Results of Open Surgery in DDH in Children Presenting After Walking Age. *BBMed* 2018 Jul-Dec;2:87-94.
43. Kushwaha MP, Barakoti RK, **Banskota B**, Pradhan I, Banskota AK. Surgical Treatment of Clavicle Fractures at B&B Hospital: A 7-Year Experience. *BBMed* 2018 Jan-Jun;2:10-16.
44. LeBrun DG, Pham TA, **Banskota B**, Spiegel DA. Delays in Presentation and Treatment among Children with Musculoskeletal Disabilities in Nepal. *J Epidemiol Glob Health*. 2017;7(4):299-304.

45. Yadav P, **Banskota B**, Banskota AK, Singh BM, Bhattarai KP. Beneficiaries' Satisfaction at HRDC in 2017: A Cross-sectional Study. *BBMed* 2017 Jul-Dec;1:96-102.
46. **Banskota B**, Rajbhandari T, Shrestha OP, Pradhan I, Banskota AK. Addressing Bone Defects in Forearm Osteomyelitis: A Case Series. *BBMed* 2017 Jul-Dec;1:140-7.
47. **Banskota B**. Chronic Osteomyelitis of Long Bones in Children: Overview and Challenges. *BBMed* 2017 Jan-Jun;1:1-17.
48. **Banskota B**, Timala RB, Shrestha UK, Banskota AK. Subclavian Artery Pseudoaneurysm as a Complication of Clavicle Fracture. *BBMed* 2017 Jan-Jun;1:35-7.
49. **Banskota B**. Nepal Earthquake: A Long Way for the Dust to Settle – The ESAR Initiative. *BBMed* 2017 Jan-Jun;1:79-90.
50. Chaudhary RK, **Banskota B**, Barakoti RK, Banskota AK. Caffey's Disease: A Diagnostic Dilemma. *BBMed* 2017 Jan-Jun;1:47-51.
51. **Banskota B**, Shrestha S, Rajbhandari T, Banskota AK, Spiegel D. A Snapshot of 1001 Children with Cerebral Palsy at a Disability Hospital. *J Nepal Health Res Cent* 2015;13(29):31-7.
52. Bakhshi H, Kushare I, **Banskota B**, Nelson C, Dormans JP. Pinless Halo in the Pediatric Population: Indications and Complications. *J Pediatr Orthop* Vol.34, July/Aug 2014.
53. Sharma UK, Shrestha BK, Rijal S, Bijukachhe B, Barakoti R, **Banskota B**, Pradhan I, Banskota AK. Clinical, MRI and Arthroscopic Correlation in Internal Derangement of Knee. *KUMJ* 2011;9(35):174-8.
54. **Banskota B**, Shrestha S, Chaudhary RK, Rajbhandari T, Shrestha BK, Banskota AK. Patterns of Orthopaedic Injuries among Motorbike Accident Admissions in Kathmandu. *J Nepal Health Res Counc* 2016;14(32):51-7.
55. **Banskota B**, Banskota AK, Regmi R, Rajbhandary T, Shrestha OP, Spiegel DA. The Ponseti Method in the Treatment of Children with Idiopathic Clubfoot Presenting between 5-10 Years of Age. *Bone Joint J* 2013;95-B:1721–5. doi:10.1302/0301-620X.95B12.
56. Bijukachhe B, **Banskota B**, Shrestha BK, Banskota AK. Closed Internal Degloving Associated with a Thoracolumbar Burst Fracture: A Case Report. *Eur J Orthop Surg Traumatol.* 2013 Nov;23 Suppl 2:S145-8. doi:10.1007/s00590-012-1056-2.
57. **Banskota B**, Bijukachhe B, Shrestha BK, Banskota AK. Neuroarthropathy of the Hip Following Spinal Cord Injury. *Indian J Orthop* 2011;45(1):87-90. doi:10.4103/0019-5413.73665.
58. **Banskota B**, Bijukachhe B, Shrestha BK, Banskota AK. Charcot's Neuroarthropathy of the Foot and Ankle. *NOAJ* Volume 1, Number 1, January 2010.
59. **Banskota B**, Shrestha SP, Banskota B, Rajbhandari T. Hip Arthrodesis in Children: A Review of 28 Cases. *Indian J Orthop* 2009;43(4):383–388. doi:10.4103/0019-5413.55977.
60. Lamichhane P, Shrestha S, **Banskota B**, Banskota AK. Serum Lactate – An Indicator of Morbidity and Mortality in Polytrauma Patients. *NOAJ* Vol.2, No.1, 2011.
61. Khanafer A, Bahia S, **Banskota B**, Dubb A. Unique Dual Pathology of Meckel's Diverticulum and Ileal Duplication Cyst. *Minerva Chir* 2009;64(3):325-6.
62. Spiegel DA, Shrestha OP, Rajbhandary T, Bijukachhe B, Sitoula P, **Banskota B**, Banskota A. Epidemiology of Surgical Admissions to a Children's Disability Hospital in Nepal. *World J Surg* 2010;34(5):954-62. doi:10.1007/s00268-010-0487-3.

63. **Banskota B**, Lewis J, Irving A, Hossain M, Jones MW. Estimation of Joint Angular Displacement by Medical Staff at a District General Hospital. *Eur J Orthop Surg Traumatol*. (Reference: ejo070114)
64. **Banskota B**, Limbu H, Bijukachhe B, Shrestha BK, Banskota AK. Entrapment Neuropathy of the Suprascapular Nerve: A Case Report. *KUMJ* 2004;2(4):364–366.

Book Chapters

1. **Banskota, B.**, Bhusal, R., & Banskota, A. K. (2025). Advanced materials in orthopedics. In *Biomaterials in orthopaedics & trauma* (Chapter 3). Springer. https://doi.org/10.1007/978-981-96-3017-2_3
2. Spiegel DA, **Banskota B**, Watts H. Neuro-orthopaedics: Poliomyelitis. In: *Chapman's Comprehensive Orthopaedic Surgery*. Jaypee Brothers Medical Publishers, 2019.
3. Spiegel DA, **Banskota B**, Banskota AK, Shrestha O. Operation Health: Surgical Care in Developing World. In: *Child Health: A Case Study of Club Foot Repair in Nepal*.
4. Spiegel DA, Banskota AK, **Banskota B**. Neglected Septic Arthritis in Children. In: *Global Orthopaedics: Caring for Musculoskeletal Conditions and Injuries in Austere Settings* (2014).
5. Aroojis A, Pirani S, **Banskota B**, Banskota AK, Spiegel DA. Clubfoot Etiology, Pathoanatomy, and Ponseti Technique. In: *Global Orthopaedics: Caring for Musculoskeletal Conditions and Injuries in Austere Settings* (2014).
6. Spiegel DA, **Banskota B**. General Principles of Pediatric Trauma. In: *Global Orthopaedics: Caring for Musculoskeletal Conditions and Injuries in Austere Settings* (2014).
7. Spiegel DA, **Banskota B**, Wilkins KE. Management of Upper Extremity Fractures. In: *Global Orthopaedics: Caring for Musculoskeletal Conditions and Injuries in Austere Settings* (2014).
8. Spiegel DA, **Banskota B**, Wilkins KE. Management of Lower Extremity Fractures. In: *Global Orthopaedics: Caring for Musculoskeletal Conditions and Injuries in Austere Settings* (2014).
9. **Banskota B**, Foltz M, Gosselin RA, Spiegel DA. Cerebral Palsy and Other Neuromuscular Conditions. In: *Global Orthopaedics: Caring for Musculoskeletal Conditions and Injuries in Austere Settings* (2014).

Awards

- **Best Poster Award, ORTHOCON 2022:** Salvaging a post-infective hip presenting with acute varus deformity and secondary hip dysplasia.
- **Best Publication Award, ORTHOCON 2023:** Banskota B, Yadav P, Rajbhandari A, Aryal R, Banskota AK. Hip Arthrodesis in Children: A Review of 26 Cases with 20 Years' Follow-up. *Bone Joint J* 2022;104-B(9):1089–1094.
- **Best publication award, ORTHOCON 2018:** Outcomes of the Ponseti Method for Untreated Clubfeet in Nepalese Patients Seen Between the Ages of One and Five Years and Followed for at Least 10 Years. Banskota, Bibek, MRCS, MS; Yadav, Prakash,

MPH; Rajbhandari, Tarun, MS; Shrestha, O.P., MS1; Talwar, Divya, MPH2; Banskota, Ashok, MD, FRCS1; Spiegel, David A., MD2 JBJS Am: December 5, 2018 - Volume 100 - Issue 23 - p 2004-2014 doi: 10.2106/JBJS.18.00445

Current Research & Ongoing Projects

1. **Standard vs. Accelerated Ponseti Technique:** A randomized control study in the treatment of idiopathic clubfeet in children.
2. **Ponseti Technique in Older Children:** Long-term follow-up study in 5- to 10-year-olds.
3. **Economic Impact of Disability:** A prospective case-control study assessing disability in children.
4. **Open Surgery in Developmental Dysplasia of the Hip:** Long-term treatment outcome in children presenting after walking age.
5. **Epidemiology of Surgical Admissions among Children with Physical Disabilities in Nepal:** A Retrospective Analysis and Forecasting Using Machine Learning Techniques

Teaching Experience & Management Skills

- **Early Leadership:** School Captain and Head Prefect (1994–95), American Friendship Residential School, Bangalore.
- **Academic Roles:** Actively involved in teaching residents, registrars, and fellows—specializing in hip and pelvis surgery for both children and adults.
- **Hospital Management:** As Executive Director of HRDC, responsible for fundraising, liaising with government/NGOs, daily management, and clinical duties.
- **Symposium & Workshop Leadership:**
 - Organizing Faculty for “Research for Clinicians” (AKB Education Foundation)
 - Organizing Faculty for Pelvis-Acetabular Cadaveric Workshop (BPKIHS, Dharan)
 - Key organizer at multiple national conferences and symposia, including:
 - Inaugural Symposium of the Nepal Orthopedic Association Pelviacetabular Subcommittee (2022)
 - Traumacon 2022, Kathmandu
 - First Knee Arthroplasty Symposium (2018) and Second Hip & Knee Arthroplasty Symposium (2019)
 - HRDC-B&B Pediatric Orthopaedic Course (2018)
 - EPOS-POSNA-HRDC Nepal Pediatric Orthopaedic Review Course (2017)
 - 1st Cerebral Palsy Conference in Nepal (CPiN, 2013)
 - International Symposium on Pediatric Orthopedics (ISPOT, 2011)
 - Nepal America Spine Conference (NASCon, 2010)

ESAR Project

- **Role:** Project In-charge for The Emergency Surveillance and All-Inclusive Response (ESAR) following the April 25, 2015 earthquake in Nepal.
- **Highlights:**
 - Reached over 45,000 victims via 110 mobile clinics.
 - Over 530 victims received surgical intervention, predominantly orthopedic.
 - Awarded the ‘Sri Balaram Joshi Gyan Bigyan Social Award’ for outstanding service.

Presentations

National Faculty

- **Nepal Orthopedic Association ORTHOCON:**
 - Pediatric Orthopedics: 2016, 2017, 2018, 2019, 2022, 2023, 2024
 - Pelvis-Acetabular Surgery & Arthroplasty: 2021, 2022, 2023, 2024
- **Other Sessions:**
 - International Symposium on Pediatric Orthopedics & Trauma (ISPOT), 2011
 - 1st Cerebral Palsy Conference (CPiN), 2013
 - NHRC, Cerebral Palsy in Nepal, 2014
 - HRDC-B&B Pediatric Orthopaedic Course, 2018
 - EPOS-POSNA-HRDC Pediatric Orthopaedic Review Course, 2017
 - AO Pediatric Orthopedic Course, Nepal Medical College, 2017
 - First knee arthroplasty symposium of the Nepal Orthopedic Association Arthroplasty Subcommittee, B&B Hospital, Kathmandu, 2018
 - Second hip and knee arthroplasty symposium of the Nepal Orthopedic Association Arthroplasty Subcommittee, Institute of Medicine, Kathmandu, 2019
 - Nepal Orthopedic Association Annual Meetings (Pediatric sessions)
 - NOA Pelvis Acetabulum Subcommittee CME, 2022

Invited Faculty/ Speaker:

- Pediatric physical disability in Nepal. American Himalayan Foundation (AHF), San Francisco, 2016 & 2022
- Addressing musculoskeletal disability in socioeconomically deprived children in Nepal. UNICEF all staff meeting (webinar), Kathmandu, 2016 & 2020
- The Australian Pediatric Orthopedic Society meeting, Noosa, Australia, 2016
 - “Pediatric Orthopedics in Nepal”
- Chengdu, China (Chinese Association of Orthopedic Surgeons)
 - Assessment of a child with Cerebral Palsy
 - Neglected clubfoot in Children.
- Xi’an, China (Chinese Association of Orthopedic Surgeons)

- Clubfoot in older children
- Developing pediatric orthopedic services in Nepal

Other Presentations:

- Outcomes of the Ponseti Method for Untreated Clubfeet in Nepalese Patients Seen Between the Ages of One and Five Years and Followed for at Least 10 Years. Presented at the annual meeting of the **Pediatric Orthopedic Society of North America (POSNA)**, Austin, Texas, USA, 2018
- The Ponseti method in the treatment of children with idiopathic clubfoot presenting between five and ten years of age. *Pediatric Orthopedic Society of North America (POSNA)[Toronto] and World Congress of Surgery [Trinidad], 2012.*
- Coagulation Screening in an Orthopaedic Trauma Unit: An Audit of Practice. **British Trauma Society: (Oct 2007, Nottingham)**
- Estimation of Joint Angular Displacement by Medical Staff at a District General Hospital. **British Trauma Society: (Oct 2007, Nottingham)**
- Can Carpal Malalignment Predict Early and Late Instability in Non-operatively Managed Distal Radius Fractures? **British Trauma Society: (Oct 2007, Nottingham)**
- Edinburgh Splints: Are We Achieving A 'Safe Position'? **British Orthopaedic Association: (Sept 2007, Manchester)**
- Patient Information Leaflets in Joint Arthroplasty: Are They Useful? **Welsh Orthopaedic Society: (May 2007, Aberystwyth)**
- Rapidly Destructive Osteoarthritis of Hip. **British Hip Society; (March 2007, Leeds)**
- Habitual Dislocation of Patella Treated by the Galeazzi Procedure: A Follow Up Study of Twelve Knees. **Nepal Orthopaedic Association: (Dec 2004, Kathmandu)**

Audits

- **Fracture Neck of Femur management in A&E compared to British Association of Accident and Emergency Medicine guidelines:**
Outcome: Recommendations led to development of pain protocol and renewed interest in an already existing 'fast tracking' system for fracture neck of femur patients.
- **Coagulation Screening in an Orthopaedic Trauma Unit:** An Audit of Practice:
Outcome: Recommendations lead to development of protocol based on NICE guidelines and decrease in unnecessary testing, especially obvious in common

conditions like fracture neck of femur patients without significant co-morbidity . Re-audit to be carried out in the near future.

- **Edinburgh Splints: Are We Achieving A 'Safe Position'?**

Outcome: This audit lead to increased awareness of the importance of the 'safe position' for proper application of the splint to prevent eventual finger stiffness and compromised hand function following the use of Edinburgh splints for hand injuries. A change of practice was noted amongst junior staff and technicians applying this splint. Re-audit to be carried out in the near future.

References

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