



Dr Refai Showkathali

MBBS, MRCP(UK), FRCP(Lon), CCT in Cardio(UK), FACC(USA), Fellowship in TAVI (Lon), FESC(Eur) 22+ Years Experience

Dr Refai Showkathali is a top Cardiologist in Chennai at Apollo Hospitals Greams Road Chennai . Book appointment online with Dr Refai Showkathali at Ask Apollo.

Hospitals

Apollo Hospitals, Greams Road, Chennai ,

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Overview

Dr. Refai Showkathali is a distinguished Cardiologist with an impressive 24 years of experience in the field of cardiology. Currently practicing at Apollo Hospitals in Chennai, Tamil Nadu, Dr. Refai comes with a wealth of knowledge garnered through specialized training and fellowships from the United Kingdom. His expertise encompasses a broad range of advanced interventional procedures, including CHIP-PCI (for cardiogenic shock and mechanical circulatory support devices such as Impella, ECMO), Left Main PCI, and a variety of complex coronary and structural interventions. Dr. Refai employs cutting-edge techniques such as Zero (Ultra low) contrast PCI, Bifurcation PCI, Calcium modification such as Rotablation, Orbital atherectomy, LASER and IVL therapy, Post bypass stenting, CTO, Drug coated Balloons, skillfully performed via radial access for patient comfort and safety.

With profound specialization in coronary imaging and physiology, including OCT, IVUS, and FFR, he is well-equipped to manage intricate cardiac cases. His competencies extend to TAVI, Mitraclip, TMVR, TRIC valve implantation of devices like permanent pacemakers including leadless pacemaker, AICDs, CRT, conduction system pacing. Additionally, he has expertise in atrial and ventricular septal device closure, PFO, and Left Atrial Appendage closure. He holds the distinction of performing the first RDN

(renal denervation) procedure for uncontrolled hypertension with “Simplicity Catheter” in Tamil Nadu.

Dr. Refai is also a staple of academic advancement, holding a professorship at the Apollo Hospitals Educational and Research Foundation and contributing significantly as an examiner for the MRCP PACES exam conducted by the Royal College of Physicians in London. His impactful research dimmed alongside multiple fellowships and serving on the editorial boards of various international cardiology journals.

Recognized for his contributions, he was awarded the Academic Research Poster Award in 2011. Fluent in several languages, including English, Hindi, Tamil, Telugu, Malayalam, and Urdu, Dr. Refai Showkathali stands out as a compassionate and skillful cardiologist dedicated to enhancing cardiac health and improving patient outcomes.

Experience

- Currently Working as Senior Consultant Interventional Cardiology at Apollo Hospitals Greams road Chennai
- SEPT 2013 - JUNE 2014: Interventional Cardiologist The Essex Cardiothoracic Centre, Essex, UK
- OCT 2012 - SEPT 2013: Post CCT Senior TAVI/Structural Interventional FellowKing’s College Hospital, London.
- AUG 2007 - OCT 2012: Specialist Training (ST) rotation – Cardiology (Intervention) East of England Deanery

Membership

MEMBERSHIPS:

- The Fellowship of The American College of Cardiology (FACC)
- The Fellowship of The Royal College of Physicians (London)- FRCP
- The Fellowship of European Society of Cardiology (FESC)
- British Cardiovascular society (BCS)
- British Cardiovascular Intervention Society (BCIS)
- European Association of Percutaneous cardiovascular intervention (EAPCI)
- American Heart Association (AHA)

Awards

- Winner of Academic Poster of the year award - East of England Deanery - 2011
- “Runner-up” research proposal of the year award - East of England Deanery - 2012
- Adjunct Professor, Apollo Hospitals Educational and Research Foundation, 2018
- Examiner, MRCP PACES, Royal College of Physicians, London, 2018

Research and Publication

RESEARCH:

- Acute Haemodynamic changes after balloon aortic valvuloplasty (BAV) and transcatheter aortic valve implantation (TAVI). (King’s College Hospital, London
- Observational study aimed to define the immediate haemodynamic changes after BAV and TAVI and to identify the mechanism of observed LV impairment
- Co-investigator in the following TAVI related studies: (King’s College Hospital Sapien-3 (Edwards) Valve PORTICO valve JENNA valve
- Risk scoring model for heart failure (Pilot study): (The Essex CTC)
- Small pilot study of 150 patients to try and develop a model for risk scoring to predict mortality and re-admission within 30 days of index admission in patients with heart failure.

PUBLICATIONS :

- The use of Embolic deflector device in TAVI. Refai Showkathali, R Dworakowski, J Byrne, P MacCarthy, London. IHJ Case reports 2016 Valve in Valve implanatation to prevent prosthetic valve migration in TAVI. R Showkathali, R Dworakowski, P MacCarthy, IHJ 2015
- Incidental findings during TAVI work-up: More than just an inconvenience. - Original article Refai Showkathali, Arup Sen, Rafal Dwarakowski, Beth Brickham, Olaf Wendler, Philip MacCarthy. King’s College Hospital, London.Eurointervention 2014 Jun 28. pii: 20130626-03. doi: 10.4244/EIJY14M06
- Should primary percutaneous coronary intervention be the routine reperfusion strategy in octogenarians presenting with ST elevation myocardial infarction? Refai Showkathali, Edney Boston-Griffiths, Michael Parker, John R Davies, Gerald J Clesham, Jeremy W Sayer, Paul A Kelly, Rajesh K Aggarwal. The Essex CTC, UK J Cardiovasc Med. 2014; 15(1):53-9
- Comparison of Bivalirudin with Heparin versus Abciximab with Heparin for primary percutaneous coronary intervention in "real-world" practice. Refai Showkathali, John R Davies, Michael Parker, Wasing Taggu, Kare H Tang, Gerald J Clesham, Reto A Gamma, Jeremy W Sayer, Rajesh K Aggarwal, Paul A Kelly. Cardiovasc Revasc Med. 2013 14(5):289-93

- The advantages of a consultant led primary percutaneous coronary intervention service on patient outcome. Refai Showkathali, John R Davies, Jeremy W Sayer, Paul A Kelly, Rajesh K Aggarwal, Gerald J Clesham. The Essex Cardiothoracic centre, UK QJM. 2013 Jun 29.
- Radio frequency ablation of arrhythmias guided by non-fluoroscopic catheter location: A prospective randomized trial. Mark J Earley, Refai Showkathali, Maysaa Alzetani, Peter M Kistler, Dhiraj Gupta, Dominic J Abram, Julie A Horrocks, Stuart Harris, Simon C Sporton, Richard J Schilling. Eur. Heart J. 2006 May; 27:1223 – 1229
- Right atrial flutter isthmus ablation is feasible and results in acute clinical improvement in patients with persistent atrial flutter and severe pulmonary arterial hypertension Refai Showkathali, Muzahir H. Tayebjee, Julia Grapsa, Maysaa Alzetani, Petros Nihoyannopoulos, Luke S Howard, David C Lefroy, J Simon R Gibbs. Hammersmith Hospital Int J Cardiol. 2011; 149(2):279-80
- Multi-disciplinary clinic: Next step in “Heart team” approach for TAVI.
- Refai Showkathali, Raj Chelliah, Beth Brickham, Rafal Dworakowski, Emma Alcock, Ranjit Deshpande, Olaf Wendler, Philip MacCarthy, Jonathan Byrne.
- Should primary percutaneous coronary intervention be the routine reperfusion strategy in octogenarians presenting with ST elevation myocardial infarction?
- Refai Showkathali, Edney Boston-Griffiths, Michael Parker, John R Davies, Gerald J Clesham, Jeremy W Sayer, Paul A Kelly, Rajesh K Aggarwal. The Essex CTC, UK
- J Cardiovasc Med. 2014; 15(1):53-9
- Typical Takotsubo Cardiomyopathy in ST elevation myocardial infarction patients admitted for primary percutaneous coronary intervention.- Original article
- Refai Showkathali, Hetalkumar Patel, Anil Ramoutar, Alamgir M Kabir, Jeremy W Sayer, Gerald J Clesham, Rajesh K Aggarwal, Paul A Kelly.
- Eur J Intern Med. 2013 Oct 3. doi:pii: S0953-6205(13)00942-4. 10.1016/j.ejim.2013.09.004
- Comparison of Bivalirudin with Heparin versus Abciximab with Heparin for primary percutaneous coronary intervention in "real-world" practice.
- Refai Showkathali, John R Davies, Michael Parker, Wasing Taggu, Kare H Tang, Gerald J Clesham, Reto A Gamma, Jeremy W Sayer, Rajesh K Aggarwal, Paul A Kelly.
- Cardiovasc Revasc Med. 2013 14(5):289-93
- Current case mix and results of catheter ablation of regular supraventricular tachycardia: are we giving unrealistic expectation to patients?
- Refai Showkathali, Mark J Earley, Maysaa Alzetani, Stuart Harris, Dhiraj Gupta, Peter Kistler, Simon Sporton, Anthony W Nathan, Richard J Schilling.
- Europace. November 2007; 9(11): 1064 – 1068

- Radio frequency ablation of arrhythmias guided by non-fluoroscopic catheter location: A prospective randomized trial.
- Mark J Earley, Refai Showkathali, Maysaa Alzetani, Peter M Kistler, Dhiraj Gupta, Dominic J Abram, Julie A Horrocks, Stuart Harris, Simon C Sporton, Richard J Schilling. Eur. Heart J. 2006 May; 27:1223 – 1229
- Takotsubo Cardiomyopathy: a short review. Shahbaz Roshanzamir, Refai Showkathali. Curr Cardiol Rev. 2013;9 (3): 191-6
- Rosuvastatin calcium in acute coronary syndromes. Rajesh Aggarwal, Refai Showkathali. Expert Opin Pharmacother. 2013 Jun;14(9):1215-27
- Antiplatelet and Antithrombin Strategies in Acute Coronary Syndrome: State-Of-The-Art Review. Refai Showkathali, Arun Natarajan. Curr Cardiol Rev. 2012;8: 239-49
- Echocardiography and the critically ill patient. Refai Showkathali, Derek Hausenloy. Hammersmith Hospital, London Current Anaes and Critical Care 2006- Volume 17, Issues 3-4: 237-244
- He regularly presents research papers in International Cardiology conferences in UK, Europe and USA. He has published extensively in the field of cardiology with more than 50 peer reviewed publications in renowned International Journals, most of which are first or lead author. He also regularly reviews manuscripts for various cardiology and general medical journals from UK, Europe and USA (Heart, Open Heart, Eurointervention, Indian Heart journal, “Current cardiology review” etc within the last one year)

Frequently Asked Questions

1. Where does Dr. Refai Showkathali practice?

Dr. Refai Showkathali currently practices at Apollo Hospitals, Greaves Road, located in Chennai.

2. Who is Dr. Refai Showkathali?

Dr. Refai Showkathali is a highly experienced Cardiologist with 22 years of expertise in the field. He is known for providing exceptional patient care and advanced medical treatments. He also treats conditions such as Barth Syndrome, Preventive Care Of Heart Lung Diseases.

3. Why do patients choose Dr. Refai Showkathali?

Patients trust Dr. Refai Showkathali for his expertise, patient-centric approach, and commitment to providing the highest standard of care. He is well-versed in the latest medical advancements and ensures personalized treatment for every patient.

4. What is Dr. Refai Showkathali's specialization?

Dr. Refai Showkathali specializes in Cardiology, with expertise in treating conditions such as Acute Aortic Dissection, Acute Pericarditis, Dilated Cardiomyopathy, and Restrictive Cardiomyopathy.

5. What are Dr. Refai Showkathali's medical qualifications?

Dr. Refai Showkathali holds prestigious qualifications, including MBBS, MRCP(UK), FRCP(Lon), CCT in Cardio(UK), FACC(USA), Fellowship in TAVI (Lon), FESC(Eur).

6. How many years of experience does Dr. Refai Showkathali have?

Dr. Refai Showkathali has 22 years of experience in the medical field, treating various conditions related to Cardiology.

7. How can I book an appointment with Dr. Refai Showkathali?

You can book an appointment with Dr. Refai Showkathali through: Online: Visit <https://www.apollohospitals.com/book-doctor-appointment/> to schedule an appointment.