



# Adit Arora

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## Summary

Healthcare Operations and Strategy professional with 10+ years of experience across GCC and India, managing high-acuity operations across **5–10 operating rooms per shift and 1,600+ annual procedures**. Experienced in coordinating cross-functional teams to optimize workflows, manage capacity constraints, and sustain care delivery under pressure. Combines MBA training in strategy and operations with a system-level understanding of healthcare delivery and performance.

## Professional Experience

**Physician | Healthcare Strategy & Operations | NMC Hospital | Al Nahda, Dubai** **Jul 2021 – Nov 2024**

- Led end-to-end care of **1,600+ cases annually** across routine and peak-load settings, ensuring coordinated, aligned execution, efficient workflows, and consistent outcomes—often during after-hours with limited staff and constrained resources.
- Managed **high-intensity, real-time operations** across 5–7 operating rooms per shift, orchestrating **6 to 8 membered cross-functional** teams to sustain safe, high-throughput workflows; **expanded oversight to 7–10 operating rooms** during night shifts.
- Executed **8–12 procedures weekly outside the main operating** setting, ensuring efficient, on-time execution under constraints.
- Led **150+ critical event responses**, driving rapid decision-making and coordinated team execution in high-pressure situations.

**Physician | Healthcare Strategy & Operations | Sultan Qaboos Hospital | Salalah, Oman** **Dec 2020 – Jul 2021**

- Managed operations through COVID-19 surge conditions (**2–3× volumes**), maintaining strong decision-making under pressure.
- Oversaw high-volume, time-sensitive workflows across multiple pathways, ensuring consistent end-to-end continuity.
- Stepped into **leadership during critical emergencies**, guiding teams through rapid decisions and actions to restore stability.
- Built an **enterprise-level view of operations**, understanding how decision authority, staffing availability, and capacity constraints interact to **shape performance outcomes during periods of sustained peak pressure**.
- Worked within a **multi-ethnic workforce**, adapting to varied protocols, governance structures, and stakeholder expectations.

**Physician – Critical Care Operations | Al Ain Hospital | Al Ain, UAE** **May 2020 – Aug 2020**

- Independently managed a sub-unit, directly overseeing **~10 critically ill COVID patients in high-acuity settings daily**.
- Supported care delivery for **370+ high-risk cases within a high-volume unit (4,000+ patients, handling up to 90+ cases daily)**.
- Delivered sustained high-quality care in one of the highest-performing COVID ICUs in the UAE (survival outcomes).

**Senior Resident - Clinical Operations | Babu Jagjivan Ram Hospital | Delhi, India** **Jan 2019 – May 2019**

- Contributed to crisis response in high-stakes situations, enabling rapid prioritisation and coordinated execution.
- Enabled operational reliability by applying structured pre-execution reviews, coordinating across multidisciplinary teams, and planning downstream transitions to reduce delays and variability.

**Senior Resident – Clinical Operations | Lal Bahadur Shastri Hospital | Delhi, India** **Feb 2015 – Jan 2019**

- Supported operations in high-volume settings, contributing to real-time prioritisation and coordinated execution across teams.
- Assisted in identifying high-risk situations and planning next steps, helping teams reduce delays and avoid escalation issues.
- Contributed to surge and disaster-readiness efforts during the 2017 Dengue epidemic, supporting cross-departmental coordination under peak demand.

**Assistant Professor - Academic & Training Role | Dr. D. Y. Patil Medical College | Pune, India** **July 2014 – Jan 2015**

- **Trained and mentored postgraduate** students, strengthening capability development and enabling smoother task execution.
- Gained deep exposure to hospital operating models, decision hierarchies, and system bottlenecks under pressure.

## Education

MBA (PGPX) – Indian Institute of Management, Ahmedabad   India	2025 – 2026
MD Anesthesiology – Dr. DY Patil Medical College, Pune   India	2014
MBBS – Kasturba Medical College, Pune   India	2007

## Publications & Conferences

- Published a study in an international journal applying structured experimentation and comparative analysis to evaluate multiple solution pathways, identifying the most effective approach for managing a common operational challenge in healthcare delivery.
- Presented a comparative study at a national conference evaluating alternative intervention strategies in elective procedures, emphasizing evidence-based improvement.