

# CURRICULUM VITAE

## **ARUNIMA.R.NAIR**

Pharm-D (Doctor of Pharmacy)

D/o P G Raveendran Nair

(Abhishek Nivas)

Block No 177

Kallar P.O. Mundieruma

Idukki, Kerala

Mobile no: +91-9656496769

Email id: [arunima406@gmail.com](mailto:arunima406@gmail.com)

Registered Pharmacist at Kerala State Pharmacy Council (Reg No:62869)



### **Objective:**

- Work with an esteemed organization that can provide dynamic & challenging work along with growth & prospects
- Emphasize on the rational use of medicines and improve the quality of patient care through clinical pharmacy services
- High-energy, dependable individual focused on continued professional development with excellent communication skills
- Committed to overcoming daily challenges leading to positive patient outcomes
- Leadership and Management Skill

### **Academic Qualifications:**

- **Pharm D (Doctor of Pharmacy)** from PADMAVATHI COLLEGE OF PHARMACY, Dr.M.G.R.Medical University, Chennai, Tamilnadu with an aggregate of 75%, during the academic year 2011-2017.
- **Plus Two** from Govt.H.S.S.KALLAR, Idukki, Kerala, with an aggregate of 76% during the academic year 2009-2011.
- **S.S.L.C**, from Govt.H.S.S.KALLAR, Idukki, Kerala, with an aggregate of 80% during the academic year 2009-2005.

## **Internship (2016-17)**

- Worked as Pharm .D Intern at **Govt Head Quarters Hospital, Krishnagiri** (350 bedded) rendering clinical pharmacy services and duties independently.
- **Department of General medicine (3months)**
- **Department of Pediatrics (2 months)**
- **Department of Gynecology (2months)**
- **Department of Orthopaedics(2months)**

**Pharm .D Intern from June 2017 to August 2017 at NIMS MEDICITY (350 bedded) rendering clinical pharmacy services and duties independently.**

Department of **general medicine** (also included department of cardiology, department of neurology, department of nephrology) 3 months

- Reported suspected **Adverse Drug Reactions** in consultation with the Physicians and supporting literatures, and provide Drug Alert Cards to the patients presenting with the symptoms of drug allergy.
- Recommend **appropriate drug therapy** to physicians, monitor therapy per protocol, and initiate appropriate formulary procedures.
- Handled and resolved **Patient Referrals** effectively.
- Provided **education to patients** on proper use of medicines and lifestyle modifications.
- Active participation in developing a **Hospital Formulary**
- Active participation in handling case sheets and providing various therapeutic, hospital and clinical pharmacy services.
- Active participation in reporting prescription errors and transcription errors to the respective heads of the department

## **Clerkship (2015-16)**

10 months of clerkship at Govt head quarters hospital, Krishnagiri and PRS Multispeciality hospital, Trivandrum undergoing practical training in wards to provide hospital and clinical pharmacy services .

- Practical Training in Wards and Community
- Participated in pre-ward rounds and ward rounds
- Presented Case studies focusing the pharmacotherapy of certain diseases
- Developed Patient Data Collection Form
- Collected and reported serious adverse drug reactions
- Providing Healthcare services at Community levels (Blood Pressure Monitoring, Blood Glucose Monitoring and Patient Counseling)
- Counseled patients on correct use of prescription and over-the-counter medications
- Dispensed prescriptions to patients quickly and accurately.

## Project Undertaken

- Project work done in the field of Pharm D: **“Evaluation of prevalence and medication therapy management of gestational diabetic patient”**

**ABOUT THE PROJECT:** A retrospective study on gestational diabetic patients to analyze whether OHA or insulin therapy is suitable and safe for both mother and baby and to evaluate the rate of prevalence. Also give a proper diet for GDM patients.

## Workshops Attended

- Attended as a delegate in Indian Association of Colleges of Pharmacy (IACP) on *“New Module On Cardio Vascular Diseases”* held at Pushpagiri College of Pharmacy on 6<sup>th</sup>–8<sup>th</sup> August 2015.
- Attended as a delegate in 64<sup>th</sup> Indian Pharmaceutical Congress held in SRM University, Chennai on 7<sup>th</sup> December to 9<sup>th</sup> 2012
- Attended as a delegate in AICTE sponsored national seminar on *“Promising Therapeutics From Natural Products As Functional Foods”* held at Nandha College of Pharmacy, Erode.
- Attended as a delegate in APTI sponsored national level workshop in *“Pharm D Teachers Training Programme On Pharmaceutical Care”* held at Padmavathi College of Pharmacy, Dharmapuri

## Areas of interest

- Clinical pharmacy
- Clinical Research
- Teaching
- Academics
- Pharmacovigilance
- Pharmaceutical care services such as identifying, analyzing and managing Drug-Drug interactions and other Drug related problems, Drug information, patient counseling with emphasis on improvement and quality of patient care.
- General medicine
- O&G
- Oncology
- Cardiology

## **Strengths**

- Excellent communication skill
- Good Presentation skill
- Hard working & positive attitude
- Good in group activities
- Leadership and management skill
- Self-motivated/self learner
- Knowledge in scientific terms and medical terminology

## **Computer skills**

- Basic knowledge of MS Office, MS Word, MS PowerPoint and proficient in internet usage.

## **Co-curricular activities**

- Participated and won prizes in dance, singing and sports.
- Volunteered in conducting college cultural events

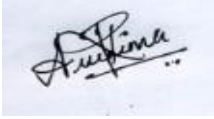
## **Personal information**

Date of Birth : 02/02/1993  
Father Name : P.G.Raveendran Nair  
Marital status : Single  
Gender : Female  
Nationality : Indian  
Languages known : English, Malayalam, Tamil,Hindi  
Permanent Address : Block No.177  
(Abhishek Nivas)  
Kallar P.O. Mundieruma  
Idukki, Kerala

## **Declaration**

I hereby declare that all the above furnished information is true and correct to the best of my knowledge and belief.

**Arunima.R.Nair**

A handwritten signature in black ink, appearing to read 'Arunima', with a horizontal line underneath and a small mark below the line.

**Date:**

**Place: Nedumkandam**