

# CURRICULAM VITAE

**CILDA JOSE**  
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## OBJECTIVES

- Seeking for a position in the field of Physical Therapy as CLINICAL PHYSIOTHERAPIST that will provide a wide experience.
- To work in an organisation offering a challenge , friendly atmosphere , appreciation of initiative and independent working and an opportunity to utilize the skills attained through past experiences and scope for growth.

## EDUCATIONAL QUALIFICATION

- Graduation : Bachelor of Physiotherapy (BPT) with of 68% marks from Kerala University of Health and Applied Sciences(KUHS).
- Class XII : 78% marks in 2014 , CBSE , St.Ephrem Seminary Public School , Vettickal.
- Class X : 95% marks , CBSE , St.Ephrem Seminary Public School , Vettickal.

## **INTERNSHIP**

Six months of Internship training from December 17<sup>th</sup> to June 30<sup>th</sup>, 2019 at Medical Trust Hospital (NABH accredited) , Cochin.

During the period of internship the following departments are covered,

- NEUROLOGY & NEURO SURGERY
- ORTHOPAEDICS
- CARDIOLOGY & CARDIAC SURGERY
- BRONCHO RESPIRATORY
- PEDIATRICS AND GYNECOLOGY
- PRE OPERATIVE AND POST OPERATIVE ICU'S & WARDS
- GASTRIC AND GENERAL MEDICINE
- PLASTIC SURGERY
- PHYSIOTHERAPY DEPARTMENT
- ORTHOTIC AND PROSTHETIC DEPARTMENT
- DIFFERENTIALLY ABLED CHILDREN SCHOOL POSTINGS
- RADIOLOGY DEPARTMENTS ( M.R.I. , C.T )
- E.C.G , E.E.G , P.F.T & N.C.V. DEPARTMENTS

Worked with Senior Physical Therapists and other Department Heads in MEDICAL TRUST HOSPITAL , to mould my skills in various areas.

## **JOURNAL AND CASE PRESENTATION**

- JOURNAL : Role of Physiotherapy in Rotationplasty
- CASE PRESENTATION : Chronic Obstructive Pulmonary Disease and its Physiotherapy Management.

## **PROJECT DETAILS**

Done project on Greater Trochanteric Pain Syndrome and its Physiotherapy Management in final year.

## **DUTIES AND RESPONSIBILITIES**

- To be responsible for the management of the client groups including recording and maintenance of the accurate and up to date records.
- To provide assessment , advice and treatment to client groups.
- To communicate and interact with all members of the multidisciplinary team for the elderly acute rehabilitation.
- To attend case conferences and team meetings as required.
- To liaise with other physiotherapy staffs and to be involved in continuing education including research and development.
- To be involved in patient assessment for aids and appliances and maintain accurate stock control and records.

## **STRENGTH**

- Fluent in English & Malayalam languages.
- Updated knowledge in the field of medicine.
- Can lead a team with confidence.
- Good communication skills.
- Close relationship with Senior Physiotherapists and colleagues.
- Can manage two wheeler and four wheeler very well
- Active in social network.

## **ACTIVITIES**

- I was a part of medical team in summer camp conducted by RSC Cochin at Rajiv Gandhi Indoor Stadium , Kadavantra , Cochin.

## **CME's & WORKSHOP ATTENDED**

- Myofascial dysfunction and Management conducted by MTIMS.
- Participated in symposium on Physiotherapy Update In Criticare at MTIMS
- CME on Renal Rehabiliatation organized by Medical Trust Hospital

## **PERSONAL DETAILS**

Name : Cilda Jose  
Sex : Female  
DOB : 19-07-1996  
State : Kerala  
Marital Status : Single  
City : Ernakulam  
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## **REFERENCES**

Mr. ArunThachil  
Associate Professor  
Medical Trust Institute of Medical Sciences  
Irumbanam , Cochin  
Ph. 9895191924

Mr. M.A. Joseph  
Chief Physiotherapist  
Medical Trust Hospital  
Cochin , Ernakulam  
Ph. 9846091844

## **DECLARATION**

I hereby declare that the above facts given by me are true to the best of my knowledge and belief.

Place :Thiruvaniyoor  
Date :17-05-2019

**CILDA JOSE**