

**Mrs. SHIJINA SHAJAHAN**

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**CAREER OBJECTIVE:**

As a committed social scientist, to serve society and put to good use, all my skills and practical experience for the service and welfare of patients coming to terms with cancer and help them undergo the necessary treatment for cancer, thereby alleviating their pain and sufferings to whatever extent possible, simultaneously helping their bystanders and family to cope with the stresses caused by the situation.

These would go a long way to help all concerned to cope with the psychological distress caused by the disease and the after effects of treatment helping them to face the challenges head-on. This will also give me an opportunity to improve my skills, widen

my knowledge in the field of psycho-oncology and charter a path in this new emerging field in our country.

**Academics:**

<b>COURSES</b>	<b>NAME OF THE INSTITUTION/ UNIVERSITY/ BOARD</b>	<b>YEAR OF PASSING</b>
MPhil in Psycho-oncology	Collage of Oncological Sciences, Cancer Institute (WIA), Chennai, India. [Madras University]	2017
Post Graduate in Psychology (MSc)	University College, Palayam, Thiruvananthapuram, India [Kerala University]	2015
Under Graduate in Psychology (BA)	Govt. Women’s College, Vazhuthacaudu, Thiruvananthapuram, India.[Kerala University]	2013
All India Senior School Certificate Examination	International Indian School, Al-Khobar, Saudi Arabia [CBSE]	2010
All India Secondary School Certificate Examination	River Dee International School, Ruby Hills, Kollam, India. [CBSE]	2007

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## **Other courses:**

- MS Office with internet and E-mail, in 2012 with “A”grade.
- NCC “C” Certification in 2012 with “A”grade from 1 Kerala Girls BN NCC, Thiruvananthapuram.
- NCC “B” Certificate in 2011 with “B”grade from 1 Kerala Girls BN NCC, Thiruvananthapuram.
- Attended three months Yoga and Physical Fitness Programme from 12<sup>th</sup> January 2011to 10<sup>th</sup> March 2011, organised by Department of Physical Education, Govt. College for Women, Thiruvananthapuram.

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## **Experiences:**

- ❖ Currently working as Psycho-Oncologist at MVR Cancer Centre & Research Institute at Calicut, Kerala, from 17th January 2018.
- ❖ Worked as Student’s Counsellor at Alan Feldman Public School, Kazhakootam, Thiruvananthapuram, from 1<sup>st</sup> August 2016 to 30<sup>th</sup> September 2016.
- ❖ Attended Internship Programme at National Institute of Speech and Hearing, Aakulam, Thiruvananthapuram, from 1<sup>st</sup> June 2016 to 31<sup>st</sup> July 2016.
- ❖ Attended Internship Programme at 507 bedded Mental Health Centre, Oolanpara, Thiruvananthapuram, from 1<sup>st</sup> May 2015 to 30<sup>th</sup> May 2015.

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## **Academic Achievements:**

- Won third prize in the Manomedham Psychological Quiz held on 07<sup>th</sup> December 2013 at Karunasai, Thiruvananthapuram.
- Won third prize in the Manomedham Psychological Quiz held on 15<sup>th</sup> December 2012 at Karunasai, Thiruvananthapuram.
- Awarded DG Commendation Certificate from DG NCC- Delhi, 2012.
- Awarded Best Cadet (CWS) for the year 2011-2012, from NCC Group Headquarters, Thiruvananthapuram.
- Awarded Chief Minister's Scholarship for the year 2011-2012, from NCC Group Headquarters, Thiruvananthapuram.
- Varakappallil Meenakshi Amma Memorial Endowment awarded Best NCC Cadet for the year 2010-2011, from Govt. College for Women, Thiruvananthapuram.

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## **CLINICAL EXPERIENCES**

### **Distress Management:**

Screening and management of distress as per the NCCN guidelines, attending to referred patients (in-patients and out-patients) for psychiatric and psychological problems like depression, anxiety, PTSD, adjustment disorder, medication induced delirium, psychosis and so on. All of which was managed in collaboration with the psychiatrist and an oncologist.

### **Pre Bone Marrow Transplantation Counselling:**

Assessing BMT patients for psychological fitness. Pre-BMT counselling was also given as part of Pre-BMT evaluation. The counselling session included evaluating the patient for psychiatric, psychosocial and logistic issues and concerns. These patients were followed up during their BMT procedure.

### **Facilitation of support groups:**

Support group meetings were organized and facilitated which were tailored specific to the target group.

### ***Pre-Radiation Orientation meeting:***

Aimed at orienting patients 'about radiation therapy, its side effects and management of various psychosocial problems that can arise due to the treatment. These meetings were conducted in collaboration with the treating oncologists, ward nurses and the dietitian.

### ***Pre-chemo orientation meeting:***

Intended at orienting patients about chemotherapy, its side effects and various psychosocial problems that can arise due to the treatment. The orientation meetings were conducted in collaboration with the ward nurses and treating oncologists and dietician.

### ***Stoma-care Support group meeting:***

Aimed at orienting patients with colorectal cancer, who either were posted for surgery or have undergone surgery about the treatment protocol, management of the physical as well as psychosocial problems that might arise due to the treatment. These meetings were facilitated by a cancer survivor, a psycho-oncologist, treating oncologist, nursing staffs and dietitian.

### ***Pediatric Support group meeting:***

Organized with an aim to empower and orient the primary caregivers of pediatric patients regarding the treatment protocol, compliance to treatment, infection control and to provide psychosocial support. These meetings were facilitated by a cancer survivor, a psycho-oncologist, treating oncologist and dietitian.

### ***Breast cancer support group meeting:***

These meetings were conducted with an aim of orienting the patients with breast cancer regarding their treatment protocols that included chemotherapy and radiotherapy. It is primarily facilitated by a cancer survivor and a psycho oncologist.

### ***Tobacco Free Association:***

It's a support group meeting that is organized with an aim of orienting and motivating new clients to quit tobacco usage and encouraging the clients to maintain their quit status.

### ***CML Clinic:***

Screening patients with chronic myeloid leukemia for treatment adherence. Clinical interviewing that focused on

exploring various psychosocial and logistic issues which contribute to the non-adherence. Intervention for improving treatment adherence among patients included psycho-educating patients and their caregivers regarding the significance of treatment adherence. CML-video and handouts were used as intervention tools.

### **Pre & Post Operative Counselling:**

Focusing on reducing fears and anxieties related Surgery, Operation Theatre, Anesthesia and its procedure, patients who are undergoing amputation, mastectomy, tracheostomy, colostomy, surgery that involves major changes in the body to help those patients to cope with post-surgical psychological and emotional issues and make good decision for their betterment and about their treatment and post-surgery counselling also provided to mobilise and help the patient to get back to normal life, cope with immediate side-effects of the surgery.

### **Palliative Care Counselling:**

Focused to identify and diagnosis the psycho-socio-emotional-spiritual issues/ problems related to palliative care. To plan and



execute of psycho-social interventions according to the intensity and severity of the problems and issues.

### **End-of-Life Care Counselling:**

Focused to identify and diagnosis the psycho-socio-emotional-spiritual issues/ problems related to end-of-life care and issues, fulfilling wishes, unfinished business, discussing DNR, discussing about advanced directives. To plan and execute of psycho-social interventions according to the intensity and severity of the problems and issues. To improve coping and quality of the patients and their caregivers (caregivers will be helped to cope with their loved ones impending death, decision making process). To provide a quality and dignified death to the patients.

### **Grief & Bereavement Counselling:**

Counselling focuses on sensitizing the patients and/or caregivers about death and dying, place of death, helping the patient to deal with his/her emotional and spiritual issues, fulfilling last wishes, unfinished business, discussing DNR. Bereavement counselling is provided to the caregivers to cope

with loss, accept and understand the loss, helping them manage emotional, psychological and spiritual issues related to the loss.

### **Tobacco Cessation Clinic (TCC)**

Focused on conducting individual and group therapy sessions for clients with tobacco usage. They were assessed for their level of addiction and willingness to quit their tobacco abuse and the intervention would be based on these assessments which included NRT, psychotherapy and pharmacological intervention in collaboration with the pulmonologist.

### **Assessments:**

Assessments that include overall Quality of Life (QoL), site specific quality of life, symptom burden among CML patients, treatment compliance among CML patients, cancer related fatigue, anxiety, distress, pain and depression, Mini Mental Status Examination (MMSE), Low Anterior Resection Syndrome (LARS), Wexner's Continence Grading Scale, Hospital Anxiety and Depression Scale (HADS), Addenbrooke's Cognitive Examination (ACE- Malayalam), Edmonton Symptom Assessment Scale and Symbolic Assessment of Fatigue (SAFE).

## Community Programs Organized:

<b>COMMUNITY CENTRE</b>	<b>PERIOD</b>	<b>HIGHLIGHTS</b>
Oral Cancer screening programme (Ambattur community).	26.03.2017	The list of tobacco users in this community were identified and invited for the screening Dr. Aravind Krishnamurthy, Dept of Surgical Oncology, Cancer Institute (WIA), Chennai, coordinated the oral screening kit and doctors.
5th Oral Cancer Screening Programme (The Rajamangalam community).	19.02.2017	Psychologists and M Phil scholars from Dept. of Psycho-oncology organised the community programme The Dentists from
Oral cancer screening programme ( Arumbakkam Community)	29.01.2017	Meenakshi Dental College conducted the oral screening. IEC materials

<p>Oral cancer screening programme ( Patravakkam Community)</p>	<p>27.11.2016</p>	<p>were issued to all the shopkeepers and educated them about the Sections 4, 5, 6(a), 6(b) and 7 of COTPA act, importance of pictorial warning, ill effects of tobacco usage and secong hand smoking.</p>
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## **POSTER PRESENTATION AT NATIONAL CONFERENCES:**

Standee Poster Presentation held at second Indian Cancer Congress, Bangalore on 12<sup>th</sup> November 2017 on topic **“Psychosocial issues of Primary Caregivers of Pediatric Patients with Advanced Cancer- An Exploratory Study”**.

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## **WORKSHOPS, LECTURES, SEMINARS AND CONFERENCES ATTENDED...**

### **PARTICIPATED:**

- Participated in “cycle rally” on Tobacco- A threat to development: The theme highlights that every individuals can contribute to making a sustainable, tobacco-free world, either by committing to never taking up tobacco products, or by quitting the habit. (31.05.17).
- Lecture on “Evaluation of Adrenal Masses” (24.08.2017).
- Lecture on “Infections in Immuno compromised children” by TPPOG (19. 08.17).
- Lecture on Counselling skills, held at Cancer Institute (WIA), May 2017.
- Attended workshop on “Interventional Pulmonology and VATS “(2.9.2017).
- Attended a CME on “Physiotherapy in Oncology” (05. 07.17).
- Participated actively in the Chennai Science Festival on “Sustainable Water Management and Agriculture”.
- Participated in COPE 2017, organized by the Department of Medical Oncology.

- Participated in 2<sup>nd</sup> ICC, Bangalore held from 9<sup>th</sup> to 12<sup>th</sup> November 2017.
- Lecture on cancers among pediatric patients, September 2016 held at the Cancer Institute (WIA).
- 3-day intensive workshop on Tobacco cessation intervention, 4<sup>th</sup> to 6<sup>th</sup> August 2016, Cancer Institute (WIA).
- Participated in the awareness program for World No Tobacco Day, conducted by Cancer Institute (WIA), April 2016.
- Workshop on Hypnotism Theory and Practical on 27th November 2014 by DR Counselling- Psychotherapeutic Clinic, Thiruvananthapuram.
- Workshop on Neuro Linguistic Programming on 13<sup>th</sup> March 2014 by University College, Thiruvananthapuram.
- Workshop on Cognitive behavior Therapy on 10<sup>th</sup> October 2013 by Karunasai Psychopark, Thiruvananthapuram.

### **ORGANIZED:**

- One day workshop on developing medical communication skills-” ART OF MEDICAL COMMUNICATION” on 11<sup>th</sup> March 2019 at Seminar Hall, MVR Cancer Centre and Research Institute, Calicut, Kerala.

- Coordinated an intensive 3 day conference on "MVR CANCON" held in 28<sup>th</sup> - 30<sup>th</sup> September 2018 at MVR Cancer Centre & Research Institute.
- One day workshop on INTEGRATING PSYCHOSOCIAL RESEARCH INTO CLINICAL PRACTICE on 15<sup>th</sup> march 2018 at MVR Cancer Centre & Research Institute.
- Coordinated "Race against Cancer", "Terry Fox run" held in 2017.
- Coordinated an intensive 3day workshop on "Tobacco cessation methodologies" (16.02.17-18.02.17).
- One-day workshop on Tobacco cessation intervention for World No Tobacco Day (May 20,2017, held for health professions like psycho-oncologist, dentist and psychiatric social workers, organized by department of psycho-oncology and Resource Centre for Tobacco Control, Cancer Institute ( WIA) on "Establishing Tobacco cessation Clinics at Dental colleges and hospitals in Tamil Nadu".
- Co-ordinated programs for "Dine with Star" programme as part of World No Tobacco Day"at Cancer Institute (WIA), 2017.
- Coordinated the celebration of "National Cancer Day", 2016.
- Participated in the departmental activities including Journal Club- Several articles analyzed and evaluated critically

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**DISSERTATION SYNOPSIS SUBMITTED FOR MPhil  
(2017):**

**The Experiences of primary Caregivers of Paediatric Cancer Patients Treating with Palliative Intent –An Exploratory Study.**

Primary caregivers in paediatric setup experience a psychological turmoil while taking care of their beloved ones with cancer. Various factors including the diagnosis, poor prognosis, prolonged hospitalization, role reversals, sufferings of the patient, financial concerns and soon have been reported to have an impact over the lives of the caregiver. In spite of these issues being highly prevalent, there is a dearth of research pertaining to these areas. The understanding of the experiences of the caregivers would assist in planning appropriate intervention aiming at helping the deal with the situation. Keeping this objective in mind, this study is set out to explore the experiences of primary caregivers, who have children diagnosed with cancer and are receiving treatment with palliative intent, qualitatively for an in-depth understanding.



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## **Dissertations Synopsis Submitted for Post Graduation (2015):**

### **Depression Level among Elderly Residing at Old Age Homes.**

Depression is the feeling of sadness as manifested by hopelessness, helplessness, worthlessness, unable to sleep, suicidal ideas/ wishes/ intent etc, which are experienced and verbalized by the elderly citizen residing at various centres. Elderly refers to men and women between 55 to 85 years selected for the study and 130 candidates were participated in this study. Old age home refers to an organization where elderly are residing to meet their basic needs of physical, psychological and social comfort. Findings of the study shows that there is significance difference in the level of depression among elderly residents of old age home with regard to their socioeconomic status, occupation and type of institution they were staying (Govt organization and private organization).

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## **ONGOING RESEARCH:**

- Impairment in cognitive functions of colorectal cancer patients who received chemotherapy.
- Satisfaction with the choice of survey among patients who underwent modified radical mastectomy versus breast conservation surgery: An exploratory study.
- Sexual dysfunctions in breast cancer survivors

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## **Personal Profile:**

**Name** : Shijina Shajahan

**Date of Birth** : 16-06-1990

**Gender** : Female

**Nationality** : Indian

**Mother Tongue** : Malayalam

**Religion** : Islam

**Marital Status** : Married

**Husband's name** : Maneesh K M

**Father's name** : Abdul Shajahan

**Mother's name** : Shanifa Beevi

**Passport No.** : S7863751

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**Contact No** : +91-80-86 633 890

**E Mail ID** : shijinashajahan90@gmail.com

**Strength** : Sincerity, Punctuality, Sociable,

Committed To Work, Hard Working

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**Languages known:**

English, Malayalam, Hindi (Write, Speak, Read)

Tamil (speak)

## **REFERENCES:**

### **DR. NARAYANANKUTTY WARRIER**

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## **Declaration:**

I do hereby declare that all the above-furnished details are true and fair to the best of my knowledge and belief.

**ERNAKULAM**

**(SHIJINA SHAJAHAN)**