

Curriculum vitae



Amrithesh A

Areekara house, Nellikode (P.O)

Pottammal, Kozhikode, Kerala, India

Email-amrtsh.mike@gmail.com

Phone-7736649656, 8589929142

Amrithesh.A

Clinical dietitian (CDN) and certified diabetes educator (CDE)

Objective

A well-presented, highly motivated and result driven master of science in clinical nutrition and food science and bachelor of science in diabetes sciences with medical specialization in endocrinology and diabetes and podiatric surgery from Amrita university in the year 2013-2020, with an internship as a diabetic educator for 1 year and currently as a clinical dietitian (internship) for 6 months in department of endocrinology and diabetes and department of clinical nutrition respectively in Amrita Institute of Medical Science (AIMS), cochin. Pursue my career in to a globally focused organization that will purposefully utilize my qualifications while offering several opportunities to integrate personal enrichment with professional goals

Personal history

Self-motivated and confident dietitian and diabetes educator with experience of assessing a patients nutritional needs and implementing diabetic knowledge, then developing and implementing nutrition and diabetes management programs for them. Possessing the ability to communicate complex and sensitive information about dietary matters and diabetes management in an understandable form to patients. Having a proven track record of successfully promoting healthy eating habits and lifestyle interventions to communities and suggest diet modification to individuals. Now looking to further an already successful career by working for a caring reputable and ambitious organization.

Educational qualifications

- Masters degree (MSc) in clinical nutrition and food science in 2017-2020 at Amrita Institute of Medical Science (AIMS), Kochi, Amrita University- passed with distinction
- Bachelors degree (BSc) in Diabetes Sciences in 2013-2017 at Amrita Institute of Medical Science (AIMS), Kochi, Amrita University- passed with distinction
- Higher secondary education- Govt. higher secondary school, Kuttikattoor, Kozhikode (2009-2011)
- SSLC in 2009 at Govt. Model Boys High School, Mananchira, Kozhikode.

Working experience

Completed 1 year of internship as diabetic educator as a part of bachelor degree at Amrita Institute of Medical Science, Kochi, Kerala (August 2016-July 2017)

Currently doing 6 months of internship as clinical dietitian as a part of master's degree at Amrita Institute of Medical Science, Kochi, Kerala (August 2019- January 2020)

Core competencies

- Reliable and ethical nutritionist with ability to stay calm and intervene during crisis
- A thorough knowledge in diabetic education and clinical nutrition and dietetics
- Demonstrated ability to confer with clients to determine their nutritional goals
- Expertise with dietary assessment techniques and therapeutic nutrition as well as therapeutic lifestyle management skills in diabetes patients
- Quality oriented with demonstrated ability to develop instant rapport and building relationships with new and existing clients and patients
- To successfully utilize skills in diplomacy, tact, problem solving to effectively handle clients and defuse potential explosive situations
- Perform effectively both as autonomous, self-motivated individual and as an active contributing team member
- Energetic, positive demeanour with verifiable record of motivating self and others to meet objectives.
- Exceptional communication skills, both verbal and written with interpersonal skills.

Skills

- able to provide proper diabetic education for patients to cope up with their diabetes and complications
- able to work under an organization related to medical field with optimal supervision
- ability to organize, planning and problem solving skills
- well experienced in electronic medical record (EMR) handling and making
- counselling skills
- able to take medical histories, making case notes, entering in EMR
- established interpersonal and communication skills
- fluent in English and other local office language both verbal and written
- computer skill-computerized medical record handling, EMR, SPSS, MS Office, Linux
- help the clinicians in managing diabetes patients in both inpatients and outpatients
- communication skills, good leadership quality, self-confidence, problem solving

- clinical knowledge of specialized prescribable dietetic products and medications
- experience of trialing and evaluating new and existing dietetic products
- experience in both hospital and community settings
- dealing with complex situations
- knowledge of infection prevention and control policies
- experience of working with the elderly, children and individual with special needs

Areas of expertise

- diabetes management and education
- nutritional issues
- health promotion
- nutritional calculation and screenings

Experience and duties

- active participation in public awareness programs and health camps for diabetes
- able to provide diabetic education and dietary advises
- skillful in detailed history taking, general nutritional examination, planning of daily operational and administrative function of outpatient and inpatient wards
- accompany physician in rounds
- patient counselling, explaining to them regarding diabetes management and prognosis
- instrumental in preparing patient handout and EMR
- capacity to provide comprehensive support for evaluating patients including workup of patients and follow-up
- provide awareness to the patient about the diabetes and complications, insulin injection technique, glucometer technique, different types of insulin pens and rehabilitation maneuvers for patient with diabetes
- vast knowledge in continuous glucose monitoring system (CGMS), insulin pumps, insulin pens, insulin syringes, glucometers
- ability to insert, maintenance and downloading insulin pumps
- actively participates in teaching activities in the department
- ability to identify goals and priorities and resolve issues in initial stages
- maintain follow-up of the patient
- participates in teaching programs of students and staff of the department or any other desired by institution
- regular participation in public awareness programs and health camps, diabetes awareness education and diet exhibition
- supervising the preparation and serving of meals
- helping the clients to make informed and practical choices about their food and health
- advising health care professionals, catering staff and nurse on nutritional matter
- assessing and treating and evaluating patients referred to dietetic service
- ensuring that each patient has an individually tailored care plan to meet their needs
- liaising with nursing and catering staff to provide special therapeutic diet and feeds
- undertaking comprehensive assessment of the patients nutritional condition
- instructing patients clearly what and when to eat

- involved in formulation of the departmental policies, standards and procedures
- contacting patients on outpatient basis to ensure compliance of diet
- managing the weight of overweight patients
- collecting patient data surveys, analyzing it and producing reports

Training and practical experience obtained in

- Nutritional management of diabetes as well as other medical conditions
- Insulin technique (pen and syringe)
- Pre work up for diabetes patients
- Dietary and lifestyle counselling for diabetes patients
- Insulin pump education
- Continuous glucose monitoring system(CGMS)
- Diabetic education both OP and IP
- Glucometer techniques
- Diabetes foot care education
- Callus scrapping
- ABI, VPT and TcPO₂,pedopodogram
- Anodyne therapy and vacuum assisted closure (VAC) therapy
- Bedside debridement, nail cutting for diabetic foot
- Total contact cast application (walking and non-walking), posterior slab
- Felt application
- Wound dressing (both major and minor using new dressing materials like siltex sorbact and cutimed)
- Velfour bandage application for venous ulcers
- Antibiotic beads application
- Xray finding of charcots foot and osteomyelitis
- Monofilament test and tuning fork test, vascular evaluation by handheld Doppler

Profile

Age- 25 years

Gender- Male

Date of birth- 30 may 1994

Fathers name- Anil kumar

Religion and caste- Hindu, Thiyya

Marital status- Single

Nationality- Indian

Languages- Malyalam, English, tamil, hindi

Permanent address- areekara house, Nellikode (P.O), pottammal, Kozhikode, kerala-673016

Present designation-Clinical dietitian (intern), department of clinical nutrition, AIMS, ponekkara, Cochin

Contact number-7736649656, 8589929142

Email ID- amrtsh.mike@gmail.com

Area of interest

- Patient education in diabetes patients
- Working in clinical and health sector, where I can utilize my own knowledge and update myself on daily basis
- Interested in serving the patients, counselling, the clients, about nutritional facts related their specific disease condition and improving their nutritional status
- Interested in spreading my knowledge by taking up the teaching profession in diabetes care
- Interested in working across the globe, gaining better knowledge on various aspects of nutrition
- Foot care in diabetes patients

Research projects and presentations

- Dissertation project-(Graduation)-Common errors of insulin injection in diabetes patients
- Dissertation project-(Post Graduation)- effectiveness of nutritional counselling on glycemic control in diabetes patients in comparison with patients who are not on strict diet control

Computer skills

- handling of computerized medical record and electronic medical records (EMR)
- software programme for statistical studies (SPSS)
- diploma in Microsoft office (word, excel, powerpoint)

Achievements

- got first prize in poster presentation titled “common errors of insulin injection in diabetes patients” in a conference conducted by Research Society for Study of Diabetes in India(RSSDI)-international diabetes update 2015

Publication

- “common errors of insulin injection in diabetes patients” on Amrita journal of medicine, Amrithesh A, Harish kumar, Ashfan azeez, Akhila M, Praveen VP, Nisha B, Usha Menon, Arun Menon, Nithya Abraham, Vasantha Nair, Vol-13,No:4, October-December 2017
- “Hypoglycemia symptoms and its management in patients with diabetes mellitus” on Amrita Journal of medicine, Ashfan azeez, Harish kumar, Amrithesh A, Akhila M, Praveen VP, Nisha B, Usha Menon, Arun Menon, Nithya Abraham, Vasantha Nair, Vol-12,No:2, july-december 2016

Conference attended

- Conference conducted by Research Society for Study of Diabetes in India(RSSDI)-international diabetes update 2015
- Conference conducted by Research Society for Study of Diabetes in India(RSSDI)-international diabetes update 2016

- Conference conducted by Research Society for Study of Diabetes in India(RSSDI)-international diabetes update 2017
- Conference conducted by Research Society for Study of Diabetes in India(RSSDI)-RSSDI kerala chapter 3rd quarterly state conference, 2017
- National conference of nutrition chapter of IAP, held on 17th September, 2017 at Trivandrum (PEDNUTRICON 2017)
- Conference on diabetic foot workshop, done by Amrita institute of medical science, 2018- Amrita Diabetic foot workshop 2018.

Teaching, supervision and staff development

- participation in the teaching programs of students and staff of the department or any other as desired by the institution
- participates in seminars, camps, conferences and other staff development organized inside and outside the hospital

Objectives for future

- continue to dedicate knowledge and skills for serving patients with diabetic foot problems
- continue to dedicate my knowledge and skills as a diabetic educator and dietitian for serving patients with diabetes and complications
- continue to update skills in diabetes technological advances like insulin pumps, CGMS, glucometer
- developing comprehensive diabetic software
- to actively participate and gain expertise in clinical research in the field of diabetes

Reference

1) Dr. Harish kumar, MRCP

Professor and HOD

Department of endocrinology, diabetes and podiatric surgery

Amrita Institute of Medical Sciences, Kochi-41

Ph-0484-2851234

Email-harishkumar@aims.amrita.edu

2) Dr. R.V Jayakumar

MD, DM, MNAMS, FRCP

Professor of endocrinology

Aster medcity, kochi

Mobile- 09447288159

Email-rvj कुमार46@gmail.com

3) Bri. Nivedita

Head of the department

Department of clinical nutrition

AIMS, Kochi-41

Mobile-7034028176

Email-brinivedita@aims.amrita.edu

Declaration

I hereby declare that the above information is true to the best of knowledge and belief

Place: Kochi

Date: 20/8/19

Amrithesh A