



**SONA JOSE**

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## **CARREER OBJECTIVE**

Able to work and grow professionally as a Clinical Pharmacist in a stable organization. I could demonstrate all my acquired skills and knowledge to improve the quality of life of the society, to provide a patient centered care, to actively participate and engage as a health care team member. To the vital part of reputed organization where my knowledge and willingness to work hard can be utilized in a manner which is most beneficial for the organization and my career.

## **KEY SKILLS**

- Strong leadership skills with an ability to motivate teams.
  - Positive attitude, self-confidence, works whole-heartedly in each and every activity taken up.
  - Analyze things very easily.
  - Adapts very easily to a new environment & effective communication skill.
  - Comprehensive knowledge of word processing, spreadsheet, database searching, and internet application.
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## **ACADEMIC QUALIFICATION**

QUALIFICATION	YEAR OF PASSING	BOARD/ UNIVERSITY	INSTITUTION	PERCENTAGE OF MARKS
Doctor of pharmacy (Pharm D)	2019	Rajiv Gandhi University of Health Sciences. Bengaluru, Karnataka	Shree Devi College of Pharmacy, Mangaluru, Karnataka	<b>71%</b>
Higher Secondary Education	2013	Kerala State Board	Sreenarayana higher secondary school, irinjalakuda, Thrissur	<b>79%</b>
SSLC	2011	Kerala State Board	Little flower convent higher secondary school, irinjalakuda, Thrissur	<b>80%</b>

## **ACADEMIC PROJECT**

### **“Evaluation of polypharmacy, comorbidities and prescribing pattern in geriatric patients at a tertiary care hospital”**

With increasing age, the prevalence of many diseases will increase. Older people are often excluded in trials; hence we often have limited knowledge regarding the efficacy of pharmacotherapy in the elderly. Multiple disease or multimorbidity, commonly seen in geriatrics, inevitably leads to the use of multiple drugs, the condition known as polypharmacy.

The Charlson comorbidity index was used in the study to predict the mortality for the patients. Polypharmacy or inappropriate prescriptions were identified using Updated 2015 Beers criteria.

## **PUBLICATION**

**Analysis of comorbidity and mortality rate in geriatric patients using charlson comorbidity index** is publication in **international journal of pharmaceutical sciences review and research** in 2<sup>nd</sup> issue of volume 57

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## **CLINICAL EXPERIENCE**

Internship at Yenepoya Medical College Hospital, Deralakatte, Mangaluru, Karnataka From August 2018 to July 2019

- i) Orthopedics - 2 months
- ii) Pediatrics - 2 months
- iii) Psychiatry - 2 months
- iv) General Medicine - 6 months (Including Neurology, oncology Major ICU and Stepdown ICU )

- Ward round participation with doctors and other clinical professionals
- Prescription auditing
- Medication history interview
- Identification of medication errors
- Drug interaction checking
- ADR reporting
- Drug information services
- Patient counseling
- Drug duplication checking
- Drug reconciliation and food-drug interactions audit
- Community medical & blood donation camp participation

Rural Health Care Development Centre, constituent unit of Yenepoya University

- Drug dispensing
- Drug interaction monitoring
- ABC analysis
- Prescription pattern analysis and auditig

Yenepoya Multispecialty hospital, kodialbail, Mangaluru, Karnataka

- Prescription auditing (Inpatient & outpatient)
- Drug dispensing and stock management

### **ACHIEVEMENTS**

- Procured first prize in the category of e-poster presentation for the paper entitled “Carbamazepine induced toxic epidermal necrolysis – a case report” at the workshop organised by Shree Devi College of Pharmacy, Mangaluru held on 12th November 2017.
- Presented an e-poster for the paper entitled “Geriatric concern updates, a prospective study at a tertiary care hospital, Karnataka” at the scientific session in the national level symposium organized Shree Devi College of Pharmacy held on 7th April 2018.

### **SEMINARS / CONFERENCES / WORKSHOPS / CMES ATTENDED :**

- Participated as a delegate in the 2nd Annual National Convention ISPOR – KARNATAKA held on 6-8 March 2015 at Manipal University, Manipal, Karnataka.
- Participated as a delegate in the International seminar on “Role of Clinical Pharmacist in Cardiovascular Therapy”, held on 12th December 2016 at T John College of Pharmacy, Bengaluru.
- Participated as a delegate in the International conference on “Evolving Role of Clinical Pharmacist”, held on 18-19 December 2017 at Acharya and BM Reddy College of Pharmacy, Bengaluru.
- Participated as a delegate in the CME programme on “Update on Pharmacovigilance”, held on 7th October 2017 at Yenepoya Medical College, Deralakatte, Mangaluru, Karnataka.
- Participated as a delegate in the CME programme on “Current trends in the Pharmacotherapy of Bronchial Asthma and COPD”, held on 29th August 2018 at Yenepoya Medical College, Deralakatte, Mangaluru, Karnataka.
- Conducted and participated in the National Level Seminar on “Future Pharmacists: India at 2020”, held on 29th March 2014 at Shree Devi College of Pharmacy, Mangaluru, Karnataka.
- Conducted and participated in the National Level Seminar on “Future Growth of Pharmaceutical Sciences: Opportunities to Pharmacists”, held on 30th January 2016 at Shree Devi College of Pharmacy, Mangaluru, Karnataka.

- Conducted and participated in the Workshop on “Pharmaceutical Care, Pharmacoeconomics, Pharmacovigilance and Patient reported outcomes”, held on 12th November 2017 at Shree Devi College of Pharmacy, Mangaluru, Karnataka.
- Conducted and participated in the National Level Symposium on “The New Paradigm Shift in Pharmacy Profession”, held on 7-8 April 2018 at Shree Devi College of Pharmacy, Mangaluru, Karnataka.

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**LANGUAGES KNOWN:**

To Read:	Malayalam, English
To Write:	Malayalam, English
To Speak:	Malayalam, English

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**PERSONAL DETAILS**

Name : Sona jose  
Father’s Name : K.P.Jose  
Mother’s name : K.G.Jessy  
Date of Birth : 22-02-1995  
Sex : Female  
Nationality : Indian  
Address : Kaitharath House,  
Vellangallur p.o  
Thrissur Dist,  
PIN: 680662, Kerala, India.

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**REFERENCE:**

Dr. Arathy P.C  
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Yenepoya Medical College Hospital, Mangaluru  
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Email: [arathypc94@gmail.com](mailto:arathypc94@gmail.com)

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**DECLARATION**

I hereby declare that the above mentioned details are true to the best of my knowledge and I shall be responsible for any of the wrong information provided.

Place: Mangaluru  
Date: 30/07/2019

SONA JOSE