



Sakha M. Puthooran

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OBJECTIVE: Seeking a suitable opportunity as 'Clinical Pharmacist' where I can continuously enhance my knowledge and acquired skills for personal and organizational growth.

EDUCATION RECORD

Pharm D (Doctor of Pharmacy): (August 2009- December 2015)
PSG College of Pharmacy (Dr MGR Medical University), Coimbatore, Tamil Nadu, India

EMPLOYMENT EXPERIENCE

Presently working as Sr.Clinical Pharmacist (Incharge of Clinical Pharmacist Department) in Baby Memorial Hospital, Calicut ,and has over 3yrs 10 months experience in this field.

1. Clinical Pharmacist – Baby Memorial Hospital, Calicut, Kerala, India (January 2016-present)

The largest multispecialty, NABH, ISO certified tertiary care referral hospital in the Kerala corporate sector with 600 beds, over 35 Medical and Surgical departments including full-fledged Neuroscience, Cardiothoracic Oncology super-specialty departments, 21 world class operation theaters, 18 fully equipped ICU's, 24-hour Accident & Emergency care, and a team of 300 doctors and 2000 medical, nursing, paramedical and administrative staff striving to provide 'more than care'.

- a) Got promoted as the **Sr Clinical Pharmacist** and Incharge of Clinical Pharmacist department in Feb 2019
- b) Started taking duty as **Manager on Duty** (MOD) for entire hospital from January 2019
- c) Part of the critical care team who diagnosed and provided effective treatment during the outbreak of deadly Nipah virus in Kerala.
- d) Played the role of an **auditor** in conducting internal audits to ensure compliance with NABH and ISO standards and contributed extensively in attaining certifications for the hospital.
- e) Was also a guide to NABH, ISO, and Nursing Excellence auditors during accreditation audits in hospital.
- f) Solicited information from patients regarding past and current medication to prevent drug interactions and educated patients on medication use and side effects.
- g) Dispensed and reviewed prescriptions to ensure accuracy, and compliance with professional, state and federal regulatory requirements.
- h) Advised physicians on all dangers of various drugs, list their side effects, and help them determine the correct dosages for the patient
- i) Analyzed prescribing trends to monitor patient compliance and prevented excessive usage or harmful interactions.

- j) Been a mentor and **guest lecturer** for the nursing and paramedical students at the Baby Memorial College of Nursing
- k) Conducted regular sessions at CNE and CPE seminars for hospital staff and trained the paramedical team on Management of Medication Standards of NABH.
- l) Supervised the pharmacy technicians and ensured proper labeling of various medications or supplies and all drugs are recorded and delivered as per safety standards.
- m) Served as the **Pharmacy Committee Secretary** and speaker at various conferences and educational seminars.
- n) Organized various awareness campaigns like Medication Safety week, Quality week, Infection Control week, World Patient Safety, etc in the hospital.
- o) Attended quality training sessions and POA of NABH Standards, Nursing excellence, Emergency department accreditation and Ethics Committee.
- p) Developed the antibiotic dilution protocol and infusion protocol for drugs, and drug formulary of the hospital.
- q) Prepared adult vaccination protocol for the hospital and takes care of the vaccination schedules of splenectomy patients
- r) Conducted prescription audits in critical and non-critical areas for ensuring proper medication to patients and did dose adjustments when required.
- s) Plays a crucial role in the maintenance of Crash cart and its allocation.
- t) Audits were performed for outpatient prescriptions and also in emergency department
- u) Played a role in Antibiotic stewardship programme, in order to educate and persuade the prescribers to follow evidence based medicine for the betterment of healthcare.
- v) Was involved in capturing continuous quality indicators in MOM Standards of NABH.

2. Pharm D intern (part of curriculum)- PSG Hospitals, Tamil Nadu, India (November 2014-December 2015)

- a) Extensive experience with postings in various departments – General surgery, Cardiology, Critical Care Unit, Obstetrics and Gynaecology, General Medicine, Dermatology, Nephrology, Orthopedics, Cardio-thoracic vascular surgery.
- b) Provided drug and poison information to physicians & other healthcare professionals in a timely manner.
- c) Monitored drug therapy regimens for dose adjustments, cost effective analysis, medication errors, adverse drug reactions, contra-indications and drug interactions.
- d) Provided adequate and appropriate counselling to patients on the importance of adherence to medications, its routine & time of administration, instructions on the correct use of specific medication devices and lifestyle modifications.

3. Pharmacist (part-time) – PSG Hospital Pharmacy, Tamil Nadu, India (Jan 2015-Oct 2015)

- a) Assisted in stock audits
- b) Prescription filling and dispensing of medication to in-patient and out patients.
- c) Drug counseling for patients

PROFESSIONAL TRAININGS

- a) Completed Pharmacovigilance training at PSG Peripheral Pharmacovigilance Centre, Coimbatore, Tamil Nadu, using 'VIGIFLOW' software.
- b) Trained in inventory system.

PROJECTS

- a) Study on the “Impact of structured education and knowledge about disease and glycemic status of diabetes patients visiting a tertiary care hospital”, in the Department of Endocrinology, PSG Hospitals.
- b) Poster presentation on” Impact of structured education and knowledge about disease and glycemic status of diabetes patients visiting a tertiary care hospital” in the International conference on Roles and responsibilities of Pharmacist on Chronic Disease management, Adverse drug reactions and TDM.

SEMINARS/CONFERENCES ATTENDED

- a) AHPI (Association of Healthcare Providers India) Global Conclave Conference at Kochi in 2018.
- b) International Conference on Antibiotic Stewardship and Infectious Diseases, conducted by Amrita Vishwa Vidyapeetham at Kochi in 2018.
- c) Workshop named “Clinpharma module 1” conducted at MIMS Calicut in 2016.
- d) International conference on “Roles and responsibilities of Pharmacist on Chronic Disease management, adverse drug reactions and TDM”
- e) National level Seminar on “Pharmacovigilance and Pharmacoeconomics” held at PSG college of Pharmacy.
- f) National level Seminar on “Widening the horizons for Practicing Pharmacist in Industry and Hospitals” held at PSG college of Pharmacy.
- g) National level symposium on “Emerging opportunities and challenges for clinical pharmacists”.
- h) National level symposium on “Recent advances in Tuberculosis control”.
- i) Attended University accredited Continuing Medical Education programs on-
 - *Breast Malignancy*
 - *Management of Aneurysm*
 - *Advances in Anesthesiology*
- j) Attended University accredited Continuous Pharmacy Education programs on-
 - *Clinical and Practical applications of Corticosteroids*
 - *Management of Psoriasis*
 - *Advanced Cardiac Life Support*
 - *Management of Osteoporosis*
 - *Abnormal Uterine Bleeding*
 - *Pneumonia and its Management.*
 - *Prevention of Diabetes related complications.*
 - *Management of Multidrug resistant TB.*
 - *Antiplatelet and anticoagulants.*
 - *New advances in Antipsychotics.*
 - *Medical management of dysfunctional uterine bleeding*

AREAS OF INTEREST

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|---------------------------------|----------------------|
| 1) Clinical/Hospital Pharmacist | 3) Clinical Research |
| 2) Pharmacovigilance | 4) Inventory Control |

SKILL SET

- Technical skills: Operating system (Windows), MS Office (Word ,Power point presentation & Excel)
- Proficient with excellent communication skills –both verbal & written.
- Willingness to learn, problem solving abilities, Confident & Hardworking.
- Socializing & good people management skills.

LANGUAGES

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| 1) Malayalam (Mother tongue) | 3) Hindi- (Fluent) |
| 2) English- (Extremely fluent) | 4) Tamil (Moderate) |

Marital Status: Married

ACHIEVEMENTS & EXTRA-CURRICULAR ACTIVITIES

- Won prizes for slogan competition
- Essay writing- won at various interschool & college level fests
- Received **Gem Award** twice from Baby Memorial Hospital, which is presented for employees who performs well in the hospital, both departmental and organisational
- **Quality Champion award** from Baby Memorial Hospital, for the contributions in quality.
- Organizing and coordinating events
- Compering stage shows, Singing, Dance choreography
- Other hobbies include travelling, watching movies and cooking.

I hereby declare that the above furnished details are true to the best of my knowledge & belief.

Place: Calicut

Date: 02/10/2019