



SHARON STEPHEN

PHYSIOTHERPIST

A highly motivated, confident individual with exceptional multi-tasking and organisational skills. Able to communicate effectively and sensitively with patients and carers to maximise the rehabilitation of patients and to ensure understanding of often complex clinical issues impacting on recovery. Ready and qualified for the next stage in a successful career and looking forward to making a significant contribution as a physiotherapist.

PERSONAL DETAILS

Phone: +91 8289832098

Email: stephensharon98@gmail.com

Address: Thiruvalla, Kerala

Languages Known: English,
Malayalam, Hindi, Kannada

PERSONAL SKILLS

- Professional Mannerisms
- Patient Handling
- Listening skills
- Physical Evaluations

ACADEMIC QUALIFICATIONS

▪ Bachelor of Physiotherapy

2016 - 2021

Father Muller Medical College

Mangalore, Karnataka - First class

▪ Higher Secondary Education

The Emirates National School

Sharjah, U.A.E - 82.8%

▪ Secondary School Education

The Emirates National School

Sharjah, U.A.E - CGPA 8.2

WORK EXPERIENCE

Internship: Father Muller Medical College, Mangalore, Karnataka
April 2021 – October 2021

- Provide rehabilitation for both outpatients and inpatients for Orthopaedics, Neurology and Neurosurgery, Paediatrics, Cardiothoracic, Obstetrics and Gynaecology, Community Based Rehabilitation and Covid Rehabilitation Departments.

Duties:

- Providing a high standard of physiotherapy service to patients.
- Organising & prioritising own workload & delegating responsibilities accordingly.
- Ensuring that equipment used in carrying out physiotherapy duties is safe. Involved in ward rounds, meetings and case discussions.
- Evaluating, planning and delivering care plans in response to complex needs.
- Based in various clinical settings i.e., neuro-rehab, community, paediatrics. Reporting all complaints/incidents to senior in-charges & documenting them. Implementing relevant standards and policies.
- Involved in a patient's pre-admission and follow-up care.
- Functional movement training, that includes the use of mobility equipment such as crutches, walkers and wheelchairs.
- Prioritising urgent referrals and emergency cases.
- Assessing and measuring patient's capability in both pre and post operation states.
- Responsible for managing a clinical caseload, providing physiotherapy assessment and treatment to the highest standard.

REFERENCES

Dr. Manjeshwar Sahana Kamath
Associate Professor

Father Muller Medical College

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Prof. Cherishma D'silva

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KEY SKILLS AND COMPETENCIES

- Able to manage escalations, issues and risks.
- Experience of dealing with emotional and stressful situations.
- Can motivate others through effective communication skills.
- Able to deal with hostility in the form of verbal and physical aggression.
- Ability to work independently in busy environment.
- Highly developed dexterity, co-ordination and palpation skills for assessment.
- Fully aware of fire, health & safety and other departmental policies.
- Flexibility to work weekends on rotational basis.

CONTINUOUS PROFESSIONAL DEVELOPMENT

- Attended 57th annual conference of Indian Association of Physiotherapists on February 2019.
- Webinar on Exploring the need of physiotherapy interventions for children with Learning Disability held on 31 July 2021.
- Webinar on Role of Physiotherapist in the NICU and development screening clinics held on 1 July 2021.
- Webinar on Insights on early identification and early intervention on high-risk infants.
- Webinar on Sports Physiotherapy on 8 September 2020.
- Participated in "Injury Prevention Strategy Fitness Camp" organized on the occasion of World Physiotherapy Day on September 2021.

PROJECTS UNDERTAKEN

A literature review on Ankle invertor-evertor strength and its relation with chronic ankle instability.