



Thomsun Tomy

Physiotherapist
Cochin-India

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Profile:

A highly dedicated and motivated licensed Physiotherapist with great passion for treating people by providing high quality recovery focused treatment to enable patients to restore, maintain and rehabilitate movement and functional abilities and to improve patients' physical independence and wellbeing.



Professional Skills

- Excellent communication, interpersonal, observational and critical thinking skills.
- Creative thinking and science acumen.
- Well versed in safe and assured handling of patients with a holistic, patient-centered focus.
- Proficient in handling medical equipment.
- Dedicated to maintain competency and professional development.



Professional Experience in Physiotherapy

Physiotherapist Intern - June 2021 – December 2021

Alva's health center - Mangalore

Trainee - Clinical postings of 4 hours per day during four academic years

Alva's College of Physiotherapy- Mangalore



Key tasks include:

- Monitored and communicated patient conditions coupled with reporting of any action taken.
- Delivered thorough patient evaluations; collected and prioritized data to effectively provide care to patients.
- Assisted in developing care plans and appropriate medical attention, conferring with physicians.
- Co-operate efficiently with physicians and other hospital staff in patient treatment following the policies and procedures as required.
- Perform tests to evaluate patients' physical and motor skills.
- Supported in developing and implementing personal treatment plan to individuals or groups.
- Provide person-centered care, promote mobility and individuality, confidentiality, dignity, choices, and equality.
- Educate patient and their family with necessary guidance and support during the recovery process.
- Monitoring of patients' progress against the recovery plan and treatment.
- Supported in managing emergency patients and in implementation of various first aid coverage.



Professional / Academic Qualifications

- Alva's College of Physiotherapy, Mangalore-India - Bachelor of Physiotherapy (BPT) (2016- 2021)
- HDPY Senior Secondary School, Kerala-India - Higher secondary school (2015- 2016)
- M.E.S. Indian School, Doha-Qatar - Primary to secondary school (2009- 2014)



Publication

- Conducted and published independent research project on 'Physiological cost index of walking in post covid patients – a quasi-experimental study'.



Conferences and Seminars attended

- PGCON 4 – 2020, Recent Trends in Physiotherapy and Rehabilitation held at JSS College of Physiotherapy, Mysuru.
- Mangalore Physiocon – 2018, international physiotherapy conference, organized by South Canara physiotherapy teachers' association[R].
- Mangalore Physiocon – 2017, international physiotherapy conference, organized by South Canara physiotherapy teachers' association[R].
- Physiotherapist's Role in interpreting chest x-ray and ECG, Chest Physiotherapy the ICU and Cardiopulmonary Rehabilitation, organized by Alva's college of Physiotherapy.
- Integrated Manual therapy approach for Spinal Dysfunction, organized by Alva's college of Physiotherapy.
- Role of Physiotherapy in Cancer Rehabilitation, organized by Alva's college of Physiotherapy.
- Ergonomics for work related musculoskeletal disorders held at A.C.P.
- Women's Health – Antenatal & Post Natal Physiotherapy, ACP.



Personal Details

Date of Birth : 11 February 1998

Nationality : Indian

Languages : Fluent in English, Hindi, Tamil and Malayalam. Basics of Kannada.

References

Available upon request