

CONTACT

JULIE PAUL

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PERSONAL DETAILS

- o Date of Birth : 30/10/1997
- o Marital Status : Married
- o Nationality : Indian
- o Father's Name : Paulose P P
- o Gender : Female
- o Languages Known : English, Malayalam, Hindi, Tamil

OBJECTIVE

The objective is to excel in the field of Respiratory Care with challenging environment that encourages learning, creativity, provides exposure to new ideas and stimulates personal and professional growth with good patient care for the benefits of humanity and as a service of mankind.

EDUCATION

2018

- o **Christian Medical College ,Vellore**
Bsc Respiratory Therapist
65%

2015

- o **Mar Coorilose Memorial Higher Secondary School,Pattimattom**
Higher Secondary education
89%

2013

- o **Parama Bhattara Kendriya Vidyalayam,Ernakulam**
High School Education
93%

SKILLS

- o • ABG interpretation and sampling • Patient Assessment,Airway Management,Mechanical ventilation support • Basic Therapeutics • Bronchopulmonary Hygiene Techniques • Cardiopulmonary Resuscitation • EKG/EEG (Sleep study) • Equipment Decontamination and Infection Control • Humidity and Aerosol Therapy • Oxygen and Medical Gas Therapy • Pulmonary Function Testing • Patient Safety and Record keeping • Pulmonary Rehabilitation • Respiratory Protocols and Infection Control protocols • Ventilation Management • Patient education

EXPERIENCE

March 03 2022 -

March 03 2023

- **Apollo Adlux Hospital, Karukutty**
Respiratory Therapist
1 year worked in the Department of Pulmonology

December 2019 -

December 2021

- **Christian Medical College, Vellore**
Respiratory Therapist
2 year worked in the Department of Pulmonary and Respiratory Medicine

December 2018 -

December 2019

- **Christian Medical College, Vellore**
Respiratory Therapist
Internship : Christian medical college, Vellore
Department Name: Pulmonary and Respiratory Medicine
Role : Routine posting in following areas at Christian medical College & Hospital, Vellore.
 - Medical Intensive Care Unit
 - Pulmonary High Dependency Unit
 - Pulmonary Ward
 - Pulmonary Rehabilitation
 - Bronchoscopy suite
 - Sleep Laboratory
 - Pulmonary Function Lab

IN CRITICAL CARE UNIT

- • Worked in Medical ICU, Medical HDU, Surgical ICU, COVID ICU during Covid 19 pandemic.
 - Performed general floor therapy including meter dose inhaler, chest physio therapy, pulse oximetry, incentive spirometry, evaluation of patient records, apnea monitoring, capnometry, EKG monitoring and interpretation, oxygen therapy, humidification therapy, continuous positive airway pressure (CPAP) and Bilevel positive airway pressure (BiPAP) therapy setup maintenance and trouble shooting.
 - ABG's interpretation maintained quality control and ABG machines.
 - Identified best mode of ventilation and opportunities to optimize patient-ventilator interface.
 - Performs ventilator management (Invasive & Non Invasive) maintenance and troubleshooting, endo tracheal tube placement, cuff maintenance and troubleshooting, exudations and weaning protocols
 - Experience with patient and family instruction and education of therapy modalities
 - Assisted with therapeutic bronchial washing, intubations, chest tube placement (ICD), arterial lines and central lines.
 - Performed closed and open tracheostomy care and cuff maintenance in-line, ET and oral suctioning and oral care.
 - Performed incentive spirometry on patients to facilitate airway clearance and lung expansion.
 - Experience in therapist-driven protocols in relation to ER and physician interaction, responded to all codes requiring critical thinking skills.
 - Transport with bag valve mask, nasal cannula, non rebreathing mask and venturi-mask with oxygen to CT, MRI, ICU and OR.
 - Monitoring various Quality indicators to overcome the critical situation like unplanned ventilation, Monitoring and usage of High risk medication and Emergency medication at appropriate measures.

IN BRONCHOSCOPY SUIT

- • Bronchoscopy (Collecting Broncho Alveolar Lavage, Trans Bronchial Lung Biopsy)
- Thoracoscopy (Assisting Chest Tube Insertion, connecting Inter costal Drainage, Pleural Biopsy)
- Conventional Trans Bronchial Needle Aspiration (TBNA)
- Linear Endo Bronchial Ultra Sound(EBUS),
- Radial Endo Bronchial Ultra Sound(EBUS),
- Assisting Balloon Dilation
- Tumor Debulking and Stenting procedures.
- Assisting cryotherapy and cryoextraction.
- Provided preventive maintenance and decontamination of bronchoscopic and other diagnostic equipment in compliance with established protocols.

IN PULMONARY FUNCTION LAB AND SLEEP LAB

◦ PULMONARY FUNCTION LAB

- Perform pulmonary function and calibrate equipment to obtain optimum results
- Spirometry
- Helium dilution method
- Nitrogen washout method
- Diffusing Capacity tests
- Respiratory Muscle Strength
- Methacholine challenge testing
- Thoracic gas volume (Body Plethysmography)
- Fractional Exhaled Nitric Oxide Test (FENO)
- Impulse Oscillometry

SLEEEEP LAB

- Polysomnography
- Limited channel sleep study
- Auto CPAP Titration
- Controlled CPAP

EQUIPMENTS HANDLED AND OTHER EXPERIENCES

o EQUIPMENTS

- Ventilators (Maquet, Raphael, Hamilton C1 and C3)
- Philips Monitors Pulse oximeters
- ABG Analyzers (GEM 3000, 4000)
- Bronchoscope & Thoracoscope (Olympus, Pentax)
- Oxygen Therapy Sources and Devices
- Optiflow
- High flow nasal cannula (HFNC)
- Balloon CPAP
- Pulmonary Function test machine
- Defibrillator, AED
- NIV machines (Resmed, Respironics, Harmony, Lowenstien and BMC)
- Sleep Study machines (Resmed AUTO CPAP, Alice pdx, Apnea link, Somnoedics LTD Channel device)

OTHER EXPERIENCES

- Conducting Six Minute Walk Test & PEFr monitoring.
- Provided aerosolized medication delivery for treatment and sputum induction for diagnostic evaluation.
- Perform bronchopulmonary drainage and assist or instruct patients in performance of breathing exercises.
- Responsibilities are to assist in the care of patients with Respiratory diseases (i.e. Asthma, Chronic Bronchitis, COPD, Emphysema, etc.)
- Inspect, clean, test and maintain respiratory therapy equipment to ensure equipment is functioning safely and efficiently, ordering repairs when necessary.
- Educate patients and their families about their conditions and teach appropriate disease management techniques, such as breathing exercises and the use of medications and respiratory equipment
- Kept equipment safe and efficient with regular inspections, cleaning and maintenance.
- Taught patients how to perform breathing exercises and at-home care.
- Managed patient care in collaboration with physicians, nurses and other healthcare professionals.
- Follow written or verbal orders from physician to determine treatment requirements, including therapy type, method and duration.

CONFERENCES

- Attended **11th** National Respiratory Care Conference 2017” conducted by Indian Association of Respiratory Care and RESCARE held at Amritha Institute of Medical Sciences, Kerala
- Attended **10th** National Respiratory Care Conference 2016” conducted by Indian Association of Respiratory Care and RESCARE held at Christian Medical College Vellore.
- Attended **22nd** Annual conference of Indian association for bronchoscopy (**BRONCHOCON**) 2017 as an organiser conducted by Department of Pulmonary Medicine , Christian Medical College Vellore.
- Attended **1st** National congress on Asthma, Allergy and Immunology in (**ALLERGOCON**) 2019 January as an organiser conducted by department of pulmonary Medicine , Christian Medical College Vellore.
- Attended **Basic Life Support** course organised by American Heart Association at Christian Medical College Vellore.
- Attended CME Update in **Drug Resistant Tuberculosis** organized by CME Department Christian Medical College Vellore.
- Attended CME Update in **Bronchial Asthma** organized by CME Department Christian Medical College Vellore.

REFERENCE

- **Dr. Balamugesh - "Christian Medical College,Vellore"**
Professor and HOD of Pulmonary Medicine
drbalamugesh@cmcvellore.ac.in
- **Dr Richa Gupta - "Christian Medical College,Vellore"**
Professor and HOD of Respiratory Medicine
drricha21@gmail.com
- **Dr Aziz K S - "Apollo Adlux Hospital, Karukutty "**
HOD of Pulmonology Department
dr Aziz_k@apollohospitals.com
- **Dr J J Mathew - "Apollo Adlux Hospital, Karukutty "**
Senior Consultant
drmathew_j@apollohospitals.com

DECLARATION

- I declare that I will be a committed hard worker with willingness to update my knowledge in tune with the latest happenings in the field of technology.

I further declare that all the above information provided is true to the best of my knowledge.

Place : Mookkannoor

Ms JULIE PAUL