

SHAHANA Z A

Optometrist.

Email: shahanarasheedza@gmail.com

Contact : +91 7034863293

Trivandrum , Kerala, IN.

Linkedin:com/in/Shahana.Z.A



PROFILE

Talented optometrist with a strong commitment to service in the optometry field. Professional with more than 1 year internship and six month training experience assisting patients with vision care. Passion for helping others solve vision problems and improve their quality of life with the right type of vision correction. Expertise in optometry technology tools and solutions to make accurate diagnoses and determine ideal prescription lenses for patients. Friendly and caring healthcare provider with excellent customer service skills.

SUMMARY

- 1 year (internship experience) measuring patient vision using optometry instruments, and determine the need for vision correction in the form of prescription glasses or contact lenses.
- Discuss proper eye care health procedures when using contact lenses or glasses, and demonstrate procedures for cleaning.
- Diagnosed various eye conditions, including colour blindness, myopia, and hyperopia, and provided referrals or prescription recommendations for vision correction.
- Conducted pre-operative and post-operative care for patients going through laser vision correction surgery and cataract correction procedures.
- Collaborated with the ophthalmologist when patients needed an additional eye care professional for various diseases and conditions.

EXPERIENCE

Eye Lens opticals, Nedumangadu : JAN 2022 - MAY 2022

- Successfully completed 6 month Training
- Has gone through several clinical practice (refraction)

Reference ; shafi +91 7356904618

Precise Speciality Eye Care hospital and Lasik Centre ,Trivandrum, Kerala: JUNE 2022 - JUNE 2023 Internship

I've experience in;

1. Subjective and objective Refraction.
2. Padiatric vision and cycloplegic Refraction.
3. Retinoscopy.
4. Lensometry.
5. Prism Trial.
6. Contact lens Evaluation and fitting of: (Scleral, and soft contact lens.)
7. Orthoptic Assessment (NPC and NPA with RAF Ruler)
8. Orthoptic Exercise (Pen push up test and cat card test)
9. Biometry (Optical and Ultrasound)
10. A-scan (Lenstar) and B-scan.
11. Keratometry.
12. Pachymetry.
13. Tonometry (Non contact) AT (Contact)
14. Diplopia Charting.
15. Lacrimal Duct Patency Evaluation.
16. Visual field– Humphery field Analyser (octopus, Heidel berg Engineering)
17. Confrontation Test.
18. Optical Coherence Tomography (OCT-Carl-Zeiss, Heidelberg Engineering).
19. Schirmer's Test.
20. Ishihara Colour vision Test.
21. Corneal Topography (Carl-Zeiss).

22. Anterior (Heidelberg Engineering).
23. Specular Biomicroscopy.
24. Idr-Dry Eye Testing.
25. Low vision workup .
26. Verion (Cataract and ICL Assisting).
27. EOM Testing.
28. Slit Lamp Biomicroscope .
29. Cataract workup, calculating IOL power (Lenstar- Haag and Streit, Biomedix).
30. LASIK, PRK workup.
31. Circulating Assistant in Cataract OT.
32. Fundus Examination with Fundus Photography, FFA and ICGA.
33. Emergency Ocular Management.
34. Opticals.

Reference : Dr. Jayaram V R
 MBBS, MD (AIIMS, New Delhi)
 Sr. Consultant Cornea & Refractive
 Surgery

Sarath T,
 General Manager (operations)
 Precise Eye Hospital, TVPM,
 9400004408

ACADEMIC PROFILE

COURSE	INSTITUTE	BOARD OR UNIVERSITY	YEAR OF PASSING	Percentage of mark
Fellowship in Contact Lens Dispensing	Indian Academy of Optometry	Jain University, New Delhi	2023-now pursuing	
Bsc Optometry	Global College of Allied Health Science, Marthandam	Dr. MGR Medical University, Chennai	2018-2023	90%
HSE	Govt. Girls Higher Secondary School Nedumangadu, TRVM	Kerala State Board	2017-2018	80%
CBSE 10th	Kairali Vidhya Bhavan Senior Secondary School Nedumangadu, TRVM	Central Board of Secondary Education- New Delhi	2016	92%

CERTIFICATION, CAMPS & CONFERENCES ATTENDED

- Certified IACLE (International Association of contact lens educators) Student trial Exam in March 2023 with 6th rank
- Several camp organized by precise speciality eye care in association with various NGO | NPCB | BRC | Residential Association | Schools etc... as part of our Academic and 1-year internship programme of Bsc. optometry course.
- Bejan Singh Institute of ophthalmology, kanyakumari India – Participated in CME (06-11-2022)
- Participate in opto Logic 2023 conducted by Chaithanya Eye hospital and Research centre.
- Completed several course module and certified by mivision educators.
 College Topper in BSC optometry at Global College of Allied Health Science

PERSONAL INFORMATIONS

Name : Shahana Z A
 Gender : female
 Date of Birth : 29th September 2000.
 Marital Status : Single.
 Languages Known : English, Malayalam, Tamil and partial dhivehi
 Nationality : Indian.

DECLARATION

I hereby declare that the particulars given above are true and correct to the best of my knowledge and belief.

Date:
 Place: TRIVANDRUM

[SHAHANA Z A]