

# Keziah K. Shaji



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## Career Summary

Compassionate physiotherapist with an intent to provide the highest possible level of patient care. Seeking opportunities to utilise my skills in functional training and patient communication at an in-patient care facility. Flexible in working with paediatric, adolescent, adult and geriatric patients.

## Work Experience

### Indo American Hospital

*Vaikom, Kerala*

- Provided physical therapy services for 200-bed NABH accredited hospital that comprised of neurological rehabilitation.
- Assessed patients' rehabilitative needs, jointly developed a patient plan of care and treatment goals for medically complex geriatric patients.
- Restored function for patients and prevented disease or profound injury (including loss of limb, traumatic brain injury, stroke, joint replacements).
- Planned and administered treatments, modalities and therapeutic exercise programs encompassing active and passive ranges of motion, muscle re-education, ultrasound, and heat/water/ice/electrical stimulation.
- Developed appropriate treatment goals and methods in collaboration with the patient and caregivers.

### Holy Ghost Mission Hospital

*Kottayam, Kerala*

- Evaluated and treated a wide range of conditions, including Chronic and Acute Pain, Disc Prolapse, Whiplash, Dislocations, Arthritis, Multiple Sclerosis, Parkinson's, Stroke and Neuropathies.
- Planned and administered a range of treatments and therapeutic exercise programs involving active and passive ranges of motion and muscle re-education.
- Educated patients and family members regarding diagnosis, injury prevention, and therapeutic treatments.

### P.S. Mission Hospital

*Ernakulam, Kerala*

- Evaluated and treated a wide range of conditions, including Chronic and Acute osteoarthritis, rheumatoid arthritis, IVDP, low back pain.

- Identified impairments, determined the predicted level of improvement and the time required to achieve it, identified precautions/contraindications, and determined the plan of care.
- Developed appropriate treatment goals and methods in collaboration with the patient and caregivers.
- Implemented the physical therapy treatment plan and completed all related documentation and records keeping regarding these services.
- Instructed patients in skills and techniques required for participation in mobility activities and evaluated patient's progress, attitudes and behaviour as related to rehabilitative potential.

### Mercy Hospital

*Pothy, Kottayam*

- Assessed, and treated patients' physical problems and conditions.
- Reviewed training programs that encouraged exercise and movements using various techniques.
- Educated patients on how to prevent and improve conditions.
- Wrote case notes and reports. Performed tests and measures to identify potential and existing problems.
- Restored, maintained, and promoted optimal physical condition and optimal quality of life-related to movement and health.

### Aster Medcity

*Ernakulam, Kerala*

- Planned individually designed treatment programs to restore, maintain and improve physical functioning, alleviate pain, and prevent disability.
- Guided 10+ patients per day in transfers from seated, standing and lying positions in preparation of treatment.
- Conducted precise assessments of patient conditions and functional abilities.
- Diligently observed patient safety, risk management, and infection control policies and procedures at all times.
- Communicated effectively with other care providers to provide for continuity of patient care.
- Wrote case notes and reports. Performed tests and measures to identify potential and existing problems.

## St Gregorios Medical Mission Hospital

*Parumala, Kerala*

- Provided physical therapy services for 200-bed skilled hospital.
- Consistently exhibited courtesy, compassion, and respect to patients, families, caregivers, visitors, physicians, administrators, and co-workers.
- Educated patients and family members regarding diagnosis, injury prevention, and therapeutic treatments.

## Sagar Hospitals

*Bangalore, Karnataka*

- Evaluated patients, including history, systems review, and application of appropriate tests and measures synthesize information and interpreted examination findings in order to establish a diagnosis.
- Identified impairments, determined the predicted level of improvement and the time required to achieve it, identified precautions/contraindications, and determined the plan of care.
- Developed appropriate treatment goals and methods in collaboration with the patient and caregivers.
- Evaluated and treated a wide range of conditions, including Chronic and Acute osteoarthritis rheumatoid arthritis, IVDP, low back pain, total knee replacement total hip replacement.

## Ashoka Medicovert hospital

*Nashik, Maharashtra*

- Instructed patients in skills and techniques required for participation in mobility activities and evaluated patient's progress, attitudes and behavior as related to rehabilitative potential.
- Assessed, and treated patients physical problems and conditions like pediatric, orthopedic and neurological conditions
- Reviewed training programs that encouraged exercise and movements by the use of various techniques.
- Educated patients on how to prevent and improve conditions.
- Wrote case notes and reports. Performed tests and measures to identify potential and existing problems.

## Core skills

- Ability to design treatment plans that improve a client's capacity to perform physical movements and activities freely and confidently,
- Expertise at applying scientific knowledge and technical abilities to restrict or prevent physical impairment and increase mobility in those who have been injured,
- Committed to delivering exceptional care and support to all patients in order to improve their quality of life,
- Excellent client-facing skills and the ability to work closely with other professionals to assess a patient's needs and devise a suitable plan,
- Proficient in monitoring the progress of patients and adjusting or changing treatments as needed,
- Experienced in involving the families and caregivers of patients in their treatment programs and the delivery of care,
- Empathetic listener and persuasive speaker. Ability to communicate in English, Hindi, and Malayalam.

## Academic Qualifications

Bachelor of Physiotherapy	BCF College of Physiotherapy, India	2018-2023
AISSCE	United Indian School, Kuwait	2005-2018

## Workshops

- CPR and AED Skills (BLS)
- Indian Association of Physiotherapy Conference

## Research Work

Prevalence of knee pain in chronic stroke patients with weight bearing asymmetry – A Survey Study

## Reference

1. K.S sharad

Principal

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