



Aruna K

Occupational therapist

 9600384790

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EDUCATION

Bachelor of Occupational Therapy: 2015-2020

SRM Institute of Science and
Technology-Chennai

Masters in Occupational Therapy: Mental Health: 2020-2022

SRM Institute of Science and
Technology-chennai

RELEVANT SKILLS

Problem solving

Empathetic

Spontaneous decision making

Team Building

Patient management

Rapport building

LANGUAGES

Malayalam, English, Tamil

CAREER OBJECTIVE

I'm a reliable, dedicated and hard-working occupational therapist with solution-oriented approach. My objective is to provide my service to the organisation to achieve its vision, goals whilst allowing me to learn and grow.

PROFESSIONAL EXPERIENCE

Consultant Occupational Therapist Sunrise Hospital, Kochi (2022-present)

- Head of Occupational therapy department.
- Handling patients from Pediatrics, Orthopedics, Neurology, Psychiatry and Geriatrics.
- Co-ordinating with doctors from other departments for therapeutic treatment and discharge planning for the patients.
- Outreach programmes to create awareness about Occupational therapy conducted through the hospital.

Occupational therapy intern Right hospitals, Chennai (2019)

- Therapeutic approaches on hand rehabilitation.
- Helped determine realistic treatment goals and adjusted steps based on patient progress.
- Determined best treatment plans to meet objectives for school, work and home life.

Occupational therapy intern MGR School for Deaf and Dumb, Chennai (2019)

- Occupational therapy training for the children with disabilities in speech and hearing.
- Provided clerical support, addressing routine and special requirements.
- Reported back to instructor to receive day-to-day tasks and responsibilities.

Occupational therapy intern SRM Hospital, Chennai (2020)

- Occupational Therapy training at Mental Health unit.
- Worked on improving occupational performance of patients with mental disabilities.
- Recommended adaptive strategies to maximize opportunities for wellness of patients.
- Provided support to help patients adjust to new physical or cognitive limitations.

Occupational therapy intern

SRM Hospital, Chennai (2020)

- Occupational therapy training at Orthopedics Unit.
- Occupational therapy training and intervention for the patients with physical disabilities and restrictions.
- Worked on improving ADL and IADL performance.

Occupational therapy intern

SRM Hospital, Chennai (2020)

- Occupational Therapy training at pediatrics Unit.
- Worked on improving the functional performance of children with various sensory, physical and cognitive problems.
- Determined best treatment plans to meet the objectives for school, work and home life.

Occupational Therapy intern

SRM Hospital, Chennai (2020)

- Occupational Therapy training at Neurology Unit.
- Worked on improving the functional independence and everyday functioning of the patients with various neurological problems.
- Established compassionate relationship with patients and performed assessments and planned treatment goals.

RESEARCH PROGRAM

Master's Thesis 2022

Effectiveness of group cooking and craft activities on negative symptoms among patients with schizophrenia

Bachelor's Thesis 2019

Effectiveness of assertiveness training on self-esteem on schizophrenics

CERTIFICATIONS

Online counselling- Practical training on psychotherapies and its application.

CME'S & CONFERENCES

- AIOTA- 2015
- BIOETHICON- 2019
- International Conference on Autism- 2022

