

CURRICULUM VITAE



REEGA ALEX

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CARRIER OBJECTIVE:

Critical Care Therapist /Respiratory Therapist

To excel in the field of Critical Care and achieve great heights with good patient care for the benefits of humanity and as a service of mankind. A Critical Care Technologist evaluating, assessing, treating, and caring for patients with breathing cardio-respiratory disorders; assuming primary responsibility for all respiratory care modalities, including the supervision of respiratory therapy technologist; helping in diagnostic, initiating and conducting therapeutic procedures; maintaining patient records; and selecting, assembling, checking, and operating equipment. Primary evaluation of the patient with cardiorespiratory disorders, educating and treating them with dignity and keeping in mind the ethical values.

EDUCATIONAL & ACADEMIC QUALIFICATIONS:

EXAMINATION	INSTITUTION	UNIVERSITY / BOARD	YEAR OF PASSING
BSC CRITICAL CARE TECHNOLOGY	CHRISTIAN MEDICAL COLLEGE, VELLORE (TAMIL NADU)	DR. M.G.R. MEDICAL UNIVERSITY CHENNAI	2018
HSE	CMS HIGHER SECONDARY SCHOOL, THRISSUR	KERALA	2014

SSLC	KENDRIYA VIDYALAYA, THRISSUR	CBSE	2012
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TRAINING AND EXPERIENCE

- Routine posting in the following Departments which comes under Division of Critical Care, Anaesthesia and Pulmonary Medicine in Christian medical College & Hospital, Vellore
- Surgical Intensive Care Unit
- Medical Intensive Care Unit
- Neurology Intensive Care Unit
- Paediatric Intensive Care Unit
- Anaesthesiology
- Pulmonary Function Lab
- Emergency and accident care unit
- Burns care unit

EXPERIENCE:

➤ During course period I had routine posting in all the I.C.U's for Rich Experience

1. In Medical ICU&HDU
2. In Surgical ICU &HDU
3. In Neurotrauma ICU&HDU
4. In Paediatric ICU&HDU
5. In Neonatal ICU

➤ **Total 2 year of Experience:**

1. One year experience of Internship at Christian Medical College Hospital, Vellore, Tamil Nadu.
2. One year experience of Bond at CSI Mission Hospital, Codacal, Malappuram, Kerala.
3. Presently working as Critical Care Therapist at CMC Vellore, Tamilnadu.

Teaching Experiences:

- Conducting Clinical Presentations.
- Conducting Clinical classes for critical care students/nursing staffs.
- Conducting BLS classes in youth camps.

KNOWLEDGE OF WORK IN DETAIL

- Airway Management
 - Artificial Airways
 - Intubations
 - Extubations
 - Tracheostomy (Assisting)

- Bronchoscope -Fibrotic, Rigid, Broncho alveolar lavage.
- Oxygen therapy Management
 - Maintenance of Oxygen sources
 - Oxygen therapy Administration
 - Monitoring of O2 parameters Optiflow (HHFNC)
 - Airvo2.
- Mechanical Ventilation Management and strategy for various lung disorders.
- Interpreting X-RAY and planning appropriate treatment.
- Monitoring, follow up and diagnostic of inpatients
 - Monitoring of Hemodynamic parameters
 - Interpreting ABG report and correcting and adjusting ventilator settings according to it.
 - Interpreting ECG rhythm.
 - Monitoring of Vital Signs
 - Monitoring of Cardiac Output, PAP
 - Monitoring of ETCO2.
 - Monitoring of Intra Cranial Pressure, Central Venous Pressure.
- Bronchial Hygiene therapy
 - Lung expansion therapy
- Post Extubation Care- Chest Physical Therapy
 - Breathing Exercises(Incentive spirometry, Acapellaetc)
 - Postural Drainage Position
- Maintenance/Management of Equipments

Procedures:

- Performing Elective or Rapid sequence Intubation.
- Assisting in open tracheotomy or Percutaneous tracheotomy,
- Arterial Puncture Blood sampling
- Monitoring, Assessing and Performing Extubation and post extubation monitoring.
- Performing open and closed Suctioning
- Assisting Ultrasound guided central line insertion, arterial line insertion and monitoring of arterial blood pressure monitoring and assessing the trace for fluid status of the patient and by monitoring the pulse pressure variation.
- Initiating weaning from ventilator and monitoring for the SBT trial, pre-extubation.
- Non –invasive ventilator (Bipap /Cpap) management and monitoring of patient on ASV mode of ventilator.
- High Frequency Oscillating Ventilator setting up and management.
- Intra hospital Transportation of ill patient to CT and MRI room for diagnostic purposes.
- Insertion of Intra-Abdominal Pressure monitoring kit and monitoring the patient for Abdominal compartment syndrome.
- Communicating with relatives regarding illness, prognosis, grief and obtaining consents.

- Performing BLS/ ACLS including transcutaneous pads and all the higher modalities for Resuscitation.
- Attending CART calls from emergency department, general wards.
- Maintaining sterility during all the procedures.
- Execute care plan for the patients.
- Improve clinical outcomes of the patients by ensuring complete adherence, compliance of disease management programme.
- Performing lung ultrasound for ruling out pleural effusion, fluid overload and pneumothorax.
- Performing Echo for heart contractility and measuring ejection fraction.
- Performing & Assessing IVC status for fluid depletion.

OTHER ACADEMIC ACTIVITIES:

- Participated in the Pre-Conference Workshop and Scientific Conference of RESCARE 2016, the 10th National Conference of the Indian Association of Respiratory Care (IARC), held at Christian Medical College, Vellore from 6th to 8th October 2016.

STRENGTH:

- Highly organized
- Creative problem Solver
- Administration
- Infection control policies
- Strong Work ethic
- Pleasant patient care
- Communication with doctors, patients, other departments and co-workers about patient care, locating and sharing resources and organising patient care.
- Enthusiastic

BIOGRAPHICAL DETAILS:

Father's Name : P. ALEX NELSON
Mother's Name : SHEENA ALEX
Date of Birth : 09-03-1996
Hobbies : Drawing, Travelling
Religion : Christian
Nationality : Indian
Languages known : Hindi, English, Malayalam
Marital Status : Married

Professional References:

Dr. Prof. K. Subramani,
Head Of Division Of Critical Care & Surgical ICU ,
Christian Medical College & Hospital, Vellore, India.

Mr. Arthur Sadhanandham
In-Charge & Instructor,
Respiratory Therapy Services,
Division of Critical Care & Medical ICU,
Christian Medical College, & Hospital, Vellore, India.

Dr. JayarajPeriyan
Medical Superintendent
CSI Mission Hospital ,Codacal , Tirur ,Kerala

DECLARATION:

I do hereby declare that the particulars of information and facts stated here in above are true, correct and complete to the best of my knowledge and belief.

Yours Faithfully
REEGA ALEX