



ARSHA ROYAL, B.Sc., MPH.

Meemboor House

Periya ,P.O.

Thalapuzha Mananthavady

Wayanad(Dt) Kerala

Phone : +91 9061675419, +91 8217836968

Email :arsharoyalrt2016@gmail.com

LinkedIn profile:<http://www.linkedin.com/in/arsha-royal-0551631b7>

CAREER OBJECTIVE

Dedicated respiratory therapist seeking to leverage clinical expertise and compassionate care to optimize patient outcomes in a dynamic healthcare setting. Committed to providing high-quality respiratory care while continuously enhancing skills and knowledge.

ACADEMIC BACKGROUND

Year(s)	Qualification-Degree / Diploma / Certificate	Board/University	College / Institution / University	Percentage /CGPA
2020 – 2022	Masters of Public Health	JSS AHER	JSS Medical College,JSS School of Public Health Mysuru Karnataka	8.40
2016 - 2020	B.Sc. Respiratory Therapy	Amrita Vishwa Vidyapeetham	Amrita Institute of Medical Sciences, Kochi Kerala	66.64%
2015	Higher Secondary School	CBSE	The Greenhills Public School, Sulthan Bathery Moolankave P.O Wayanad (Dt), Kerala - 673592	80.5%

2013	Senior Secondary School	CBSE	Hillblooms School Mananthavady Wayanad Kerala- 670645	9.8
------	-------------------------	------	--	-----

EXPERIENCE

- Tutor Technician in Respiratory Technology at **Institute of Chest Diseases Government Medical College Calicut Kerala.**
- Clinical Research Coordinator in COVISHIELD Vaccine trial.
 - ✓ A Phase 2/3, Observer-Blind, Randomized, Controlled Study to Determine the Safety and Immunogenicity of Covishield (COVID-19 Vaccine) in Healthy Indian Adults.
- Clinical Research Coordinator in COVOVAX Vaccine Trial at JSS Hospital Mysore
 - ✓ Title: A Phase 2/3, Observer-Blind, Randomised Controlled Study to Determine the Safety and Immunogenicity of COVOVAX in Indian Adults.
 - ✓ Title: A Phase 2/3 Observer-Blind, Randomized Controlled Study to Determine the Safety and Immunogenicity of COVOVAX in Indian Adults Aged ≥ 18 Years and Children 2 To 17 Years. The vaccine trial was sponsored by Serum Institute of India Pvt. Ltd.
- Pursued Internship in **NCD Epidemiology** at **(Indian Council of Medical Research)ICMR- National Centre for Disease Informatics and Research, Bengaluru.**
- Clinical Internship one year in Medical ICU, Cardiac ICU, Neonatal and Pediatric ICU, Adult and Pediatric post-surgical ICU, Causality, Neuro ICU, Ortho ICU, Gastrointestinal ICU, Sleep lab and Pulmonary function testing lab at Amrita Institute of Medical Science, Kochi (India).

PROFESSIONAL ACTIVITIES

- Mechanical ventilation weaning and extubation
- Post extubation care.
- Good chest physical therapy Nebulization.
- Incentive Spirometry Breathing exercises Psychological counseling Early mobilization
- Bronchodilator therapy (nebulizers, meter dose inhalers and Ultrasonic nebulizers) to provide nebulization and inhaler therapy for ventilated and non-ventilated patients.
- Non invasive ventilation initiation and maintenance
- PFT skills (Spirometry, DLCO, FOT, FENO).
- Polysomnography.
- Assisting Bronchoscopy, EBUS.
- Pulmonary Rehabilitation.
- Principles and use of the pulse oximeter, capnometer, oxygen analyzer, defibrillator.
- Oxygen therapy devices (both fixed and variable performance devices).
- Well trained in assisting percutaneous tracheostomy.
- Trained in Basics and advanced cardio pulmonary resuscitation (American Heart Association Guidelines) and to assist the duty doctor during CPR of patients in the ICU or elsewhere in the hospital on activation of code blue
- Airway maintenance (placement of artificial airways) and care of ICD tube, tracheostomy tubes and special airways. (LMA,Combitube,Esophageal Obturator,NasoPharyngeal&OralAirways).
- Arterial blood gases (sampling and interpretation).
- Chest X-Ray Interpretations
- Inter hospital & Intra Hospital transportation of the patient with transport ventilators
- 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
- Work as part of a team of physicians, nurses and other health care professionals to manage patient care Regular ward follow up.
- Involved in Code MET team.

E-CERTIFICATE COURSE

1. FUJIFILM Nurse's and Technicians Training Program 24 held on Jan 21st 2024 Calicut.
2. **PULMOCON 2023** hands on workshop on **Polysomnography** held on 13th October 2023 at KIMS Health Thiruvananthapuram.
3. Basic Course in Biomedical Research Online Course for post-graduate medical students and faculty by ICMR NIE.
4. The Good Clinical Practice (GCP) Course by NIDA Clinical Trial Network.
5. Introduction to Good Clinical Practice for Investigators and Study Teams by SWISS Tropical and Public Health Institute Basel (17-01-2022).
6. National Programme for Prevention and Control of Cancer, Diabetes, CVDs and Stroke Training by District NCD Cell, District Surveillance Unit Mysuru (24-12- 2022).
7. NIECeR 103: Scientific Writing in Health Research by ICMR-National Institute of Epidemiology.
8. 'SPSS-Advanced Medical Statistics' by MED Analytics India.
9. Biomedical Waste Management organized by environment management and policy research institute Bengaluru under Swatchhta Action Plan 2021-2022 of Ministry of Environment Forest and climate change Government of India. (28-02-2022).

CONFERENCE

- 11th National Conference of IARC held at Kochi on 6th to 8th October 2017.
- CME on New updates in Tuberculosis under National Tuberculosis Elimination Program (NTEP) at JSS Medical college.

EQUIPMENT HANDLED

- **Ventilators :-** Maquet Servo - i, Maquet Servo - s, Hamilton Gallileo and Raphael, Engstrom Carestation, CareScape R860, Puritan Bennett, Airliquid ,Flight Medical 60 transport ventilator
- **NIVs :-** Resmed 3 series, ST, STA, 2 series, Stellar (Resmed), Philips(Respironics) Vision, V60, Synchrony, Harmony, VPAP, WEINMANN medical technology Prisma25ST, Fisher & Paykel AIRVO2 (high flow device)
- **Polysomnography:** Nicolet V32(Sleep works)
- **PFT:** Easy One Connect(TrueFlow by ndd), DLCO-COSMED, Impulse oscillometry
- **All MDI & DPI**

PROJECT

Research project on “Clinico-Epidemiological Profile of Break Through Covid-1 Infection Following Covid-19 Vaccination Among Health Science University (Deemed to be) Faculty and Students in Mysuru”

PERSONAL SKILLS

- ✓ Critical Care Management
- ✓ Emergency Management
- ✓ Interpersonal skills
- ✓ Leadership
- ✓ Critical thinking
- ✓ Problem-solving
- ✓ Time management

PERSONAL PROFILE

Name : ARSHA ROYAL

Father's Name : Mr. Royal M Jose
Mother's Name : Mrs. Shiji Royal

Date of Birth : 12-01-1997

Nationality : Indian

Gender : Female

Marital status : Single

Languages Known : English (W, R, S),
Malayalam(W,R, S), Kannada(S)

Permanent Address : Meemboor (H) Periya P.O.
Thalapuzha, Mananthavady
Wayanad-670644

REFERENCES

- **Dr.Sooraj K.P**
HOD& Superintendent
Institute of Chest Diseases
Gov. Medical College
Kozhikode.
+91 9037963830
- **Dr Anand M**
R.M.O. Associate Professor
Institute of Chest Diseases
Gov. Medical College Kozhikode
+91 9447792941
anand77m@rediffmail.com
- **Dr.Praveen Kulkarni M.D.**
JSS AHER Mysore
Associate Professor Department of Community Medicine
praveenkulkarni@jssuni.edu.in
+91 8217836968
- **Dr. Anil S Bilimale M.D**
JSS School of Public Health-
JSS AHER Mysore
MPH Coordinator
anilbilimale@jssuni.edu.in

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

Place: Kozhikode



ARSHA ROYAL