



# ARSHA LIZ MARY SAJI

KARIYAVIPARAMBIL(H), MANJOOR P. O, KURUPPANTHARA KOTTAYAM PIN:686603  
9645072719 | arshalizmary@gmail.com

## OBJECTIVE

Aiming at obtaining the role of Respiratory Care Practitioner utilizing extensive medical background & ability to evaluate & treat cardiopulmonary diseases & disorders by performing diagnostic tests & administering therapeutic treatments such as oxygen therapy & aerosol medications according to physician's orders & departmental protocols .

## SKILLS

LANGUAGES: English Hindi Malayalam Kannada  
Tamil

80%

## EDUCATION

- 2016
  - **10th Board**  
St Therese Public School  
100%
- 2018
  - **Higher Secondary Education**  
Emmanuel's HSS Kothanalloor  
85%
- 2022
  - **Bsc RESPIRATORY THERAPY**  
Narayana Hrudayalaya College Of Allied Health Science  
71%

## EXPERIENCE

- 17th March 2022 - 17th September 2022
  - **Respiratory Therapist(internship)**  
Narayana Hrudayalaya Institute of Cardiac Science  
Clinically Exposed to:
    - Intensive Care Units
    - Wards
    - High Dependency Units
    - Casualty
    - PFT
    - Bronchoscopy
    - RRT
- 21st September 2022 -
  - **Junior Respiratory Therapist**  
St John's Medical College Hospital  
Worked as a Jr Respiratory therapist In Critical Care Unit where I got many challenging critical cases to deal with
    1. Familiar with various ventilators which includes Engstrom, Carescape, Maquet, Hamilton c1 and c3, mindray
    2. Assisted physicians with Intubations, Bronchoscopies, Thoracenteses, Tracheostomy and other procedures.
    3. Part of Code Blue team
    4. Assisted Bronchoscopy
    5. Handled various oxygen delivery devices ranging from nasal prongs to Mechanical Ventilation
    6. Handled critical respiratory cases including Covid pneumonia
    7. Helped patients get weaned from mechanical ventilator to self ventilating, helped them to improve their oxygenation using various respiratory breathing exercises, chest physiotherapy and mental support
    8. Conducted follow-up visits with patients to evaluate treatment outcomes and make recommendations for additional care if needed.
    9. Collaborated with interdisciplinary team members and developed individualized plans of care based on assessment findings, patient needs and physician orders.
    10. Assessed patient's response to therapeutic interventions by observing physical conditions or interpreting test results and evaluated their need for additional resources sources such as home health services or durable medical equipment.

11. Instructed patients on proper use of respiratory equipment including oxygen therapy, ventilators and aerosol therapy.
12. Consulted with physicians about potential problems related to prescribed respiratory therapies or medications.
13. Identified high risk situations such as airway obstruction or inadequate ventilation and took appropriate action.
14. Provided emergency care when required including performing cardiopulmonary resuscitation.
15. Attended staff meetings, educational conferences and seminars related to respiratory therapy practice.
16. Conducted cardiopulmonary resuscitation and airway maintenance.
17. Set up and monitored mechanical ventilators, therapeutic gas administration apparatus and aerosol generators and handled associated critical care duties.
18. Interacted with patients, family members and physicians to coordinate patient care.
19. Performed bronchopulmonary drainage and assisted patients with breathing exercises.
20. Monitored patient's vital signs, arterial blood gases or blood chemistry changes, consulting with physician during adverse reactions.
21. Managed care of patients with diverse conditions alongside physicians, nurses and support team members.
22. Collaborated with physicians, nurses or other healthcare professionals to manage patient care by assisting with medical procedures or related duties.
23. Demonstrated respiratory care procedures to trainees or other healthcare personnel.
24. Monitored patient progress to determine effectiveness of treatments and made necessary adjustments.
25. Performed Bronchoalveolar Lavage collection for sampling

## PROFESSIONAL SKILLS

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- Baseline assessment of patients with history taking, Monitoring of vital signs.
- Oxygen Therapy: Use of all oxygen therapy devices, proper handling and care of devices, monitoring of requirement of oxygen and weaning.
- Endotracheal intubation: Intubation procedure, Assisting intubation and endotracheal suctioning.
- Tracheostomy: Assisting tracheostomy and tracheostomy care.
- Mechanical ventilation: Calibration, Initiation of mechanical ventilation in every respiratory disease in adult's neonates and pediatrics.
- Making necessary ventilatory changes according to the conditions, trouble shooting, weaning from mechanical ventilation.
- Pulmonary function testing
- A part of code blue, basic life support and advanced cardiac life support.
- Endotracheal Extubation
- Proper use of non-invasive mechanical ventilation, weaning and trouble shooting.
- Assisting bronchoscopes

## MACHINES HANDLED

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- Mechanical Ventilator
- Oxygen Delivery Devices
- Non Invasive Ventilation
- Defibrillator/AED
- Pulse Oscillator
- Capnometer
- Incentive Spirometry
- Pulmonary Function Test equipments(Spirometry, DLCO, FENO, IOS)
- Oxygen Analyser and Arterial BP transducers
- Suction Pump
- Bronchoscope

## AREAS OF EXPERTIZE

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- Intensive Care Units(Medical, Neuro, Surgical)
- Intensive Traumatic Unit(Adult, Pediatric)
- Cardiac Care Unit
- PFT
- Bronchoscopy
- RRT
- Casualty
- Ward

## PROFESSIONAL DEVELOPMENT PROGRAMS

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- Attended RESCON 2019, held at Narayana Health City, Bangalore.
- Attended 13th National conference of respiratory care (IARC) 15-16th November at AJ institute of medical sciences, Mangaluru.
- Attended fundamentals of respiratory care in covid 19, on 19-20th June 2021(E-course)organised by Manipal academy of higher education.
- Attended IARC RESCON 22-Bangalore Regional Conference at Apollo Hospital Bangalore

## REFERENCE

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- **Dr. Arjun Alva - Narayana Hrudayalaya Health City, Bangalore**  
Senior Consultant and HOD of Critical care unit  
arjun.alva.dr@narayanahealth.org  
9108 026 001
- **Dr. Murali Mohan - Narayana Hrudayalaya Health City, Bangalore**  
Senior Consultant Physician and Pulmonologist  
9844 097170
- **Dr Ranganath - Narayan Health City Bangalore**  
HOD and Senior Consultant Physician and Pulmonologist
- **Mrs. Moumita Chakraborty - Narayana Hrudayala Institute of Cardiac science, Bangalore**  
Lecturer and Clinical Coordinator, Department of Respiratory Care Technology  
Chakrabortymoumitha16@gmail.com
- **Dr Harish MM - Narayana Health City, Bangalore**  
Senior Intensivist  
dr.harishmm@rocketmail.com
- **Dr Bhuvana Krishna - St John's Medical College, Bangalore**  
Senior Consultant, HOD, Associate Professor Critical Care Unit

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## MEMBERSHIPS

- IARC register member since 13th December 2022