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| **Zarine**  **PHYSIOTHERAPIST**  [Zarine.375597@2freemail.com](mailto:Zarine.375597@2freemail.com)  **Member of Maharashtra State OT&PT Council.**  **DHA Eligibility Letter Holder**  DHA/LS/14122016/668881  **AREAS OF EXPERTISE**  Musculoskeletal physiotherapy  Orthopedics  Stroke management  Patient care  Neurological conditions  Acute rehabilitation  **PERSONAL SKILLS**  Professional Mannerisms    Patient Handling  Good interpersonal & communication  Time & Workload management  **PERSONAL DETAILS** **Date of Birth:** 06/11/1991 **Gender:** Female **Nationality:** Indian**Marital Status:** Married**Language Known (Fluent)**: English, Hindi, Marathi | **Objective** |
| A highly motivated, confident individual with exceptional multi-tasking and organizational skills. Able to communicate effectively and sensitively with patients and caters to maximize the rehabilitation of patients and to ensure understanding of often complex clinical issues impacting on recovery.Ready and qualified for the next stage in a successful career and looking forward to making a significant contribution as a physiotherapist. |
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| Work Experience |
| 1. **Rainbow Physiotherapy and Rehabilitation Centre – Mumbai**   **SENIOR PHYSIOTHERAPIST** November 2015 to November 2017   1. **Noor Hospital - Mumbai.**  **PHYSIOTHERAPIST** September 2014 to November 2015**Healthcare Hospital and Trauma Care Unit - Mumbai.** **PHYSIOTHERAPIST** February 2014 to August 2014   1. **Healthcare Hospital and Trauma Care Unit - Mumbai**   **OBSERVERSHIP** April 2012 to March 2013 Provide physiotherapy and treatment for both outpatients and inpatients. Responsible for managing a clinical caseload, providing physiotherapy assessment and treatment to the highest standard.**Selected Contributions:**  * Providing a high standard of physiotherapy service to patients and working with them to identify physical problem. * Organizing & prioritizing own workload & delegating responsibilities accordingly. * Involved in ward rounds, meetings and case conferences. * Supervising and teaching recently qualified physiotherapist assistants. * Evaluating, planning and delivering care plans in response to complex needs. * Based in various clinical settings i.e. neuro-rehab, community, wheelchairs. * Implementing relevant standards and policies; * Working with respiratory, orthopedic, acute neurological and multi-pathology patients. * Writing patient case notes and reports and collecting statistics; * Educating and advising patients and their caretakers about how to prevent and/or improve conditions. * Keeping up to date with new techniques and technologies available for treating patients. * Liaising with other healthcare personnel to supply and receive relevant information about the background and progress of patients, as well as referring patients who require other specific medical attention. * Working within a team environment. * Ability to spot Safety Hazards and act on them to put a stop to injury to patients.   **Internship institution (under-graduation):** Mahatma Gandhi Mission School of Physiotherapy, Navi Mumbai.   * + 1. Belapur- Narmada niketan (Geriatric home)     2. Vashi M.G.M.hospital (neurophysiotherapy and cardiopulmonary rehabilitation)     3. Kamothe M.G.M.hospital (neurophysiotherapy ,cardiopulmonary rehabilitation and musculoskeletal physiotherapy)     4. Kalamboli (Women’s health and pediatric) M.G.M. baby friendly hospital.     5. M.G.M Physiotherapy O.P.D, Sanpada.     6. Mathadi hospital, Koperkhairne.     7. Ashray special school, Sanpada.     8. Sharan paraplegic rehabilitation center, Vashi.   **PROJECTS (Done during under graduation)**   1. **Title: Physical Fitness in the Age Group of 9-15 years using Fitness Test Battery.** 2. **Title: To find prevalence of respiratory symptoms among local flour mill workers.**      1. **TECHNICAL SKILLS** 2. Proficient in Microsoft Word, Excel and PowerPoint   **WORKSHOPS & CONFERENCES ATTENDED**   1. Basic ‘Cupping Kinetics’ Course in 2017 2. Basic Kinesiology Taping Course in 2015 3. Cardio Pulmonary Cerebral Resuscitation (CPCR) in 2013 4. CPD on Clinical & Research Update in Musculoskeletal Pain in 2013 |
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| **ACADEMIC QUALIFICATIONS**  * B.P.Th (Bachelor of physiotherapy) **from Mahatma Gandhi Mission’s School of Physiotherapy, Mumbai: *Aggregate 63.40% in 2013*** * HSC **(Maharashtra board) *68% in 2009*** * SSC **(State board) *82% in 2007***   **DECLARATION:** I hereby declare that the information furnished above is true to the best of my knowledge. |