**Prateek**

Curriculum Vitae

**DHA ELIGIBILTY LETTER HOLDER**

**Personal Summary**

A highly motivated, confident individual with exceptional multi-tasking and organisational skills.Able to communicate effectively and sensitively with patients and carers to maximise the rehabilitation of patients and to ensure understanding of often complex clinical issues impacting on recovery. Excellent client facing skills and the ability to work closely with other health care professionals to assess a patient’s needs and devise suitable treatment plans for them. Highly developed dexterity, co-ordination and palpationskills for assessment.Excellent interpersonal/communication skills and proficiency in patient assessment, time management and therapy-program design/execution. Enthusiastic team player, deeply committed to delivering quality care and achieving superior patient outcomes as a member of a multidisciplinary case-management team.

**Areas of Expertise**

Neurodynamics for Upper and Lower Quadrant

Stroke management

Neurological conditions

Multiple Sclerosis

Spinal Cord Injury

**Career History**

**Indian Spinal Injury Center, Vasant Kunj June 2015 - Till date**

**Senior Physiotherapist**

* To work closely with other members of the multiprofessional team.
* To maintain adequate records of all the patients.
* To liaison with other healthcare personnel to supply and receive relevant information about the background and progress of patients, as well as to refer patients who require other medical attention.
* To evaluate the effectiveness of treatments and modify accordingly in discussion, if appropriate, with other senior healthcare professionals.
* To participate in reflective practice/clinical supervision.
* To efficiently utilize the resources required to meet service objectives.
* To undertake the comprehensive assessment of patients, including those with complex presentation/multi-pathologies.
* To use advanced clinical reasoning skills and manual assessment techniques to provide an accurate diagnosis of their condition.
* To formulate,deliver and evaluate individual physiotherapy treatment programmes based on sound knowledge of evidence based practice and treatment options using clinical assessment, reasoning skills and knowledge of treatment skills.
* To maintain own continuing professional development (CPD) by keeping abreast of any new trends and developments, and incorporate them as necessary into work.
* To be responsible for the safe and competent use of apppropiate equipment by patients, junior staff and student physiotherapists, through teaching, training and supervision of practice.
* To contribute to the training, assessment and performance management of newly qualified Physiotherapist and physiotherapy assistant staff.
* To ensure writing patient case notes and reports.
* To use a range of verbal and non-verbal communication tools to communicate effectively with patients to progress rehabilitation and treatment programme.

**HelpAge India, New Delhi August 2011-August 2012**

**National Coordinator for Geriatric Physiotherapy**

* Coordinating the activities of nationwide Physiotherapy care programme from the head office.
* Recruiting, orienting, and sensitizing the staff for the Physiotherapy care programme.
* Developing monitoring systems for the Physiotherapy care programme and managing the periodic feedback system based on MIS(Management Information System)/ web based application and analyzing the data received through the MIS from the various locations and effectively using it for reporting purposes.
* Producing quality reports for Senior Management as well as communication purposes nationally and internationally.
* Processing information for generating awareness & advocacy.
* Manage the web based MIS system and sort out the problems which are emerging from the field.
* Planning revision and improvement of Physiotherapy care services and documentation of revised plans.
* Monitoring visits to Physiotherapy care operational sites.
* Conducting training programs for staffs, volunteers and care givers.

**Help Age India, New Delhi February 2009- July 2011**

**Consultant Physiotherapist**

* Treated Geriatric Patients with various Orthopedic and Neurological conditions.
* Visited various Old Age Home in and around Delhi & NCR for treating Geriatric cases.
* Organized free Physiotherapy consultation camps for Elderly.
* Took various sessions for Elderly and also for Family & Relative in Care givers Training program as a resource person

**Beehive College,Selakui, Dehradun January 2008- March 2008**

**Lecturer**

* Conducted lectures for 4th year BPT students in Orthopedics and Neurology .
* Took lectures on Biomechanics for 2ndyear BPT students.
* Any additional lectures as per the need of the hour.
* Practical sessions and demonstrations for 3rd and 4th year BPT students.

**Baptist Christian Hospital, Tezpur, Assam January 2006-January2008**

**Physiotherapist In – Charge**

* ICU Acute Management, which included formulating Standardized ICU protocols(in coordination with Medical Director) to be followed during ICU interventions.
* Installed a fully equipped and functioning Physiotherapy clinic with all the latest Electrotherapy equipments.
* General Surgery and General Medicine cases as In-Patient which included Stroke, Cerebral Malaria, Cholecystectomy cases and COPD cases.
* Managed Orthopedic and Neurological cases as Out-Patients.

**ACADEMIC QUALIFICATIONS YEAR DIVISION**

Indian Spinal Injuries Centre, New Delhi 2013- 2015 1st

Masters in Physiotherapy(Neurology)

YMCA, New Delhi (Recognised by DGHS)

Postgraduate Diploma in Hospital Administration 2012-2013 1st

IGNOU, New Delhi 2008-2010 2nd

Masters in Public Administration

Christian Medical College, Vellore 2000-2005 1st

Bachelors of Physiotherapy

Seventh Day Adventist Public School, Roorkee 1998 2nd

Senior Secondary Education

St. Mary’s Convent School, Vikas Nagar, Dehradun 1996 1st

Secondary Education

**PERSONAL DETAILS**

PRATEEK

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Nationality:-Indian

Date of Birth:- 24.03.1980