SHILPA

shilpa-394685@2freemail.com

# CAREER OBJECTIVE

To make optimum utilization of my knowledge and skills, utilize opportunities effectively for professional growth and to contribute in the best possible way for the betterment of the organization and self.

# EDUCATION

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Year of passing | Course | University/ Board | Institution | Percentage |
| 2015 | Bsc. Optometry (3year + 1 year internship) | Kerala University Of Health Sciences (KUHS) Thrissur, India | Regional Institute Of Ophthalmology, Govt Medical College, Thiruvananthapuram | 65 |
| 2010 | Plus Two | Board of higher secondary education Kerala | Cyriac Chavara Memorial HSS, Karikattoor, Kottayam- | 88 |
| 2008 | 10th | Board of higher secondary education Kerala | ST. Ephrem’s HS, Chirakkadavu- | 80 |

**EXPERIENCE**

* Currently Working as full-time optometrist in Kerala. (From August 2016 & Still Continuing)

OVERVIEW: I was regularly doing Refraction, OCT, HFA, Fundus Photo and Contact lens fixing, assisting in operation theatre (Phaco emulsification, Trabeculectomy, Squint surgery, Pterygium excision etc.) and patient counselling.

* 1 Year and 3 months work experience as full-time optometrist in Kerala. (April 2015 to July 2016)

OVERVIEW: I was regularly doing Refraction, OCT, HFA, Fundus Photo and Contact lens fixing, assisting in operation theatre (Phaco emulsification, Trabeculectomy, Squint surgery, Pterygium excision etc.) and patient counselling.

* 1 Year rotatory internship as full-time optometrist intern from

Thiruvananthapuram, Kerala, India (From March 2014 to March 2015)

OVERVIEW: I have been exposed to the following clinical specialities.

Refraction (Subjective, Objective Autorefraction), Contact lens & Low Vision practice, Biometry (Biomedix A Scan & Haagstrict Lens star), Keratometry (Bausch and Lomb And Automatic), Strabismus workup Orthoptics, Diagnosing common eye diseases, Retina (FFA, OCT,B Scan, Direct Ophthalmoscopy, VEP & ERG), Tonometry (Applanation, Schiotz & Non Contact), Slit lamp examination for Optometric practice, Cornea (Corneal Topography, Specular microscopy Ocular surface evaluation, Surgical Assisting in Major & Minor ophthalmic surgeries like Cataract (SICS PHACO). Strabismus, Glaucoma (Trabeculectomy) vs Vitreoretina, surgery (MIVS,PPV), Dispensing workshop (Lensometry, verification & inspection of spectacle lenses), Community optometry & Eye Banking.

# LICENSE DETAILS

* KERALA PARAMEDICAL COURNCIL REGISTRATION

I’m a registered Optometrist (OM) under the provisions of Kerala Paramedical Council from 29/03/2016.

# INTERESTED SUBJECTS

* Refraction
* Retina (FFA, OCT)
* HFA, TONOMETRY (APPLANATION TONOMETRY, SCHIOTZ, NCT)
* Theatre techniques (Assisting surgeries:- SICS, PHACO, SCLERAL BUCKLING , PPV, SQUINT SURGERY, PKP )

# PROJECTS

Project was on the topic **‘OUTCOME FOLLOWING LASERS IN DIABETIC RETINOPATHY’** under the guidance of Dr. Anuja Sathar, assistant professor in ophthalmology.

53 eyes of 30 patients who had attended the Retina clinic, RIO from 2012-December to 2013-April were included in this study.

# PERSONAL SKILLS

* Communication
* Positive Attitude
* Time Management Abilities

# INTERESTS, HOBBIES & EXTRA CURRICULAR ACTIVITIES

* Social works: Volunteering works in relief Kerala camp.
* Gardening.
* Music
* Travelling

# DECLARATION

I, Shilpa Elizabath John, hereby declare that the above stated information is true to the best of my knowledge. Place: Manimala

Date : 03/10/2019 SHILPA