



ANJU CHACKO

PHYSIOTHERAPIST

FUNCTIONAL DRY NEEDLING THERAPIST

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OBJECTIVE:

A challenging opportunity in the field of physiotherapy that would enable me to utilize my clinical and educational experience.

WORK EXPERIENCE

PHYSIOTHERAPIST, Emirates Home Nursing LLC

Feb 2020 – Present

UB Daytona House Daytona House - Detroit Rd - Motor City - Dubai

Responsibilities: -

- Responsible for the treatment of all outpatients
- Prepare for documentation of treatment, follow up and exercise regime advised.
- Advice exercises designed to develop functions of specific anatomical parts or specific muscle groups.
- Educating the patients and family members about prevention & precautions to be taken in context of their existing medical condition.
- Performs patient histories and physical examinations under physician supervision; evaluates results and monitors treatment plans; maintains medical records
- Oversees patient schedules, appointments, and procedures; attends and assists during surgical procedures
- Participates in educational in-services and seminars for health care providers

PREVIOUS EXPERIENCE

PHYSIOTHERAPIST, IAPT PHYSIOTHERAPY AND REHABILITATION CENTRE

Jan 2019 –June 2019

Responsibilities:

- Responsible for the treatment of all inpatients and outpatients along with the Chief Physiotherapist.
- Prepare for documentation of treatment, follow up and exercise regime advised.
- Helps the in-charge in carrying out the policies and procedures of the department.
- Advice exercises designed to develop functions of specific anatomical parts or specific muscle groups.
- Educating the patients and family members about prevention & precautions to be taken in context of their existing medical condition.
- Contributing towards the services of the group medically and professionally.
- Contributing and discussing case studies in internal doctors meeting or external gathering.
- Display professional conduct and responsibility.
- Work as a team member to provide the best care to the patient.

- Involvement in Sports Events and with Sports Teams.
- Responsible for own and (physiotherapy) team patient care plans and be consulted frequently for specialist advice
- Any other functions as specified by HOD Incorporates patient's special needs; assist others to plan, implement and evaluate patient care
- Reassess and updates plan of care on regular basis of all patients. Special needs are acknowledged and incorporated into the plan of care
- Anticipates change in patients' condition and intervenes appropriately
- Consistently involves patient/family in planning and implement care. Provides clear and relevant information and instruction in appropriate language
- Set up equipment and prepare medical treatment rooms
- Performs patient histories and physical examinations under physician supervision; evaluates results and monitors treatment plans; maintains medical records
- Oversees patient schedules, appointments, and procedures; attends and assists during surgical procedures
- Participates in educational in-services and seminars for health care providers

PREVIOUS EXPERIENCE

PHYSIOTHERAPIST, ROOPS LADIES HEALTH CLUB

Oct 2017 – Dec 2018

Responsibilities: -

- Performs an evaluation on each patient to determine appropriate problems to be addressed
- Reviews patient chart for pertinent medical history, including test results and x-ray reports
- Analyzes and interprets patient's needs, based on medical history, x-rays, tests and evaluation
- Monitor patients' progress throughout treatment, prepare and maintain records and reports as appropriate, ensuring adherence to confidentiality requirements.
- Participate as an active member of the care team via attending relevant ward/unit rounds, clinics, meetings, and in research and work improvement activities.
- Establishes treatment goals and formulates a treatment plan based on the patient evaluation
- Administers treatment program and utilizes skilled techniques to provide treatment
- Monitors patient's medical status, reviews and revises treatment plans as necessary as treatment plan progresses
- Directs and supervises the activities of support personnel and maintains responsibility for all aspects of patient care
- Educates patients and their families about the patient's functional status, appropriate preventative and therapeutic exercises, adaptive equipment and modalities for post-discharge care
- Documents required and pertinent information in patient's medical record
- Reviews and co-signs progress notes written by physical therapy assistants
- Participates in multidisciplinary management of patients, ensures coordination of treatment goals and discharge planning
- Completes required department forms accurately and in a timely manner
- Participates in the supervision of students assigned to clinical rotation and/or staff development programs
- Performs related duties as assigned
- Liaise with various disciplines involved in the rehabilitative treatment process

SL No.	Hospital Name	Designation	Duration
1	Paravur Physiotherapy & Rehabilitation Centre	Physiotherapist	Jan 2014 – Sep 2017
2	Healing hands Centre for Rehab	Physiotherapist	July 2012 – Dec 2012
3	Shafi Physiotherapy Clinic	Physiotherapist	January 2012 – June 2012
4	Credence Hospital	Physiotherapist	August 2010 -- August 2011.
5	Baby Memorial Hospital	Physiotherapist	June 2009 -- July 2010.

CLINICAL EXPOSURE:

- Madha Hospital, Kundrathur, Chennai, India.
- St. Thomas Hospital, Guindy, Chennai, India.
- Rehabilitation Centre-Premis Rehabilitation Centre, Thiruvannamiyur, Chennai, India.
- Kilpauk Government Medical College and Hospital, Chennai, India.

WORKSHOPS & CME:

- Basic Life Support (BLS) provider course valid till Jan 2022
- Proprioceptive neuro muscular facilitation conducted in Madha College of physiotherapy, Chennai, India.
- Cardiac Rehabilitations at Government Kilpauk Medical College and Hospital, Chennai, India.
- Innovation for physical therapy: Posted by Aalim Muhammed Saleh College of physiotherapy, Chennai, India.
- Modern trends in physical therapy: Posted by Aalim Muhammed Saleh College of physiotherapy, Chennai, India.
- Rehab basics—2007: posted by freedom trust, Chennai, India.
- Rehab basics—2005: posted by training centre of physiotherapy and rehabilitation.

EDUCATIONAL QUALIFICATION:

Bachelor of Physiotherapy (B.P.T.)- Feb 2008

PERSONAL DETAILS:

- ✓ Date of birth : 09-06-1985
- ✓ Sex : Female
- ✓ Marital status : Married
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