



Haritha. K

04 Years' Experience as OPTOMETRIST

MOH Eligibility letter Ref No: 179366

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Career Objective: To serve the community with commitment, dedication, and to the best of my abilities and to gain immense practical exposure and become professionally trained to handle critical situations in the field of Optometry.

Educational Qualification:

MSc Optometry – Al Salama Eye Research Foundation – Final Year Examination completed, Waiting for Result.

BSc Optometry – Al Salama Eye Research Foundation – Passed out in 2015. (Second Class)

HSE – Board of Higher Secondary Examination Kerala - Passed out in 2011. (77%)

Working experience:

Hospital Name: **EYE POINT Eye Clinic and Opticals - Pattambi, Kerala, India**

Designation : Optometrist

Duration : 01st February 2018 to 05th January 2020

Hospital Name: **Al Salama Eye Hospital, Perinthalmanna, Malappuram, Kerala, India**

Designation : Optometrist

Duration : 09th January 2016 to 15th January 2018

OPTOMETRY SKILL AND PROCEDURES

- Refraction (Objective, Subjective & AR)
- Prescription of spectacles
- Prescription of low vision aids
- History taking of an ophthalmic case
- Contact Lens (Fitting, Fit assessment, follow up)
- Slit-lamp examination for optometry practice
- Lasik work up (Pentacam, Orbscan)
- Squint & Orthopedic evaluation
- Automated lensometer
- Keratometry
- Calculation of IOL power using A scan (Haagstreit, Lenstar & Biomedix)
- Tonometry (Schiotz, Applanation, Tonopen & Non-contact Tonometer)
- Visual field analysis (HFA, octopus)
- Optical Coherence Tomography
- Knowledge in the electronic medical recording.

- Fundus camera
- Fundus fluorescein angiography
- Lacrimal syringing
- Pachymetry
- Ocular surface evaluation
- First Assistant to Major & Minor surgical procedures (SICS, PHACO, MIVS, chalazion, etc.)

Soft Skills:

Excellent organizational skill
Ability to Communicate with Patient
Proficient in Computer Skill
Excellent Time Management Skill
Excellent Leadership and Teamwork attributes.

Key Achievements:

Attended different conferences organized at various centers in south India,

- " A clinical refresher in refraction"- at Eye Foundation, Coimbatore, Tamil Nadu.
- OPTICON-2014 "- At Giridhar eye hospital, Ernakulam
- Attained membership in Graduate Optometric Association.
- Done a Thesis on the topic of "Pattern and distribution of ocular injuries."
- Done a Thesis on the topic of "Efficacy of home-based vision therapy in symptomatic convergence insufficiency patients"
- Attended Various Charity Work Coordinated by Al Salama Charitable Eye hospital, a subsidiary of Al Salama Eye Hospital.
- Attended more than 300 eye camps on Cataract detection, Diabetic Retinopathy Screening, and Refractive Error correction under the community ophthalmology wing of Al Salama Eye Hospital, Perinthalmanna

Personal Details:

Nationality – Indian
Date of Birth – 13/05/1994
Marital Status – Married
Languages – English, Hindi, Tamil & Malayalam

Passport Details:

Passport No	–	R1151973
Date of issue	–	06/06/2017
Date of expiry	–	15/06/2027

Declaration

I hereby declare that the above-mentioned details are true and correct to the best of my knowledge and belief.

Date :

Haritha. K

Location: