

# Rameesha K

BSc.Optomtrist  
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To associate with progressive organization that gives me scope to update my knowledge and skills according to latest trends and be a part of team that dynamically works towards the growth of organization and gains satisfaction thereof. I aspire to pursue a rewarding and challenging carrier in the field of optometry with a well-organized and well appreciated institute/ organization. And my aim is to bring my skills as optometrist by treating conditions of the refractive error/ visual system.

## Experience

### Vasan Eye & Multispeciality Hospital -Optometrist

02-12-2024- Present

### Speczo Optic- Optometrsit

Dubai,Uae (15-10-2024 to 15-11-2024)

### Al manara Eye Hospital- Optometrist

Tirur, Kerala 676101, India.(11-07-2023 to 16-06-2024)

### Rayhan Eye Hospital- Optometrist

Tirur, Kerala 676101, India.(15-02-2023 to 30-06-2023)

### Poonthala Opticals – Optometrist

(02-03-2020 – 31-03-2022)

Tirur, Kerala, India

## Achievements

- One Year Internship from Govt District Hospital Tirur, Kerala
- Attend various Eye screening campus under Alshifa College,Puthalath Eye Hospital, Comstrust Charitable Trust Eye Hospital.
- Attend CME-Organized by Ahalia Eye Foundation on 19 th November 2017, Palakkad.

## Work History

- Corrected visual defects of patients by prescribing prescription glasses and contact lenses
- Examined the vision of patients and diagnosed it accurately give appropriate glasses and contact lenses to improve their vision. Informed patients about their conditions and referred to ophthalmologists if disorders or diseases are detected.
- Examined the structure of the eye to give assessment of its nerve connections in order the prescribed lenses are accurate
- Performed a series of tests like Eye muscle motility, Visual field Testing, Intra ocular pressure test, Lacrimal Syringing, Pupillary reflex and Accommodative reflex along with Refraction.
- Diagnosed findings for patient's current visual to ensure the corrective lenses will help to improve vision.
- Gave advices on patients who have good vision to maintain and prevent their vision from going bad by providing good lighting and healthy food habits.
- Produced fliers and newsletters in clinic, which are distributed to the walk-inpatients to give awareness on how to improve to good vision.
- Referred patients to outside healthcare professionals for additional medical treatment.
- Operated ophthalmic instruments including refractors, auto-keratorefracto meters, Retino scopes as well.
- Conducted ocular motility tests to assess functioning of eye muscles
- Instructed patients on the proper care of eye glasses and contact lenses.
- Confirms that frame that chosen were correctly built with facial and eye measurements and lens prescriptions

## Duties

- Examining Eye and Visual System
- Subjective Refraction & Objective Reraction
- Handling Auto Refractometer, Lensometer, rectinoscopy, Keratometer
- Prescribe corrective Lenses and provide treatment
- Contact lens fitting & Sales.

## Practical Skills

- Streak Retinoscopy
- Hand Neutralization
- Subjective Refraction
- Auto refractometer
- Tonometry
- IPD Marking
- Lensometry
- Visual field Assessment (HFA)
- Keratometry
- Pachymetry
- Contact Lens Assessment
- Lens Dispensing
- A Scan
- Schirmer Test

## Education

### BSc Optometry

#### Kerala University of Health Sciences (KUHS)

Al Shifa college of Paramedical Sciences,  
Perinthelmannna. (70 % Marks obtained)  
09/2015 - 02/2020

### Higher secondary (Class XII)

#### MMM HSS KOOTAYI, Malappuram, Kerala

(93 % Marks obtained)

08/2012 – 03/2015

### Secondary Education (Class X)

#### KHM HSS ALATHIYUR, Tirur, Kerala

(98 % Marks obtained)

## Personal

Date of Birth: 05-11-1997

Nationality: Indian

Marital Status: Married

Passport Number: U9861401

Blood Group: B-ve

Visa : Husband Visa

DHA Unique ID : 28973137

## Languages

English, Malayalam, Tamil, Hindi