



# MUBEENA MH

## Optometrist

MOH Evaluation letter Reference no-285399

## Profile

Seeking assignment with a Hospital/Clinic in Eye care sector and use my skills as an optometrist for the betterment of the patients and the hospital along with gaining constant knowledge.

## Work Experience

○ 1st August 2016 - 31st October 2019  
St George Eye hospital -Erattupetta, Kerala  
**Optometrist**

○ 1st May 2021- 31st March 2023  
St. Marys Eye Hospital-Erattupetta, Kerala  
**Optometrist**

## COMPETENCY MATRIX

Examine eyes using observation instruments and pharmaceutical agents to determine the visual acuity and perception, focus and coordination and to diagnose diseases and other abnormalities as an optometrist.

- Obtain and record patient's preliminary case history.
- Testing for near and far acuity, depth perception, color perception, and visual field, utilizing ocular testing apparatus.
- Assess patients for vision deficiencies i.e., complete binocular analysis, ocular health examinations, spectacle prescriptions
- Instructing patients in care and uses of glasses and contact lenses.
- Educate and counsel patients on contact lens care, visual hygiene, lighting arrangements and safety factors.
- Provides pre- and post-operative care for patients undergoing cataract and laser vision correction.
- Prescribe therapeutic procedures to correct or conserve vision.
- Provide vision therapy and low vision rehabilitation.
- Maintaining inventory of materials and cleaned instruments.
- Active participation in house seminars.

## Contact

mubeenamh7@gmail.com

+971506852176

United Arab Emirates,  
Sharjah, Muwaileh

## Education

- **Dr.Tony Fernandez Eye Hospital**  
*BSC Optometry*  
Bharatiar University Coimbatore  
Completed in 2016
- **Muslim girls HSS Erattupetta**  
*Higher Secondary*  
Board of Kerala state  
Completed in 2012
- **Muslim girls HSS Erattupetta**  
*SSLC*  
Board of Kerala state  
Completed in 2010

## Skill

- Good communication skills
- Excellent team player
- Good computer knowledge
- Digital Marketing
- Linguistic fluency in – English Malayalam Hindi Tamil
- Deftness in handling all kinds of patients including children and infants



## CONFERENCES ATTENDED

**CME on contact Lens conducted by Rayan eye hospital and Lasik center associated with ASCO** | 21 March 2015 & 22 March 2015

**COLD 2016 CME on update on Contactless, Ortho optics, Low vision, Dispensing optics & hands on training for optometrist held at Bejansingh eye hospital Nagarcoil** | 13th March 2016.



## SOCIETY MEMBERSHIP

**Registered in INDIAN OPTOMETRIC ASSOCIATION and issued certificate** on 10th August 2016 (Reg no LM-02582/016)

**Registered in INDIAN OPTOMETRISTS ASSOCIATION (KERALA CHAPTER) and issued** on 08th April 2017 (Reg no 743A/2017)



## PERSONAL DETAILS

Name : Mubeena MH  
Father's name : Haneefa MH  
DOB : 13-10-1994  
Religion : Muslim , Islam  
Nationality : Indian  
Marital Status : Married  
Visa Status : Residence Visa

## PRACTICAL INSTRUMENTAL/TECHNICAL EXPERIENCE

- Obtain and record patient's preliminary case history.
- Objective and subjective refraction
- Streak Retinoscopy
- Slit lamp bio microscopy
- Lensometry (Auto & Manual)
- Hand neutralization
- Auto refractometry
- Keratometry (Auto & Manual)
- Spectacle Dispensing
- Contact lens management
- Tonometry
- A scan biometry
- B scan
- Low vision aids
- Humphry Field Analyser (HFA)
- Orthoptic instruments
- Corneal Topography
- Pachymetry
- Wave scan Aberrometry
- Optical Coherence Tomography
- Pentacam (Oculus)
- Fundus photography
- Fundus Fluorescein Angiography
- Lasik Work-Up
- Glaucoma Work-Up
- C3R Work-Up

## PASSPORT DETAILS

Passport no : R6341941  
Issue Date : 15/11/2017  
Esp. Date : 14/11/2027

## DECLARATION

I hereby declare that all the details furnished above are true to the best of my knowledge.

**MUBEENA MH**