

POOJA SHAH

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OBJECTIVE

To get the best out of myself, both as a professional and an individual, by working as a Physical Therapist in a healthcare center, making effective use of my previous clinical experiences and knowledge of the available techniques, contributing significantly in the treatment of patients and success of the organization as a whole.

LICENSURE

Physical Therapist License

Michigan State: Issued Dec 2009

New York State: Issued March 2010

EDUCATION

Northeastern University, Boston, MA

[Sep 2008-May 2010]

Master of Public Health

G.P.A.: 3.75 on 4

Gujarat University, K.J.Pandya College of Physiotherapy, Gujarat, India

[Sep 2003-Apr 2008]

Bachelor of Physiotherapy

G.P.A.: 3.93 on 4

SKILLS

Computer Skills: Windows, Microsoft Office, SPSS software

Clinical Skills: Well-versed with broad range of treatment modalities, Excellent communication skills, Patient assessment, Therapy-Program design and execution, Direct patient care, Medical documentation

CLINICAL PROJECTS

East End House, Cambridge, MA

[Sep 2009-May 2010]

Department: Public Health, Northeastern University

Capstone Project: "Health Education Program Plan on Overweight/obesity and Osteoarthritis"

- Literature review to establish association between obesity and osteoarthritis
- Evaluate the extent of patient's knowledge on association between physical activity, obesity and arthritis by conducting interviews
- Designed goals and objectives for prevention and increasing awareness about overweight/obesity and knee osteoarthritis
- Designing program evaluation using formative and summative evaluation tools

Dhiraj General Hospital, Gujarat University

[Oct 2007-Apr 2008]

Department: Musculoskeletal System

Project title: "Effects of various techniques of Hamstring Lengthening – A Comparative study of static stretching, Proprioceptive neuromuscular facilitation (PNF) and Awareness through movement (ATM)."

- Pre and post range of motion of knee extension in supine position with 90⁰ hip flexion using either of following
 - Static stretching with hot moist pack
 - Hold and relax method of PNF
 - Awareness through movement with no passive stretching

- Significance of increase in the range of motion after treatment was analyzed using SPSS software

HOSPITAL EXPERIENCE

Performed routine rounds in wards, took histories and carried out physical examinations, discussed cases with supervisor to provide comprehensive patient care to nearly 200 patients.

Banker's Heart Institute, Vadodara, Gujarat, India

[Dec 2007]

Department: Cardiopulmonary Rehabilitation

Position: Intern

- In-patient cardiac rehabilitation for Coronary Artery Bypass Graft (CABG), Percutaneous Transluminous Coronary Angioplasty (PTCA), Myocardial Infarction (MI) and Heart Failure patients
- Pulmonary physical therapy for post operative patients

Dhiraj General Hospital, Pipariya, Gujarat, India

[Oct 2007–Nov 2007 & Jan 2008–Apr 2008]

Position: Intern

- Treated patients using Transcutaneous Electrical Nerve Stimulation (TENS), Electrical Stimulation(ES), Interferential Current (IFC), Ultrasound(US), Short Wave Diathermy (SWD), Continuous Passive Motion (CPM), Paraffin Wax Bath (PWB), Hot and Cold packs and traction machine
- Attended and treated patients of various wards such as
 - Medical-Surgical
 - Neurology
 - Pediatrics and Geriatrics
 - Orthopedics
 - ICU
 - Gynecology
- Learned and implemented Suctioning technique for intubated patients

PRESENTATIONS

- Poster presentations on *HIV/AIDS and Homelessness, Hypertension in African American* at Northeastern University
- Presented on various topics such as *Hepatitis B, Chronic Obstructive Pulmonary Disease and Exercise, and Health education program plan on Swine (H1N1) flu in pregnant women* during graduate classes
- Presented on *Effect of Exercise on various Organ Systems and Pulse oximetry* during undergraduate classes

CO-CURRICULAR ACTIVITIES

- Provided physical therapy to women's cricket team during Nov 2007
- Attended *Normal Movement Workshop* which included brief description of various types of movements like anatomical, physiological, mechanical, psychological, social, environmental and introduction to Bobath Technique held at K.J.Pandya College of Physiotherapy, Pipariya, Gujarat, India
- Attended a seminar on *Electrotherapy* held at Karamsad Medical College, Anand, Gujarat, India

REFERENCES

Shall be furnished on request