Raheesa

MPT (Musculoskeletal and Sports Rehabilitation)

Executive Masters in Healthcare Management and Economics

Education:

Executive Masters in Healthcare Management and Economics, Gulf Medical University, 2020

Thesis title: A study on "**Dropout rates and factors associated with dropouts from the treatment among patients attending the outpatient rehabilitation services". Study was completed April 2020**

MPT: Musculoskeletal and Sports Rehabilitation, Manipal University 2011

Thesis title: A study on **"Impact of Neurodynamic Sequencing on Range of motion and Sensory responses in asymptomatic individuals". Study was completed on March 2011.**

BPT: Gulf Medical University 2009

Thesis title: A study on **"Cardiac Rehabilitation (Phase II) following Coronary Artery Bypass Graft Surgery"**. Study was completed on February 2009.

Work Experience:

June 2018- Aug 2020: Physiotherapist and Clinical Tutor at Thumbay Physical Therapy and Rehabilitation Hospital, Ajman UAE

Key Responsibilities:

- Comprehensive therapy and individualized treatment plan for musculoskeletal, neurological, and geriatrics patients
- Monitors patient's medical status, reviews and revises treatment plan as needed
- Coordinate and deliver clinical education for students at Gulf Medical University
- Use of hi end technologies: Exoskeleton, Muvendo, Tyro motion, Cryo therapy, Hydrotherapy, Techno Body, Balance Training and Fall Prevention
- Support for CARF accreditation
- Developed quality indicator tool for patient drop out, evaluate, and document the effectiveness of the program.

Key Achievements:

- Earned best subject matter expert during 2019
- Achieved good patient satisfaction record and made a valuable contribution for the CARF preliminary assessment.
- Reduced the patient dropout rates in the hospital and embedded quality into hospital system.

Aug 2013- Sep 2017: Co-ordination Manager and Physiotherapist at Right Living, Bangalore India

Key Responsibilities:

- Review Physician Referral and patient medical records to formulate an accurate diagnosis and best course of treatment
- Works closely with clinical and non-clinical teams for improvements in key performance indicators, services and other target identified by the organization leadership
- Establishing and maintaining an organizational climate that encourages the development, retention, and a high level of morale
- Health Awareness seminars and Quality Management Seminars in corporate sectors
- Review Billing Invoice and ensure the payments are in terms with contract

Key Achievements:

- Best Team Leader in 2016
- Executed professional development activities and supervising the work of the subordinates.
- Monthly revenue cycle management

Feb 2017- Sep 2017: Part time Physiotherapist and Clinical Tutor at Apollo Hospital, Bangalore India

- Coordinate Patient care with respect to Physician referrals
- Write technical reports for the department
- Analyses and interprets patient's needs, writing management and technical reports
- Coordinate and deliver clinical education for students

March 2013- Aug 2013: Physiotherapist at Sita Bateja Hospital, Bangalore India

- Routinely perform diagnostic and prognostic exam to evaluate muscle, nerve, joint and functional abilities
- Treated In patient following orthopedic, cardiac, neurological and women's health conditions
- Educate patients and families about the patient functional status, appropriate preventive and therapeutic exercises, adaptive equipment for post discharge care

Jan 2012- Feb 2013: Physiotherapist in Udupi School district, Udupi, India

- Physiotherapy services for intellectual disability children

Licensures:

- MOH license: T52409
- Basic Life Support: F2CA848A694F (American Heart Association)
- Certified Professional Healthcare Quality
- Karnataka State Physiotherapy Federation: Life Member
- Indian Association of Physiotherapist

Conferences and Webinars:

- Update in Physiotherapy in Stroke Rehabilitation December 2021
- Webinar on Prehabilitation December 2021
- Webinar on Assesment of postural control and risk of falls November 2021
- 3rd frontiers in Orthopedic Conference October 2021
- Long Covid and Rehabilitation September 2021
- 4th Abudhabi Multiple Sclerosis Congress September 2021
- Headache update webinar: Arresting migraine progression September 2021
- 3rd Healthplus Middle east fertility conference August 2021
- Recent Trends in Cardiopulmonary Rehabilitation April 2021

Certified Courses:

- Mulligans Technique in Pain Management and Discomfort: March 2017
- Upper and Lower Quarter Clinical Neurodynamics : January 2011
- Hand Therapy: November 2010
- Concepts and Benefits of Kinesiology Taping: January 2010
- Physiotherapy Perspectives on Women's Health: January 2010
- Management of Arthritis: March 2007