



MYLANIE A. CUADRA

OBJECTIVE:

To obtain experience that can mold and equip my knowledge and skills with certain company that offers a working environment that will enable me to utilize my education and work experience for the benefit of the company as well as for personal growth and professional advancement.

CONTACT:

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Address:

Al Sulimaniyah, Riyadh, Saudi Arabia

PROFILE

Birthdate: May 6, 1979

Age: 44 yrs. old

Height: 5'4"

Weight: 69kg

Civil Status: Married

SKILLS

Patient care

Taking vital signs

Wound dressing and care

Urgent emergency care

Rehabilitation therapy

Hygiene Assistance

Glucose check

EDUCATIONAL BACKGROUND

TERTIARY:

BS PHYSICAL THERAPY

Fatima Medical Science Foundation Inc.

Valenzuela City, Philippines

1996-2001

SECONDARY:

Capitol Institute

Quezon City, Philippines

1992-1996

WORK EXPERIENCE

PHYSICAL THERAPIST (Al Mawed Medical Center – May 2008 up to present)

- Meets the patient's goals and needs and provides quality care by assessing and interpreting evaluation and test results; determining physical therapy treatment plans in consultation with physicians or by prescription.
- Helps patient accomplish treatment plan and accept therapeutic devices by administering manual exercises; instructing, encouraging, and assisting patients in performing physical activities and in using assistive and supportive devices, such as crutches, canes, and prosthesis.
- Administers physical therapy treatments by giving massages; initiating traction; applying physical agents; utilizing hydrotherapy tanks and whirlpool baths, moist packs, ultraviolet and infrared lamps, and ultrasound machines; directing treatments given by aides, technicians, and assistants.
- Evaluates effects of physical therapy treatment and fit of prosthetic and orthotic devices by observing, noting, and evaluating patient's progress; recommending adjustments and modifications.
- Completes discharge planning by consulting with physicians, nurses, social workers, and other health care workers; contributing to patients care conferences.
- Maintains safe and clean working environment by complying with procedures, rules and regulations.

HOME CARE PHYSICAL THERAPIST (January 2002 - March 2007)

- Performs physical therapy procedures as prescribed by the physician.
- Assist patient with Daily Living Activities such as bathing, dressing, grooming, and eating.
- Provides treatment and rehabilitative services to patients who have experienced injury or disabling disease.
- Administers non-complex therapeutic exercises, therapeutic massage, manual traction, heat, light, cold, water and electrical modalities to patients with relatively stable conditions.
- Instructs, motivates, and assists patients in learning and improving functional activities.
- Teaches basic principles of good posture and body mechanics in relation to changing needs of individuals in all age group.
- Instructs patient and family members on the proper use of assistive devices.

CERTIFICATES

- Registered Saudi Council Physical Therapist (Technician rank) No. 08 – R – T – 0233183
- BLS Certified (Basic Life Support – CPR) – conducted by Saudi Heart Society