

Ashwini S N

BPT, MPT (Neurological Sciences)

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ABOUT ME:

A passionate, hardworking, dedicated physiotherapist with a Master's degree in Neurological Sciences, committed to empowering individuals to achieve their fullest functional independence. My clinical expertise is complemented by a strong foundation in evidence-based practice, ensuring that every treatment plan is grounded in the latest research and tailored to patient needs. Along with clinical expertise, I have a strong foundation in teaching, mentoring and supervising students in clinical and academic areas. Looking for an opportunity where my knowledge and skills will be utilized for betterment of the patients and to mentor students.

EDUCATION:

Masters of Physiotherapy(MPT) in Neurological Sciences | 2022-2024

JSS College of Physiotherapy (Rajiv Gandhi University of Health Sciences), Mysore.

Bachelor of Physiotherapy(BPT) | 2017-2022

SDM College of Physiotherapy (Rajiv Gandhi University of Health Sciences), Dharwad.

EXPERIENCE:

JSS Hospital, Mysore (Postgraduate)

- Clinical: Assessment, goal setting and management of neurological patients in different settings including ICU, IPD and OPD.
- Academic: Experience in theory and practical classes for UG students. Created a lesson plan for UG students. Supervised UG students in clinical posting and during exams.

SDM College of Medical Sciences and Hospitals, Dharwad (Intern)

- Assessed, set goals and treated patients in different departments including musculoskeletal and sports, neuro, cardiorespiratory, women's health, CBR, and pediatrics.

DISSERTATION:

- Knowledge about guidelines for managing stroke among interns and postgraduates in physiotherapy colleges of Karnataka- A survey
- Effect of Buteyko breathing v/s pranayama in patients with bronchial asthma.

SKILLS:

- Clinical reasoning and problem-solving.
- Implementation of Evidence-Based Practice.
- Strong written and verbal communication skills.
- Experienced in evaluation, setting goals and designing tailor-made treatment plans specific to patient needs.
- Experience teaching undergraduate students for 90-100 hours in theory and practical.
- Effective time management and organisational skills.
- Moderate expertise in research and biostatistics.
- Skilled in using standardized tools and techniques for assessment.

CONFERENCES AND WORKSHOPS:

- IFNR conference- April 2024
- Electrodiagnosis and robotics workshop in pre-conference workshop- April 2024
- 30+ Physio plus courses
- Role of medical imaging in Physiotherapy, JSS Hospital, Mysore – June 2023
- BLS certification by American Heart Association- Feb 2024
Gross anatomy workshop- JSS Ayurveda College- Jan 2023
- Online workshop on statistics using JAMOVI- May 2023
- Seminar on speech and language disorder
- Randomization and blinding in research
- Scientific meet on Cancer Rehabilitation and science of movement and function
- Symposium – Physiotherapy potential unlimited
- Symposium- Emerging topic in neurological and pediatrics rehabilitation.
- Seminar on role of physiotherapist in management of PCOS
- Orientation to “How does NGO work?”

POSTER PRESENTATION:

- Presented poster titled “Use of Rhythmic Auditory Stimulation(RAS) to improve gait parameters and functional ambulation among patients with stroke- a narrative review” at IFNR conference 2024.
- Presented poster titled “Barriers for Spinal Cord Injury Rehabilitation in low and middle-income Countries: A Scoping Review” at Symposium – Physiotherapy Potential Unlimited organized by JSS College of Physiotherapy.’

LANGUAGES:

- English: Proficient
- Hindi: Proficient
- Kannada: Proficient