

## CONTACT

Lekshmi Nivas,Mannady(po)  
Pathanamthitta, Kerala-691530  
India

athirv@gmail.com  
<https://www.linkedin.com/in/athirav/>  
+91 8156820211

## OBJECTIVE

A Doctor of Pharmacy graduate of Kerala University Of Health Sciences, enthusiastic to work in an environment that enables me to widen the gamut of my knowledge and to strengthen my skills that will add value to the amelioration of society.

## WORK EXPERIENCE

### Indraprastha Apollo Hospital, New Delhi

January 2018 — April 2018

Clinical Pharmacist Trainee

- Performed medication error reporting.
- Actively participated in preparation of drug monograph.
- Assessment of current medication management.
- Clinical review and adverse drug reaction management.
- Familiarized with chemotherapy regimen.

### KIMS Al Shifa Super Speciality Hospital

August 2017 — July 2018

Internship

- Patient medication history interview.
- Adverse Drug Reaction management.
- Medication chart review.
- Drug information management.
- Patient counselling.
- Active participation in therapeutic decision making.
- Conducted pre-ward rounds.
- Participation in interdisciplinary ward rounds and meetings.

## EDUCATION

### Doctor Of Pharmacy (PharmD)

2012 — 2018

Al shifa college of pharmacy

Cumulative Percentage : 71%

Kerala University Of Health Sciences, Thrissur, Kerala - 680596

## Higher Secondary Examination

— March 2012

N.S.S Higher Secondary School ,Adoor, Kerala

Cumulative Percentage: 92%

Government Of Kerala, Board Of Higher Secondary Education.

## High school

— March 2010

High School Mannady ,Mannady, Kerala

Cumulative Percentage: 96.67%

Secondary School Leaving Certificate issued under authority of the Government of Kerala

## SCIENTIFIC PUBLICATIONS

1. Dilip chandrasekhar,V M Ganesan,Sreelekh Sreekumar,Anuja Pradeep,Asha Susan Geoji, Athira Elezabath George, Athira.V. Impact of Intensified Pharmaceutical Interventions in Medication Adherence in Chronic Kidney Disease patients.J Young Pharm.2018;10(2):208-212.<https://www.jyoungpharm.org/article/1118>.
2. Dilip Chandrasekhar, Anuja Pradeep, Asha Susan Geoji ,Athira Elezabath George, Athira.V, Geethu k.Thomas. Impact of intensified pharmaceutical care on health related quality of life in patients with stroke in a tertiary care hospital. Clinical Epidemiology and Global Health ( Accepted manuscript available online: 2MAY2018).<https://doi.org/10.1016/j.cegh.2018.05.001>.

## SKILLS

### ❖ Professional skills

- Patient counseling.
- Proficient in conducting drug regimen reviews and therapeutic interventions.
- Organizational skills, to be responsible for systems which control drug distribution.
- Strong record-keeping and documentation skills.
- Prescription auditing.
- Medication reconciliation and discharge medication audit.
- Comprehensive knowledge of word processing, spreadsheet, database searching and internet applications.
- Excellent Oral presentation skills.
- Analytical & problem solving skills.
- Organizational & Planning skills.
- Effective communication skill.

## ❖ Key Personal Skills

- Time Management
- Result Oriented
- Sincere
- Conflict Resolution

## LANGUAGES KNOWN

- English
- Malayalam
- Hindi

## POSTER PRESENTATION

Clinical Management And Outcome Assessment Of Generalised Anxiety Disorder And Panic Disorder In Refractory GERD :Evidence From A Prospective Interventional Study. [ Venue: 69th IPC held at Chitkara University, Rajpura, Punjab on 23/12/2017].

## VOLUNTEER SKILLS

1. Actively participated in five day special camping program on the theme "Better Hygiene For Better Health" and "Say No To Drugs" organized by NSS for tribal village people of North Forest Division, Nilambur from 27/05/2015 to 31/05/2015.
2. A one day awareness programme was conducted on Glaucoma under journal club of pharmacy practice department of Al shifa college of pharmacy on 06/03/2014 at Al-shifa hospital, Perinthalmanna, Malappuram.
3. Participated in Pulse Polio Programme of 2017 conducted by National Health Mission under Ministry of Health and Family Welfare, Government of India.

## JOURNAL CLUB PRESENTATION

Presented article titled "Symptomatic Treatment Of Uncomplicated Lower UTI In The Ambulatory Setting; Randomized Double Blind Trial" on 11/12/2017 at Department of Pharmacy Practice in KIMS Al-shifa super speciality hospital, Perinthalmanna, Malappuram, Kerala.

## UNIVERSITY DESSERTATION

Clinical Management And Outcome Assessment Of Generalised Anxiety Disorder And Panic Disorder In Refractory GERD : Evidence From A Prospective Interventional Study of Benzodiazepines and Sertraline (Under the guidance of Prof.(Dr).Dilip C, Department Of Pharmacy Practice , Al-shifa college of Pharmacy).

## WORKSHOPS OR SEMINARS ATTENDED

1. Attended Pharmacy Practice Module-Advanced Learning Series- VIII Gastro-Intestinal And Liver Disorders organized by Indian Association of colleges of pharmacy (IACP) and Al Shifa College of Pharmacy from 5th to 7th November 2014.
2. Participated in the 69th Indian Pharmaceutical Congress held at Chitkara University, Rajpura, Punjab from December 22nd to 24th ,2017.
3. International conference on evolving “Role of Clinical Pharmacist in Multi Disciplinary Health Care Settings” organized by Manipal College of pharmaceutical sciences from 8th to 9th January 2016.
4. International conference on “Nano Medicine and Cancer Research” organized by Al Shifa College of Pharmacy from 20th to 21st November 2015.
5. Participated in the seminar on “World No Tobacco Day” conducted on 31st may 2014 by Al Shifa Hospital Pvt. Ltd. in coordination with IMA Perinthalmanna.
6. Attended the training programme on Research Methodology organized by the School of Health Policy and Planning Studies of Kerala University of Health Sciences, at Thiruvananthapuram from 28th to 29th April 2017.
7. National seminar on “Recent Trends and Practices in Drug Delivery” organized by Al Shifa College of Pharmacy on 28th April 2015.
8. “Pharmaceutical Care Plan” – Two days workshop for Pharm D organized by Al Shifa College of pharmacy from 4th to 5th December 2015.
9. Attended the professional training workshop on “Emergency Life Support” organized by Department of Pharmacy Practice, Al Shifa College of Pharmacy on 13th March 2017.
10. Participated in the One day Workshop on Elementary Statistics using SPSS Software held at Al Shifa College of Pharmacy on 18th April 2017.

## REFERENCES

Dr. DILIP.C, M.Phram, PhD, HOD, Department of Pharmacy Practice, Al Shifa College of Pharmacy  
Email : dillu7@gmail.com  
Phone : +91 9447252670

## DECLARATION

I hereby declare that all the above statements made in this application are true, complete and correct to the best of my knowledge and belief.

Place: Pathanamthitta

Athira V