

# MARIA FERNANDEZ

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## PROFESSIONAL SUMMARY

BSc qualified Physical Therapist, committed to improving physical and mental wellbeing through expert treatment programmes. Utilising Geriatric Physiotherapy knowledge to accurately and efficiently assess, diagnose and deliver results through compassionate care and ongoing support. Energetic graduate well-versed with strong communication and organisation skills. Committed to seek solutions to global policy problems and apply extensive analytical knowledge to the findings. Adept at multi-tasking, leading group discussions and innovation projects.

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## WORK HISTORY

**Physiotherapist**, 01/2021 to Current

**AFAEAD Molina de Aragón** - Molina de Aragón, Guadalajara

- Developed and delivered individualised treatment programmes, for persons with Alzheimer's disease and other dementia's, setting attainable goals for maximizing physical abilities.
- Involved carers and parents in patients' treatment, review and rehabilitation as appropriate.
- Worked in multi-disciplinary team of psychologists, occupational therapists, physicians and nurses to establish common goals for our service users.

**Physiotherapist**, 10/2018 to 09/2020

**Consejería de Bienestar Social de Castilla-La Mancha ("Las Sabinas" nursing home)** - Molina de Aragón, Guadalajara

- Treated 47 patients per week with diverse needs, including those with neurological, musculoskeletal, cardiovascular and respiratory conditions.
- Reduced product waste by eliminating excess and obsolete inventory and tracking order refills, revenue and upcoming sale opportunities.
- Implemented and developed ongoing programme initiatives through communication and collaboration with the interdisciplinary team.

**Physiotherapist Intern**, 04/2018 to 09/2018

**La Solana Servicios Sociosanitarios** - Tielmes, Madrid

- Managed, supported and prioritised clinical caseload of 74 services users.
- Reflected on clinical practice and clinical reasoning through weekly

## CONTACT

**Address:** Calle de Las Tiendas no. 18, 2nd floor, Molina de Aragón, Guadalajara 19300

**Phone:** +34 663475382

**Email:**

fernandez.munoz.maria.12@gmail.com

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## SKILLS

- Physiology
  - Clinical assessing and diagnosing
  - Therapeutic assessment
  - Person-centred care
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clinical supervisions.

- Ensured that at least 85% of service users arrived for their treatment as scheduled.
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## EDUCATION

Certificate of Higher Education, Health Sciences, Expected in 09/2022

**Universidad Cardenal Herrera CEU** - Valencia

- Coursework in Acquired Brain Damage interdisciplinary treatment.

Bachelor of Science, Physiotherapy, 09/2017

**Universidad de Alcalá** - Alcalá de Henares, M

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## VOLUNTEERING

- Spanish Red Cross (Programa Mayores): Active lifestyle promotion programs in day-care centres, as BSc student.
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## LANGUAGES

**Spanish:** Native language

**English:**

C1

Advanced

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