

CHARULATHA.N

Operation Theatre & Anesthesia Technologist



+91 9791348171



charulatha13082002@gmail.com

EDUCATION

12-GRADE

velammal matriculation
higher secondary school

2018 - 2019

B.Sc. in Operation Theatre and Anesthesia Technology

MMM College of Allied Health
Sciences

2020 - 2025

EXPERTISE

- Aseptic Technique & Sterilization
- Patient Monitoring & Observation
- Teamwork & Communication
- Attention to Detail & Accuracy
- Surgical Instrumentation & Equipment Knowledge

LANGUAGE

- English
- Tamil

PROFILE

Aspiring Operation Theatre and Anesthesia Technician fresher with a solid theoretical background and valuable practical exposure from multiple internships. Eager to leverage foundational knowledge in surgical procedures, patient monitoring, and equipment management to support surgical teams. A quick learner with a proactive approach to professional development.

PROJECT

Multimodal analgesia strategies for cardiac surgery :

This project focused on the critical importance of multimodal analgesia (MMA) in enhancing postoperative pain management for cardiac surgery patients. It explored strategies to optimize pain control, reduce opioid reliance, and improve overall patient recovery outcomes. The study involved researching various pharmacological and non-pharmacological interventions, including NSAIDs, regional nerve blocks, local anesthetics, and adjunct medications, utilized in a synergistic approach to target multiple pain pathways. Key areas of focus included:

- Opioid Sparing: Investigating techniques and drug combinations that significantly reduce the need for high-dose opioids, thereby minimizing their associated adverse effects (e.g., respiratory depression, nausea, prolonged hospital stay).
- Enhanced Recovery After Surgery (ERAS) Protocols: Analyzing how MMA aligns with and contributes to ERAS pathways in cardiac surgery, promoting early mobilization, reduced complications, and faster discharge.
- Patient Outcomes: Examining the impact of effective pain management on patient satisfaction, functional recovery, and prevention of chronic post-surgical pain.

This project provided a comprehensive understanding of advanced pain management principles in a high-acuity surgical setting, highlighting the role of the Anesthesia Technician in supporting these complex protocols to ensure optimal patient care and safety.

INTERNSHIP'S

Stanley Government Hospital

May 2022-2 Month

Operation Theatre & Anesthesia Technician Intern

- Supported surgical teams by preparing and maintaining a sterile environment and ensuring the availability of all necessary surgical supplies.
- Assisted with the safe positioning and transfer of patients for various surgical interventions.
- Acquired practical knowledge of anesthesia delivery systems and patient monitoring equipment through direct observation and assistance.
- Collaborated effectively with nurses, surgeons, and anesthesiologists to facilitate smooth surgical flow and prioritize patient safety.

Pondicherry Institute of Medical Sciences

JUN 2023 - 1 Month

Operation Theatre & Anesthesia Technician Intern

- Gained practical exposure to pre-operative patient preparation and post-operative care protocols.
- Familiarized with the functionality and operation of essential anesthesia equipment and patient monitoring devices.
- Developed foundational understanding of sterile field maintenance and instrument handling under direct supervision.

RelaMS Hospital Redhills

MAY 2024 - 1 Month

Operation Theatre & Anesthesia Technician Intern

- Assisted senior technicians and nurses in preparing the operation theatre, including setting up surgical instruments and ensuring equipment readiness.
- Observed and learned about various surgical procedures, aseptic techniques, and patient monitoring during anesthesia.
- Supported in maintaining cleanliness and organization of the OT environment.

MMM College of Allied Health Sciences

JUN 2024 - JUN 2025

Operation Theatre & Anesthesia Technician Intern

- Undertook a year-long internship at a leading cardiac and multi-specialty hospital, developing proficiency in Operation Theatre and Anesthesia support.
- Operation Theatre Support: Proficient in preparing sterile fields, setting up specialized surgical trays, and assisting surgeons and nurses with instrumentation for a wide range of procedures. Regularly performed terminal cleaning and maintained stock of disposables and non-disposables.
- Anesthesia Assistance: Gained in-depth practical knowledge of anesthesia circuits, ventilator settings, and drug administration under supervision. Actively participated in intubation assistance, airway management, and continuous physiological monitoring for diverse patient populations.
- Equipment Management: Responsible for calibration, troubleshooting, and daily checks of anesthesia workstations, patient monitors, defibrillators, and other critical care equipment.
- Patient Safety & Protocols: Adhered strictly to hospital protocols for infection control, patient identification, and emergency response, contributing to a safe surgical environment.