

THATO ALETA NGWANE

PHYSIOTHERAPIST

PERSONAL PROFILE

I am a young professional physiotherapist who is passionate about health and helping people in need of my skills. I am to be patient, compassionate and honest to those I serve, to learn as much as I can and to use this knowledge to serve the people or patients that need my services.

PERSONAL INFORMATION

NAME: Thato Aleta Ngwane
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EMAIL ADDRESS: thato.aleta7@gmail.com
ID NUMBER: 9402170271083
GENDER: Female
NATIONALITY: South African
MARITAL STATUS: Single
CRIMINAL RECORD: None
DRIVER'S LICENCE: Code C1
ADDRESS: 1389 Zeiss Road
Laser park, Ext 31,
Roodepoort 1724
HPCSA NUMBER: PT 0132527
PASA MEMBERSHIP: PASA 214

LANGUAGES

- Northern Sotho - Native Language
- English - Fluent: Read, Spoken & Written
- Afrikaans - Basic: Read, Spoken & Written
- IsiZulu - Basic: Read, Spoken & Written

ACADEMIC ACHIEVEMENTS

- Van Schaik Publishers Prize for Research Project Runner Up as The Best Project in the Final Year of Study (2017)
- Certificate for Mentorship Programme at the University of Pretoria
- Certificate for Outstanding Achievement in Life Sciences, Physical Science and Geography at St George College (2012)

SKILLS AND COMPETENCIES

- Organized, efficient, pro-active and flexible
- Effective communicating and listening skills
- Experience in dealing with emotional and stressful situations and cases
- computer literate
- knowledge in use of most modalities in physiotherapy
- knowledge of holistic treatment approach
- work ethic skill

EXPERIENCE

Physiotherapist

Life HealthCare-Baneng care centre , Roodepoort (february 2019 to current)

DUTIES

- I am being exposed to a variety of conditions in adult and pediatric neurology , and adult psychiatry and orthopedics .
- Running group exercise classes for back pain and OA patients
- Experience in treatment of chest Physiotherapy, musculoskeletal, and CP .
- Experience in planning and implementing promotional and awareness projects and campaigns
- Coordinating monthly departmental meetings.
- Application of departmental and company policies, acts and regulations.
- Attending and representing physiotherapy department in rehab, MDT, and MANCO meetings
- Coordinate the procurement of consumables, equipment's and assistive devices
- Facilitation of patients pre and post admission assessments and providing family education.
- Monitoring and assessments of departmental monthly statistics.
- Coordinating patient referrals from the physiotherapy department to other MDT members
- Providing patient treatment that assist with community or work reintegration.
- Being involved in DOH and inhouse clinical audits.

LOCUM PHYSIOTHERAPIST

Wits Donald Gordon Hospital (2019 - Current)

DUTIES

- Post - Op rehabilitation for vascular and medical patients in ICU and wards

COMMUNITY SERVICE PHYSIOTHERAPIST

Themba Hospital , Mpumalanga (2018)

DUTIES

- I have been exposed to a variety of conditions working in adult and pediatric neurology, orthopedics, OPD , community outreach and ICU (incl. NICU).
- Experience in doing outreach and working at community clinics
- Experience in compiling monthly inventory report and patients statistics
- Compiling full patient assessment.
- Assisting patient with reports for disability grants.

SPORTS MASSAGE

- Comrades Marathon (2017)
- Sun City Ultra Marathon (2016 & 2017)
- Loskop Marathon Series (2016 & 2017)
- Rowing Tournaments at Roodeplaat Dam (2016)

EDUCATION

UNIVERSITY OF PRETORIA

Bachelors degree in physiotherapy (2017)

- 3rd Year Practical Blocks: Adult Neurology, Community, OPD and RCT
- 4th Year Practical Blocks: Community, Paediatric Neurology, Adult Neurology, OPD, Sports, ICU, and Orthopaedics (elective block)

ST GEORGE COLLEGE

Matriculated (2012)

- Physical Sciences
- Life Sciences
- Mathematics
- Geography
- English HL
- Afrikaans FAL
- Life Orientation

OTHER TRAININGS

Clinical solutions Dry needling -level one and level two

Accreditation: HPCSA and University of Pretoria
May and August 2018

Industrial relations Advanced

Life Healthcare
2019

Effect of physical therapy on pain and function in patients with hip osteoarthritis
July 2020

Supervisors workshop program

Medical Practice Consulting - 2021

Short course in Physiotherapy for COVID-19 Patients

Medical Practice Consulting - 2021

POPI ACT Training

Western Cape Forum for intellectual disability
February 2021

DECLARATION

I, Thato Aleta Ngwane, declare that the above mentioned information is true and without fault

REFERENCES

MR MOSHABE DAVID

BANENG CARE CENTRE HOSPITAL MANAGER
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MRS NOMAZIZI SUMBANA

Sumbana Physiotherapist
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PROF D.J. MOTHABENG

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