



## Biography

A highly competent and enthusiastic Exercise Physiologist with a proven ability to help their patients. Possessing a successful track record of assessing client's cardiac condition, understanding their needs, resolving problems, improving customer satisfaction, and driving overall operational diagnostic procedures.

## Contact

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 0406 347 421

 <http://www.pumpyourhealth.com>

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## Experience

Sep 2019  
current

### Active Body Conditioning *Hervey Bay Health Club*

- ✓ Performing Exercise Physiology assessments including Functional, Activities of Daily Living ,postural (PostureCo app) & respiratory testing (IMT through PowerBreath).
- ✓ Delivering independent, high quality Exercise Physiology services for musculoskeletal, metabolic, cardiac and chronic and complex health conditions and other common client presentations utilizing evidence-based practice to guide clinical decision making.
- ✓ Case management of DVA, NDIS and Medicare clients.
- ✓ Develop and deliver quality clinical exercise programs and home exercise routines (Physiotrack).
- ✓ Liaise with other health professionals, doctors and local community organisations.

Jun 2019  
Jul 2019

### Placement at ROYAL BRISBANE AND WOMEN'S HOSPITAL *RBWH - Brisbane*

- ✓ Perform base level cardiac investigations including, ECG, Holter Monitoring application and analysis, Exercise stress testing, patient monitoring component in Nuclear Medicine stress and Stress Echocardiography testing, tilt table testing, event monitoring and BP monitoring; within a multidisciplinary team in accordance with prescribed professional and ethical standards.
- ✓ Apply increasingly independent clinical judgement to more complex clinical caseloads under the clinical practice supervision or professional guidance of a more senior cardiac scientist.
- ✓ Communicate and work effectively within a multidisciplinary team and with patients, families, carers and other relevant stakeholders.
- ✓ Participate in the identification, development and implementation of quality and service improvement activities that enhance the delivery of cardiac investigation services within the local service area.



## Experience

Nov 2018  
Dec 2018

### Clinical Placement *QUT Health Clinics*

- ✓ Work under the guidance and supervision of exercise physiology coordinator.
- ✓ Screening, assessing and applying clinical reasoning to ensure the safety and appropriateness of exercise and physical activity interventions for each individual.
- ✓ Assessing movement capacity in people of all ages and levels of health, well-being or fitness.
- ✓ Development of safe, effective individualised exercise interventions.
- ✓ Provision of health education, advice and support to enhance health and well-being.
- ✓ Provision of clinical exercise prescription, for those at risk of developing or those with existing chronic and complex medical conditions and injuries.
- ✓ Provision of exercise-based rehabilitation and advice for patients following the acute stage of injury, surgical intervention, or during recovery to restore functional capacity and well-being.

Oct 2017  
Jun 2018

### Cardiac Scientist *Vega Vega Garcia*

- ✓ Work under the guidance and supervision of cardiologists.
- ✓ Follow established procedures to perform cardiac laboratory tests and report test results.
- ✓ Prepare written documentation as required.
- ✓ Process and analysis report of Holter monitors and ambulatory blood pressure.
- ✓ Perform 12 LED ECG, ABI and assessments for clinical supervision.
- ✓ Perform Exercise Stress Tests under the supervision of the cardiologist.
- ✓ Correct basic equipment malfunction and refer more serious equipment problems to supervisor.
- ✓ Perform instrument maintenance and troubleshooting.



## Education

2019

### Master in Clinical Exercise Physiology *Charles Sturt University*

2009

### Bachelor Exercise & Sport Sciences *University of Granada (Spain)*

2006

### Degree PE Teacher *University of Jaen (Spain)*



## Certifications

### ECG Analysis and Interpretation *University of Queensland - Nov 2018*

### Better Breathing: Respiratory Muscle Training and Airway Clearance *Better Breathing Hippocamp - Aug 2016*

### Accredited Exercise Physiologist *ESSA*