






Biography

A highly competent and enthusiastic Exercise Physiologist with a proven ability to help people achieve their health goals and rehabilitation. Possessing a successful track record of assessing client's physical condition, in special cardiopulmonary condition, understanding their needs, and developing practical and achievable exercise prescriptions for them to reach their goals and improve their health. Possessing the necessary communication skills required to gain the trust of clients and thereby improve their health. Rocio is looking for a job opportunity to work in the Exercise Physiology industry and keep developing her professional and personal skills.






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

Experience

- 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



Rocio Montejo Raez

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.



Contact



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<http://www.pumpyourhealth.com>



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