

VALEH JAFAROV SAHMAR

Osteopathic Manual Practitioner

CAREER HIGHLIGHTS

- A team player with good time management and communication skills necessary to deliver and promote health care services
- Strong organization skills and ability to prepare and make presentations to individual person or to group of clients
- Ability to work effectively under pressure and in conditions of the time deficiency
- Excellent analytical and problem solving skills
- Work effectively with diverse groups of people

RELATED EXPERIENCE

At Present

Home Based Osteopathic Clinic

Assessment, consultation and treatment of clients for the conditions related to:

- Shoulder, neck, hip, knee and foot pain
- Low back pain and sciatica
- Different categories of headaches
- Osteoarthritis and scoliosis
- TMJ (jaw) dysfunctions
- Acute and chronic pain of different origins
- Dizziness, Vertigo
- Traumatic injuries
- Different types of Dysfunctions related to Visceral Organs
- Different types of nerve impingement syndromes
- Patients concerns during the course of pregnancy
- Dysfunctions observed in children of different age group

May 2016 to August 2018

Student Clinic at Southern Ontario College of Osteopathy
DOMP Candidate

Assessed and provided osteopathic treatment for the following conditions:

Valeh Jafarov Sahmar

- Shoulder, neck, hip, knee and foot pain
- Low back pain and sciatica
- Tension headaches and migraines
- Osteoarthritis and scoliosis
- TMJ (jaw) dysfunctions
- Acute and chronic pain of different origins
- Dizziness, Vertigo
- Traumatic injuries (sports, car accidents)

February 2007 to Present

“Langstaff Square Care Community” - Richmond Hill
Practical Nurse

- Administer different types of medications to residents
- Provide health teaching to residents and their families
- Do catheterization procedures for male and female residents
- Perform various types of wound dressing
- Provide health assessment and monitor resident's health status and do necessary nursing interventions
- Process doctors' orders
- Take part in team conferences
- Supervise PSW' resident care
- Communicate with pharmacy, dietary services and physiotherapist to meet residents' needs
- Monitor IV sites

EDUCATION

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| 2014-2018 | Southern Ontario College of Osteopathy (SOCO)
Osteopathy (Diploma) |
| 2004-2006 | Centennial College
Practical Nursing Program (Diploma) |
| 1977-1982 | Voronezh Institute of Technology (Russia)
Engineer Technologist on Food Products (Diploma) |