

Name: Rana Hesham Mohammed Elbanna

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Current Address: 10 Sekt Halawat, Souk Elselah, Al Khalifa.

Contact Number: 00201120636626

Email address: rana.elbanna@yahoo.com

Total Years of Experience: 10 years

Area of Specialization: Internal Medicine, Geriatrics and Nutrition.

EDUCATIONAL QUALIFICATIONS:

Education: (List all the education you have completed)

A-Academic Degrees:

1-Bachelor's Degree.

University/Institution: Cairo University

Address (City, Country): Cairo-Egypt.

Branch (if applicable):

Website (if available): www.fptcu.org

Degree Earned: Bachelor degree in Physical Therapy.

Month, Day & Year Joined: 9/18/2004

Month, Day & Year Graduated: 11/19/2008

Month, Day & Year Conferred Date: 7/8/2009

2-Master's Degree:

University/Institution: Cairo University

Address (City, Country): Cairo-Egypt.

Website (if available): www.fptcu.org

Degree Earned: Master degree of internal medicine physical therapy.

Month, Day & Year Joined: 10/1/2011

Month, Day & Year Graduated: 4/16/2014

Month, Day & Year Conferred Date: 5/18/2014

3-PHD in internal medicine Physical Therapy:

University/Institution: Cairo University

Address (City, Country): Cairo-Egypt.

Website (if available): www.fptcu.org

Degree Earned: PHD degree of internal medicine physical therapy.

Date joined: October 2015

Year Graduated: May 2018

B-Courses Attended:

1- University/Institution: Faculty of medicine Cairo University.

Address (City, Country): Cairo-Egypt.

Degree Earned: First Aid Course.

Date joined: 2009

Year Graduated: 2009

2- University/Institution: National Nutritional Institution.

Address (City, Country): Cairo-Egypt.

Degree Earned: Diploma of Advanced Clinical Nutrition.

Date joined: October 2017 still studying finished first and second module in advanced clinical nutrition for chronic disease, obesity and childhood obesity management.

3- University/Institution: Cairo University, statistical institution.
Address (City, Country): Cairo-Egypt.
Degree Earned Course of spss.
Date joined 11/2015
Year Graduated 2016

My Research History:

1. Clinical study “effect of IMT on functional ability and rate of perceived exertion in old age”
2. Clinical study on “HIIT versus IMT on Modulating Blood Rheology in CAD Risk factors” and registered with number NCT03506984 at clinical trial.gov.
3. Publishing of the manuscript of “HIIT versus IMT on modulating lipid profile as coronary artery disease risk factors in obese males” in bioscience research journal.

LICENSE DETAILS:

License

Issuing body: MOH of Egypt
Profession: Physical Therapy
Date Obtained: (1st Issuance date) *
Date issued (if renewed):

WORK HISTORY:

Employer 1:

Company / Hospital: Rehabilitation center (Prof. Dr. Osama Abd elRasheed)
Location (City, Country): Cairo, Egypt.
Address (City, Country): Cairo, Egypt.
Branch (if applicable): Shoubra Al Khema
Website (if available):
Number of Beds: (if applicable)
No. of Cases Handled per day: 10 cases per day.
Position: physiotherapist specialist.
Area of Specialization: Orthopedic.
Duration Period: from (10/5/2009) to (1/5/2011)

Detailed Role Description:

- 1- Applying intensive physiotherapy sessions for various orthopedic cases and disabilities.
- 2- Modifying the physiotherapy program.
- 3- Following up my cases progression and communicating with Dr. Osama for consultation.
- 4- Training for caregivers for how they should apply exercises as a part of ADL, and how should they deal with their patients at home and outdoors, handling, transfer etc...
- 5- Communicating with occupational therapist so that we can help each other as a team to get the best benefit we could for the patient.

Cases Handled

(Detailed list of your procedures and cases handled)

A-Cases:

- 1-Lumbar and cervical disc disorders (prolapse, degenerative changes as spondylosis or spondylolyses).
- 2-Cases with peripheral neuropathy.
- 3-facial palsy.

- 4-knee Osteoarthritis.
- 5-total knee replacement.
- 6-Piriform syndrome.
- 7-Cases with different level of inflammation.

B-Procedures:

- 1-Manual therapy techniques.
- 2-Functional training.
- 3-Electrotherapy Therapy.
- 4-Wax Therapy.
- 5-Hydrotherapy.
- 6-Gait, Balance and equilibrium training.
- 7-Proprioception Training.

Employer 2:

Company / Hospital: Outpatient clinic of faculty of physical therapy.

Location (City, Country): Giza, Egypt.

Address (City, Country): Dokki, Giza, Egypt

Branch (if applicable):

Website (if available):

Number of Beds: (if applicable)

No. of Cases Handled per day: 9 Cases

Position: Senior Physiotherapist

Area of Specialization:

Duration Period: from (2010) till now.

Detailed Role Description:

- 1- Applying intensive physiotherapy sessions for various orthopedic cases and disabilities.
- 2- Modifying the physiotherapy program.
- 3- Following up my cases progression and communicating with Dr. Osama for consultation.
- 4- Training for caregivers for how they should apply exercises as a part of ADL, and how should they deal with their patients at home and outdoors, handling, transfer etc...
- 5- Communicating with occupational therapist so that we can help each other as a team to get the best benefit we could for the patient.
- 6-Teaching students practical.

Employer 3:

University or institution: Cairo University Faculty of physical therapy.

Location (City, Country): Giza, Egypt.

Address (City, Country): Giza, Egypt.

Branch (if applicable): Cardiovascular , respiratory and geriatric disorder department

Website (if available) www.fptcu.org

Position: Lecturer Assistant

Area of Specialization: internal medicine and Geriatrics.

Duration Period: from 2010

Detailed Role Description:

1. Lecturer the Undergraduate students at faculty of physical therapy.
2. Teaching and training undergraduate students in faculty of physical therapy at the outpatient clinic, national heart institute and Kaser Ainy Hospital.

SKILLS:

Language skills:

Arabic: Mother Tongue
English: Fluent (Spoken and written)
French: Fair

Computer skills:

Excellent computer application skills: hardware, software, Microsoft office internet, Research programs like citation managers as endnote and mendeley and data management as SPSS.

Presentation skills:

I have been a lecturer in several workshops and events in Egypt and in Oman.

PERSONAL DETAILS:

Date of Birth: 24/5/1986

Nationality: Egyptian

Marital Status: Married

Number of Dependents: Two daughter and one son.

Passport Number:

Passport Issuance Date:

Passport Expiration Date:

Language Spoken: Arabic, English, some French.

AVAILABILITY:

Notice Period: Available to start work.