

TOLUWANIMI OGUNDELE, BMR; PT

Physiotherapist | Leadership | Public Speaking

Professional Summary

A Physiotherapist with about two years of clinical and academic experience post-graduation in physiotherapy practice, demonstrating proficiency in various specialties. Adept in diagnosis and treatment planning, with a strong commitment to patient-centered care. Skilled communicator, fostering positive relationships with diverse patient populations. Collaborative team player, seamlessly working within interdisciplinary healthcare teams. Eager to apply acquired skills and contribute to a dynamic medical team. Seeking a clinical role to leverage education and passion for healthcare.

Education

BMR; PT Obafemi Awolowo University, Ile-Ife, Nigeria

Bachelor of Medical Rehabilitation; Physiotherapy

Completed courses in basic medical sciences, pharmacology, pathology, exercise therapy, electrotherapy, electrophysics, surgery, medicine, cardiopulmonary, pediatrics, neurology, orthopedics, radiology, kinesiology, research, community physiotherapy, hydrotherapy, manual therapy, prosthetic and orthosis, geriatrics, clinical postings and rotations.

HSE Atanda International College, Oluyole, Ibadan

Higher Secondary Education

Undertook courses in Basic sciences, English Language, mathematics with excellent performance in WASSCE (West African Secondary School Certificate Examination) in all registered subjects.

Clinical and Professional Experiences

Clinical Instructor | Obafemi Awolowo University | 2023 - till date

- Supervised clinical students in clinical rotations.
- Taught clinical skills and patient management ethics to clinical students.
- Taught students hands on skills in manual therapy, exercise therapy and kinesiology.

Clinical Internship | Obafemi Awolowo University Teaching Hospital Complex | 2022 - 2023

Clerked patients and carried out treatment plans in several units of the hospital in both in-patient and out-patient setting to include: Neurology, Orthopedics, Pediatrics, Cardiopulmonary, Geriatrics and community postings.

Worked with other health care professionals in several medical teams under supervision.

Clinical Rotation | Obafemi Awolowo University Teaching Hospital | 2019-2021

- Observed healthcare professionals in action, learnt from real-life patient cases, and gain practical insights into the application of medical knowledge.
- Involved in taking patient histories, performing physical examinations, and assisting with various physiotherapy procedures.
- Collaborated with nurses, clinicians, and other healthcare professionals developing communication skills, teamwork, and coordination in providing comprehensive patient care.
- Integrated and applied theoretical knowledge gained in the classroom to real-world clinical scenarios.
- Developed and refined professional skills including ethical decision-making, maintaining patient confidentiality, and adhering to the principles of medical professionalism.

Clinical Affiliation| University of Ilorin Teaching Hospital | 2020

- Under supervision, clerked patients and carried out treatment plans in several units of the hospital in both in-patient and out-patient setting to include: Neurology, Orthopedics, Pediatrics, Cardiopulmonary, Geriatrics, community postings.
 - Worked with other health care professionals in several medical teams under supervision.
 - Educated patients on preventive measures, lifestyle modifications, and providing information about common health issues to empower individuals to take control of their well-being.
 - Participated in health screenings, and community education events, promoting the importance of preventive care and community health.
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Awards and Recognitions

- Overall best intern in Obafemi Awolowo University Teaching Hospitals Complex (OAUTHC), Physiotherapy Department. 2023.
 - Best intern in orthopedic rotation in OAUTHC, Physiotherapy department. 2023
 - Best intern in cardiopulmonary rotation in OAUTHC, Physiotherapy department. 2023
 - Certificate of recognition for emerging in the 1st position in the course “Special Topics Seminar in Rehabilitation” (MRH 505) *Poster Presentation*, Obafemi Awolowo University (OAU). 2021.
 - Certificate of Recognition for emerging as the 1st runner up in the course “Special Topics Seminar in Rehabilitation” (MRH 505) *Platform presentation*, OAU. 2021
 - 1st runner up in scientific paper presentation in the 2023 faculty week for Basic Medical Science, OAU.
 - Ife University Physiotherapy and Occupational Therapy Students Association (IFUTSA) leadership award, 2021.
 - Professor Kayode Adetugbo Student Leadership Initiative Award (male category), at the 2nd College of Health Sciences, OAU honours and award, 2021.
 - Best Speaker in the maiden edition of the annual OAU debates in commemoration of the OAU 60th anniversary, 2021.
 - Best speaker at the Maiden edition of the Drug free Club Inter-departmental Debate Competition, OAU. 2018.
 - Best speaker at the University of Lagos Association of Physiotherapy Students (ULAPS) Health Week Inter-University Debate Competition, University of Lagos. 2018.
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Research Experience | Publications

- Researched on “Development and Feasibility Testing of a Video-based McKenzie Protocol for Neck Pain” as final year thesis.
 - Published the paper titled: “Development and Feasibility Testing of a video-based McKenzie protocol for Neck Pain” - A.O Ojoawo (Ph.D), T.E Ogundele (Bmr;PT)
 - Published the paper titled: “Hamstring Weakness: A Sequel of Cerebrovascular Accident” – S.D Ayelawa, O.A Onigbinde, O.T Binuyo, T.E Ogundele. Journal of the Nigeria society of Physiotherapy, 11th May 2022.
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Team Distinctions (Debating)

- 1ST position with a four-man team in the maiden annual edition of the OAU debates to commemorate the 60th anniversary of Obafemi Awolowo University. 2021.
- 2nd runner up with the Ife University Physiotherapy and Occupational Therapy Students Association (IFUTSA) Debate team in the Inter-university debate competition that held in the Virtual Scientific Conference of the Association of Clinical and Academic Physiotherapists of Nigeria (ACAPN). 2020.

- 2nd runner up with colleagues from Obafemi Awolowo University Physiotherapy in an academic quiz competition held in the 3rd Scientific Conference of the Association of Clinical and Academic Physiotherapists of Nigeria (ACAPN). 2019.

Leadership Experiences

- **President**, Ife University Physiotherapy and Occupational Therapy Students' Association. (2020-2022)
- **Editor-in-Chief, Deputy Editor, General secretary** for Ife University Physiotherapy and Occupational Therapy Students' Association Journal Club (2016-2021)
- **President**, Ife University Physiotherapy and Occupational Therapy Students' Association Debate Club (2016-2021)
- **Media Manager**, Physiomentalis (A non-governmental organization for educating physiotherapy students) (2020-2021)
- **Media Coordinator**, in the editorial team of the National Association of Physiotherapy Students' Magazine (PHYSIOBUD, Amber edition).

Skills and Proficiencies

Clinical and Research Skills: Basic life support skills, health and safety, good clinical practice skill, clinical reasoning, clinical assessment, first aid management, stress management, multitasking, cultural competence, patient education, record-keeping, technical proficiency, ethics, patient advocacy, interpersonal skills, research skills, teaching skills, conflict resolution, lifelong learning, clinical documentation, and diagnostic skills.

Technical Skills: Content writing, basic design skill with canva, computer skills, Microsoft office software

Other Proficiencies: Communication skills, compassion and empathy, decision-making abilities, attention to detail, time management, critical thinking, problem-solving, adaptability, teamwork and collaboration, leadership skills, organizational skills, entrepreneurship, active listening, analytical skills, emotional intelligence, and creativity.

Personal Strength: Leadership, public speaking, writing

Referees

Prof. A. O Ojoawo

Professor of Physiotherapy
Obafemi Awolowo University,
Ile Ife, Nigeria.

Dr. Adedeji (Ph.D)

Clinician, Paediatric Physiotherapist,
Head of paediatric unit
Obafemi Awolowo University Teaching Hospital
Complex

Prof. T. A Awotidebe

Professor of Physiotherapy
Obafemi Awolowo University, Ile-Ife, Nigeria