

MOHAMMED ALHOWIKAN

OCCUPATIONAL THERAPIST

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Location: Yasmeen, Thahab St., Riyadh

ABOUT ME

****Occupational Therapist****

King Saud University, Riyadh, Saudi Arabia

Specialized in pediatric, hand therapy and neuro patients, skilled in conducting comprehensive evaluations and designing individualized intervention plans to address physical, cognitive, behavioral, and social challenges, enhancing functional independence in pediatric patients.

Committed to evidence-based practice; consistently integrate findings from critically analyzed peer-reviewed research into clinical decision-making to deliver safe, effective, and up-to-date care. Proactive in professional development through advanced certifications (e.g., sensory integration, hand rehabilitation) and active participation in OT conferences and workshops.

- Advocate for occupational therapy awareness: Volunteered with Tawasul Association to lead community workshops on OT principles, adaptive equipment use, and therapeutic techniques, empowering families to improve daily living outcomes.

EDUCATION

King Saud University

Bachelor of Occupational
therapy

2017 - 2021

3.95/5 GPA

Internship 2021 - 2022

EXPERTISE

- Team Worker
- Follower of the rules
- Problem solver
- Helpful nature
- Clinical reasoning
- Patient-centred care
- Creative designer

EXPERIENCE

TRAINEE

King Faisal Specialist Hospital

July 2021 - January 2022

I covered pediatric outpatient, pediatric/Adult inpatient and hand therapy areas. Administered therapeutic exercises, including motion exercises, functional activities, sensory integration, cognitive intervention leading to significant improvements in patients' quality of life. Experiment in medical equipment recommendation

Prince Sultan Military Medical City

February 2022 - July 2022

My last 6 months as a trainer I developed myself in PSMCC at 6 areas which is Pediatric, Rehabilitation, DV, Neuro adult outpatient, acute care, Hand Therapy. Administered therapeutic exercises, including motion exercises, functional activities, sensory integration, cognitive intervention leading to significant improvements in patients' quality of life. Worked with interdisciplinary teams to provide comprehensive treatment and support.

29 Jan 2023 - 25 June 2023

Occupational therapist employee - Akffa center

My journey as an Occupational Therapist began at Akffa Center, a newly established facility that had been operating for only four months when I joined. This presented a unique set of challenges, many of which I navigated independently. To enhance the center's operations, I developed various evaluation and appointment forms, streamlining the patient intake and assessment process.

At the center, my primary focus was rehabilitating individuals with conditions such as Autism Spectrum Disorder (ASD), Cerebral Palsy (CP), and Down Syndrome. My patients ranged in age from 12 to 45 years old.

Key Responsibilities and Achievements:

- Developed and managed patient attendance schedules to maximize therapy efficiency.
- Implemented structured session entry and exit schedules to optimize time management.
- Maintained detailed SOAP notes daily to ensure comprehensive patient documentation.
- Conducted thorough assessments and designed personalized cognitive practice sheets based on individual needs.
- Researched sensory processing challenges and developed targeted parent questionnaires to identify specific sensory issues.
- Stayed updated on the latest occupational therapy research to ensure safe and effective intervention strategies.
- Performed holistic patient evaluations, considering physical, cognitive, social, and behavioral aspects to foster independence.
- Reviewed patient medical files and hospital reports to determine necessary precautions and treatment considerations.
- Applied a wide range of therapeutic interventions, including:
 - Fine motor exercises
 - Cognitive activities (e.g., short-/long-term memory, attention, concentration, executive function, visual perception)
 - Strengthening exercises
 - Writing exercises using various techniques
 - Sensory integration therapy
 - Physical exercises
 - Eye contact training
 - Behavioral modification strategies
 - Activities of Daily Living (ADL) training
- Prioritized patient independence as a core goal in all therapy interventions.

Occupational therapist employee - Skyclinic pediatric center

27 May 2023 - 12 July 2023

Specialized in comprehensive pediatric rehabilitation, addressing diverse conditions to enhance patient outcomes.

- Developed strong time and stress management skills through effective therapy planning and execution.
- Applied sensory integration techniques and behavior modification strategies to promote children's independence.
- Ensured client-centered care by aligning treatment goals with caregiver expectations.
- Utilized assessment tools such as Sensory Processing Measure (SPM) and Sensory Profile to accurately identify and address sensory challenges.

Occupational therapist pediatric - children with disability association

24 July 2023 - 1 Dec 2023

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Enhanced expertise in pediatric occupational therapy across various aspects.

- Developed skills in equipment recommendation and adjustment for improved patient support.
- Gained experience in managing patients with Cerebral Palsy (CP) through tailored interventions.
- Applied Constraint-Induced Movement Therapy (CIMT) to improve motor function.
- Collaborated effectively with a multidisciplinary team to optimize patient care.

- Conducted comprehensive assessments and delivered evidence-based occupational therapy interventions for hand therapy and neuro-rehabilitation adult patients in both inpatient and outpatient settings.
- Managed complex cases including post-surgical hand injuries (tendon lacerations, fractures), stroke, traumatic brain injury (TBI), spinal cord injury (SCI), trigger finger, de Quervain’s tenosynovitis, and patients with post-operative complications (stiffness, reduced ROM).
 - Utilized ultrasound therapy for soft tissue mobilization in conditions like de Quervain’s and trigger finger, enhancing patient outcomes.
 - Implemented advanced therapeutic techniques such as mirror therapy and TENS (Transcutaneous Electrical Nerve Stimulation) for radial nerve palsy and neuropathic pain management.
 - Addressed post-surgical stiffness and functional limitations through customized splinting, graded motor imagery, and progressive exercise regimens.

****Key Achievements****

- departmental improvements by recommending and procuring critical equipment, including drafting professional correspondence to secure splinting materials and advocating for paraffin wax therapy to enhance pain management and tissue elasticity.
- Optimized patient care in resource-limited settings by designing safe, effective treatment plans using available tools, prioritizing patient safety and functional recovery.
- Collaborated with multidisciplinary teams to address complications in post-operative hand trauma and neuro-rehabilitation cases, ensuring holistic care.

Areas of Expertise

- Hand Therapy & Rehabilitation | Neuro-Rehabilitation (Stroke, TBI, SCI)
- Post-Surgical Complications Management | Splinting & Orthotics
- Ultrasound Therapy | Mirror Therapy | TENS Application
- Paraffin Wax Therapy | Resourceful Intervention Design

****Technical Skills****

- Therapeutic Modalities: Ultrasound, TENS, paraffin wax, mirror therapy.
- Equipment Procurement & Advocacy | Multidisciplinary Collaboration

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CERTIFICATION

2024 - 2026

Registration & Classification
Certificate in saudi commission for
health specialties

Done 40 hours in license

Language

Arabic - Native language

English - Upper intermediate

ADDITIONAL
INFORMATION

- Volunteered for Tawasul Association in KSAU for HPC7 at 27/12/2022.
- Attended a course in How the health practitioner deals with aggressive behavior in children and adults. 5 - 6 October , 2022
- Attended the course Applied Occupational Therapy for Pediatric Conditions. 13-15/09/2022
- Attended the lecture about Traumas and Attention-Deficit/Hyperactivity (ADHD) by Dr. Amal Alawami. 29th of october 2022
- Attended OTx in KSU at 2019
- Atetended the course ccreditation role in the quality of the healthcare sector at 27 Mar 2023
- Atended the course "the most common mental symptoms and illnesses experienced by health practitioner" at 23 Mar 2023