
TURNA TRIBENEE MITHILA

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PROFESSIONAL SUMMARY

With 6 years of experience in the field of health science in the UK and Bangladesh, I have developed myself as a hard-working, inquisitive, and keen learner. 5 years of research experience in an international medical and nursing college in Bangladesh and experience presenting research articles in international seminars made me a fluent orator. The most interesting part of my teaching career was teaching in a nursing college in Bangladesh. Currently, I am involved in the Students Health research network of Teesside University as a Secretary. I encourage the students to reach personal potential through direct learning and perseverance. Versed in in-person and remote learning. Currently doing South Tees Hospital funded internship project entitled "Autism service evaluation" under supervision of Professor Tolchard Barry.

WORK HISTORY

Internship Trainee, 09/2022 – Current

South Tees Hospital (Autism Service Evaluation) – Teesside, North Yorkshire

- Assessed intern progress and skills attainment through rigorous testing.
- Updated training documents to reflect emerging industry trends.
- Planned training programmes to enhance key skills.
- Demonstrated core tasks to facilitate smooth work placements.
- Delivered compelling training presentations with clear communication.
- Set realistic targets and evaluation frameworks.
- Supported Health and Safety with comprehensive risk assessments.

Special lecturer, 07/2022 – Current

Teesside University – Middlesbrough, North Yorkshire

- Teesside university, Middlesbrough

MODULE: 1. Nursing as investigator and evidence-based practice

2. Investigating evidence and contributing to change

Roles & Responsibilities:

- To conduct lectures and tutorial classes for undergraduate nursing students
- To assist in marking in assignments
- Lectured classes using exceptional communication techniques to enhance engagement.
- Mentored 30 number second year nursing students per academic year, holding 1:1 meeting each semester.

Health care assistant, 03/2022 – Current

Elysium Healthcare (Neurology, Dementia care) – Middlesbrough, North Yorkshire

- **Elysium Health care, Middlesbrough (Dementia care practice)**-Observing, monitoring the patients, Patients record keeping, Communication with patients, assisting with clinical duties and personal care, Aided service users in everyday activities, such as washing and dressing, ensuring constant safety and effective care, met with patients and families to discuss care plan adaptations, seeking continual improvement and development.

General Practitioner, 05/2019 – 10/2021

Bangladesh Association for the Aged and Institute of geriatric medicine – Dhaka

- Referred patients for further testing where appropriate, confirming the diagnosis and contributing to ongoing care plans
- Communicated clear health management plans, utilizing expert knowledge to direct patients to further care as required
- Interpreted findings from investigations such as blood tests, and communicated diagnosis with the patient
- Coordinated well-rounded patient care by collaborating with medical professionals in diverse clinical areas.

Nursing Lecturer, 05/2019 – 10/2021

Institute of Geriatric Medicine

- To conduct lectures and tutorial classes for diploma nursing students
- To conduct practical classes
- To conduct examinations as an internal examiner
- To formulate course curriculum for the diploma nursing students

Technical Specialist, 05/2018 – 05/2019

World Vision - Bangladesh

- Managed vendor and supplier database and profiles
- Produced educational materials and delivered training sessions for clients on IT applications
- Provided field-based and remote access support and troubleshooting for software and hardware issues
- Maintained excellent team relationships by helping individuals with complex customer issues, complaints, health malfunctions and questions
- Gave clear and concise instructions to community people on how to maintain health issues without difficulty throughout health promotional activities.

Researcher, 01/2018 – 04/2018

BSMMU – Dhaka

- Conducted in-depth research utilizing various techniques, including qualitative and quantitative methods
- Produced accurate supporting documentation and materials for research activities, including presentations and reports
- Tested hypotheses, analyzed data and contributed ideas for new research projects
- Developed and implemented questionnaires to collate user-generated data, analyzing and presenting findings to the Head of Research.

Internship Trainee, 01/2017 – 01/2018

BIRDEM – Dhaka

- Patients follow up
- Referral of patients to skilled physician
- Managed 200 clinical cases along with a supervisor

SKILLS

- **Research area experience**

- Service evaluation and improvement
- Adolescent Mental Health
- Ageing
- Health disparities & Social inequalities

- Workforce development and educational leadership to change

- Behavioral Science

- **Basic Skills in research**

- **SPSS analysis**

- **NVivo**

- **Grant project writing**

- **Research article writing**

EDUCATION

Masters: Public Health (Applied) Health Science, 2023

Teesside University

Module: Epidemiology, Public health in context, International Public Health, Leadership and Management in Public health, Data analysis methods, Designing Research Projects, Dissertation.

Masters: Public Health Science, Reproductive child health, 2020

American International University Bangladesh - Dhaka

Modules: Gender, Poverty & Health Equity, Public Health Nutrition, Adolescent Health, Maternal, and Child Nutrition, Safe motherhood initiative and component, Newborn/ Child health Dissertation in Knowledge and attitude on child marriage in the rural area of Bangladesh

- Received Magna Cum Laude award with CGPA-3.91

Bachelor's in medical science: Health Science, 07/2016

University of Chittagong - Comilla

Anatomy, Physiology, Biochemistry, Pathology, , Community Medicine, Pharmacology, Forensic Medicine, Medicine, Gynecology & Obstetrics, Surgery

RESEARCH PROJECTS

Research Skills-

- Acting as an "Intern" at "Service evaluation plan" under NHS foundation trust supervised by Professor Tolchard Barry.
- Acted as a "Junior researcher" for 3 months at BSMMU (Bangabandhu Sheikh Mujib Medical University) (World Ranking 3969) on a project titled "Vitamin D deficiency in Polycystic Ovarian Syndrome Patients"
- Worked as "Technical specialist" for 1 year at World Vision Bangladesh on "Health, Nutrition & WASH" project
- Acted as data analyst for 3 months at BMRC (Bangladesh Medical Research Council) granted project titled "Disease pattern and Hospital satisfaction level in elderly population" (Submitted for Publication)
- Acted as "Co-investigator" for 6 months at Bangladesh bioethics, Bangladesh funded by Bangladesh Medical Research Council titled "Government activities in elderly people in Bangladesh and perception and expectations of elderly people towards family, society and government" Professional Skills

AFFILIATIONS

Attended the lecture led by Amelia Lake (Childhood obesity-related to energy drink) at Teesside University.

Attended as a participant in a workshop for the Bangladesh Endocrine Society.

Attended as a participant in Bangladesh Bioethics Society international conference.

ADDITIONAL INFORMATION

- Magna Cum Laude and Dean's award are my two academic achievements as a class topper. I believe in the philosophy of gross national happiness not gross domestic product. I am fully engaged in the Community Awareness programme regarding vaccination, Child and maternal health, communicable and non-communicable disease, and social injustice (domestic violence). Involved in Mental Health Services in National Media. Awarded best lecturer award from the Bangladesh Association for the Aged and Institute of Geriatric Medicine.
- Got best speaker award at own project entitled " A need of workforce development for promoting nutritional campaigns" at International Nutrition Olympiad, 2022.
- Got leadership certificate from Health student research network by contributing to research development and MoU in between Bangladesh Bioethics Society and Teesside University.

VOLUNTEER ACTIVITIES

1. Community Ambassador, working against domestic violence at My Sister's Place, Middlesbrough

2. Secretary, Health Student Research Network, Teesside University, Middlesbrough
3. Nutrition Olympiad Volunteer, BIID

LANGUAGES

Bengali: Native language

English: C1

Advanced

CURRICULUM ACTIVITIES

1. National Debater since 2007
2. Dancer since 2006
3. National Programme presenter at Health Promotion and Social Inequalities fields, Bangladesh
4. Gold Medalist at Meena Competition, 2001, Bangladesh

References

Professor Tolchard Barry

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Email Id: B.Tolchard@tees.ac.uk

Peter Raby

Senior Lecturer, School of Health & Life Sciences, University of Teesside

Email Id: p.raby@tees.ac.uk

Professor Dr Shamima Lasker

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