

## Contact Information

### Email

attamalik77@yahoo.com

## Skills

- FULL UK DRIVING LICENCE
- FULL (SAUDI ARABIAN) DRIVING LICENCE
- FOOT BALL
- CRICKET
- WEIGHT TRAINING

## Languages

English

Urdu

Punjabi

Arabic

# Atta Ul Mustafa Malik

## Professional Profile

An excellent communicator, confident in dealing with people from all walks of life. Ambitious and focused whilst appreciating the need to remain flexible.

## Professional Qualification and Registration

- **British casting certificate** (BOA, AOP)
- **Focus Rigidity casting** (FRC)
- **NVQ in Health and Social Care** Level 2
- **NVQ in Health and Social Care** Level 3
- **Health and Safety at Workplace** Level 3
- **NVQ in Key Skills** Level 2
- **ASSOCIATION OF PLASTER TECHNICIAN** (CERTIFICATED MEMBER C13/16-05-077)
- **BRITISH ORTHOPAEDIC ASSOCIATION** (CERTIFICATED MEMBER)

## Duties and Responsibilities

- APPLICATION AND REMOVAL OF PLASTER CASTS
- PERFORMING FRACTURE MANIPULATIONS WITH DOCTORS IN PLASTER ROOM, ACCIDENT AND EMERGENCY, THEATRES
- ASSISTING MEDICAL STAFF IN K-WIRES REMOVALS, EXTERNAL FIXATURES, WEDGING CASTS AND APPLICATION OF SPECIALISED CASTS SUCH AS HIP SPICAS, PONSETTI CASTS, SERIAL CASTS FOR VARIOUS TENDON CONDITIONS.
- FOCUS RIGIDITY CASTING (FRC) REMOVABLE CASTS ETC
- RECOGNISING OSTEOPROTIC FRACTURES, NON ACCIDENTAL INJURIES AND REFERRING PATIENTS TO RELEVANT CLINICS AND MEDICAL STAFF / PERSON IN CHARGE.
- ALL TYPES OF TRACTION APPLICATIONS AND SPINAL JACKETS, HALO BRACES ETC
- RECOGNISING ILLNESSES THAT COULD HAVE ADVERSE EFFECT WITH APPLICATION OF CASTS / BRACES SUCH AS DIABETES, HISTORY OF DVT, ALTERED NEURO VASCULAR STATUS.
- SUGGESTING SUITABLE CASTING / BRACING TO SUIT THE MEDICAL CONDITION OF PATIENTS.
- MAINTAINING HEALTH AND SAFETY IN DEPARTMENT, CLEANLINESS, COSHH, CONFIDENTIALITY, PRIVACY AND DIGNITY, EQUALITY DIVERSITY OF PATIENTS.
- MAINTAINING HIGH STANDARDS OF COMMUNICATION BETWEEN STAFF AND PATIENTS
- KEEPING PATIENTS RECORDS AND DOCUMENTS ACCORDING TO ORGANISATIONAL POLICY.
- EDUCATING PATIENTS ABOUT THEIR FRACTURES / INJURIES AND AFTER CARE. PLASTER INSTRUCTIONS AND ADVICE ABOUT ELEVATION, REST AND ANALGESIA.
- EFFECTIVELY HAND OVER PATIENTS CARE TO STAFF ON OTHER DEPARTMENTS INCASE ANY PROBLEMS SUCH AS REACTIONS TO MATERIALS, EXCESSIVE

SWELLING, PAIN, WOUND CARE, SIGNS AND SYMPTOMS OF COMPARTMENT SYNDROME ETC

- ANSWERING PHONE CALLS AND GIVING EFFECTIVE ADVICE REGARDING WEIGHT BEARING / NON WEIGHT BEARING STATUS, KNOWLEDGE ABOUT THEIR FRACTURES AND INJURIES, SETTING TIMES, PLASTER COVERS ETC.
- KEEPING MYSELF UPDATED WITH NEW SKILLS, NEW TECHNIQUES, NEW MATERIALS BY ATTENDING RELEVANT COURSES AND CONFERENCES (AOT) (AOP) TO HAVE AWARENESS ABOUT RESEARCH BASED PRACTICE AND IMPLEMENTING THIS IN MY WORK AREA.
- ATTENDING ALL MANDATORY COURSES SUCH AS BASIC LIFE SUPPORT, FIRST AID, TO ASSIST IN EMERGENCIES LIKE CARDIAC ARREST, FIRE, AND SECURITY INCIDENTS.
- WORKING AS A PART OF MULTI DISCIPLINARY TEAM AND IF REQUIRED USING MY OWN INITIATIVES AND WORKING ALONE CONFIDENTLY.
- ASSESSING WORK LOAD AND USING TIME MANAGEMENT SKILLS, STAYING CALM IF UNDER PRESSURE AND SUPPORTING COLLEAGUES.
- ASSESSING PATIENTS SAFETY WHILE USING WALKING AIDS TO AVOID FURTHER SLIPS TRIPS AND FALLS.
- ASSESSING PATIENTS PHYSICAL AND MENTAL STATUS TO TAKE APPROPRIATE ACTIONS TO ENSURE PATIENTS SAFETY.
- MAINTAINING AND SERVICING PLASTER EQUIPMENT ON REGULAR BASIS TO AVOID ACCIDENTS TO STAFF AND PATIENTS.
- WORKING WITH MEDICAL STAFF IN CLINICS TO MAINTAIN THE WORK FLOW SUCH AS CHAPERONING MEDICAL STAFF AND NURSING STAFF DURING EXAMINATIONS.
- USING FRIENDLY APPROACH TOWARDS CHILDREN, ELDERLY AND CONFUSED PATIENTS TO OVERCOME ANY BARRIERS, USE OF DISTRACTION TOWARDS THEIR TREATMENTS.
- PROVIDING TRAINING AND TEACHING TO NURSING AND JUNIOR MEDICAL STAFF REGARDING BASIC CASTING TECHNIQUES.
- MAINTAINING STOCK LEVELS FOR SMOOTH AND EFFICIENT MANAGEMENT AND DEPARTMENTAL RESOURCES AND MAINTAINING ALL CLINICAL AND NON CLINICAL STOCK REQUIRED TO PROVIDE THE SERVICE.
- IMPLEMENTING ALL POLICIES AND PROCEDURES
- INFORMING AND KEEPING THE PERSON IN CHARGE UP TO DATE WITH THE WORK FLOW AND ANY PROBLEMS THAT ARISE.
- BEING RESPONSIBLE OF MY OWN TRAINING, DEVELOPMENT AND EDUCATION.

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## Experience

**NATIONAL GUARD  
HEALTH AFFAIRS -  
KING ABDULAZIZ  
MEDICAL CITY**  
JEDDAH, SAUDI  
ARABIA  
November-2013  
November-2018

### ● SENIOR ORTHOPAEDIC TECHNICIAN

King Abdulaziz Medical City in Jeddah, with a 751 bed capacity, provides state of the art practice of medical care services for the Saudi Arabian population in the Western Region. It is considered as tertiary hospital accredited by Joint Commission International (JCI) and Saudi Central Board for Accreditation of Healthcare Institutions (CBAHI).

**EAST LANCASHIRE  
NHS TRUST**  
LANCASHIRE, UK

### ● PLASTER TECHNICIAN

East Lancashire Hospitals NHS Trust (ELHT) is a large integrated health care organisation providing high quality acute secondary healthcare for the people of East

December-2001  
November-2013

Lancashire and Blackburn with Darwen. With high quality healthcare services are offered across five hospital sites, and various community sites.  
Provides a full range of acute hospital and adult community services, Trauma centre, urgent care centres, Emergency department and a specialist centre for hepatobiliary, Head and neck, Urological cancer services. Also provide specialist cardiology services, Level 3 Neonatal Intensive Care.

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#### **Certifications & Courses**

1. Entonox pain management
2. Fire Marshall Course
3. Basic life support (Yearly basis)
4. Children safe guarding level 2
5. Children safe guarding level 3
6. Adult safe guarding
7. First aid at work
8. Safer handling patients
9. Infection control
10. ICT web publishing
11. Basic IT skills
12. Infection Control
13. Conflict resolution

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#### **References**

##### **1. MS. LINDA CLEMENTS**

ROYAL BLACKBURN HOSPITAL  
EAST LANCASHIRE TRUST  
FRACTURE CLINIC  
HASLINGDON ROAD  
BLACKBURN LANCASHIRE BB2 3HH  
0044 1254 734538  
MANAGER FRACTURE CLINIC

##### **2. MR. STEPHEN LORD**

ROYAL BLACKBURN HOSPITAL  
EAST LANCASHIRE NHS TRUST  
FRACTURE CLINIC  
HASLINGDON ROAD  
BLACKBURN LANCASHIRE BB2 3HH  
00441254 734538 Supervisor  
PLASTER ORTHOPAEDIC TECHNICIAN

##### **3. MR. MOHAMMAD OMAR NOLAN**

NATIONAL GUARD HEALTH AFFAIRS  
KING ABDULAZIZ MEDICAL CITY  
JEDDAH, SAUDI ARABIA  
FRACTURE CLINIC ACC BUILDING

