



ATHIRA JOSE

OPTOMETRIST

CONTACT

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Chembankuzhy P.O,
Neendapara, Pin: 686693,
Kerala, India

EDUCATION

- B.Sc. Optometry**
Dr. Tony Fernandez Eye Hospital –
Bharathiar University | 2017
- Higher Secondary Education**
MGMG HSS Nayathode – Kerala State
Board | 2013

SKILLS

- Refraction (Objective & Subjective)
- Streak Retinoscopy
- Slit Lamp Biomicroscopy
- Auto & Manual Lensometry
- Keratometry (Auto & Manual)
- Contact Lens Management
- Spectacle Dispensing & Fitting
- Fundus Photography
- OCT (Optical Coherence Tomography)
- Glaucoma & LASIK Work-Up
- Perimetry
- Corneal Topography
- Pachymetry
- Patient Counseling & Education
- Excellent Communication Skills
- Patient-Centric Approach
- Team Collaboration
- Time Management
- Leadership Qualities
- Adaptability

PERSONAL DETAILS

Date of Birth: 03-11-1995
Nationality: Indian
Current Address: Dubai Investment Park,
Dubai, UAE

REFERENCE

Vijayakumar C R
Manager
Eye Tec Eye Clinic and Opticals,
Kothamangalam
9747234161

PROFILE

Dedicated and detail-oriented Optometrist with over 7+ years of clinical experience in eye clinics, optical centers, and hospitals. Skilled in comprehensive eye examinations, refraction, contact lens management, optical dispensing, and pre- & post-operative ophthalmic care. Proven ability to work collaboratively with ophthalmologists, manage patients efficiently, and deliver high-quality vision care while adhering to clinical standards. Seeking a challenging role to contribute expertise and grow professionally in a patient-focused organization.

WORK EXPERIENCE

Optometrist | Eye Tec Eye Clinic and Opticals, Kothamangalam 18 January 2021 – 31 October 2025

- Conducted comprehensive eye examinations including objective and subjective refraction.
- Performed near and distance visual acuity testing, color vision testing, and binocular vision assessment.
- Prescribed and dispensed spectacles and contact lenses based on clinical findings and patient needs.
- Educated patients on eye care, visual hygiene, contact lens usage, and maintenance.
- Handled optical sales, frame selection, lens recommendations, and fitting.
- Maintained accurate patient records and ensured compliance with clinical protocols.
- Managed inventory of optical frames, lenses, and ophthalmic instruments.
- Delivered consistent patient counseling to improve satisfaction and follow-up compliance.

Optometrist | Kochi Eye Care Center, Aluva May 2019 – October 2020

- Recorded patient case histories and performed detailed eye assessments.
- Tested visual acuity, color perception, and visual fields using advanced diagnostic equipment.
- Conducted binocular vision analysis and ocular health examinations.
- Provided pre- and post-operative care for cataract surgery patients.
- Guided patients on proper use and care of spectacles and contact lenses.
- Assess fundus fluorescein angiography, optical coherence tomography and glaucoma work up with appropriate testing apparatus.
- Proficient in operating scan biometry for precise axial length measurement and intraocular lens power calculation.

Optometrist | Luke Memorial Eye Hospital, Perumbavoor August 2017 – October 2018

- Educated patients on visual hygiene, lighting ergonomics, and eye safety practices.
- Performed refraction, visual field testing, and ocular health evaluations.
- Assisted in cataract care and therapeutic vision correction procedures.
- Conducted low vision rehabilitation and vision therapy.

ACADEMIC & CLINICAL EXPERIENCE

- 1-Year Internship** – Dr. Tony Fernandez Eye Hospital, Aluva
- Completed thesis on Comparative study between Auto Refractometer, Hand-Held Auto Refractometer, and Retinoscopy with Subjective Refraction.
- Attended CME programs on Refraction, Spectacle Lenses, and Clinical Optometry.