

# VALENTINA FERNANDA COELLO QUENTE



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## Education

Higher Education:  
University San Sebastian

Secondary Education:  
Charles Darwin School, Punta Arenas.

Primary Education:  
Charles Darwin School, Punta Arenas.

## Languages

Spanish:  
Native.

English:  
Level B2. Certified by  
Cambridge.

## Skills

Teamwork  
Effective communication  
Adaptability to different clinical  
environments  
Problem-solving ability

## Professional Profile

Passionate and dedicated kinesiologist committed to health and well-being, with extensive experience in the assessment, diagnosis, and treatment of patients. Specialized in the design and implementation of physical rehabilitation programs, with a comprehensive and results-oriented approach.

## Laboral experience

**March - April 2023 CESFAM Cóndores de Chile**

**Area: Cardiorespiratory**

Cardiorespiratory assessment in IRA (Acute Respiratory Infections) and ERA (Chronic Respiratory Diseases) units.

Respiratory therapy interventions.

COVID sample collection.

Cardiopulmonary rehabilitation workshops.

Home care for severely dependent users.

Promotion and prevention activities.

**April - June 2023 Felix Bulnes Hospital**

**Area: Cardiovascular**

Cardiovascular assessment in adults and the elderly.

Cardiovascular rehabilitation.

Cardiovascular rehabilitation workshops.

**June - July 2023. University San Sebastian Clinic.**

**Area: Musculoskeletal and Cardiometabolic**

- Musculoskeletal and cardiometabolic assessments.

- Training planning for adults and the elderly.

- Manual therapies to improve mobility and reduce pain.

- Utilization of electrostimulation management.

**August - September 2023. Kitnesschile Center**

**Area: Sports**

- Musculoskeletal and sports assessments.

- Personalized rehabilitation for users.

- Manual therapies to improve mobility and reduce pain.

- Training planning for adults and the elderly.

- Sports injury treatment.

**September - October 2023. Red Salud Clinic**

**Area: Neurorehabilitation**

- Neurokinetic assessments.

- Training planning for adults and the elderly.

- Functional rehabilitation for users.

- Use of electrostimulation management.

**October - December 2023. San Joaquín CEDIAM**

**Area: Geriatrics**

- Geriatric assessment.

- Training planning for older adults.

- Fall risk prevention workshops.

- Education for users.

## January - February 2024

Providing home kinesiology services, with a focus on relaxing and decontracting massages.

### Volunteering

#### "Empowered Patient"

As a volunteer in the "Empowered Patient" program, I actively contributed to initiatives focused on geriatric assessments, fall prevention workshops, physical activity for adults and the elderly. My commitment was centered on guiding users towards a healthier lifestyle, working closely with a team of volunteers and organization leaders to achieve established goals.

#### "Jiu-Jitsu Fest"

As a volunteer in this program, I took on the responsibility of providing emergency care to competitors during the tournament. My main role involved assessing the medical condition of participants and making critical decisions about their ability to continue in the competition. In situations requiring immediate medical attention, I coordinated transfers to emergency services to ensure a prompt and appropriate response to competitors' needs. This experience allowed me to develop decisive skills and demonstrate a consistent commitment to the safety and well-being of participants in the event.

#### "Amputees Selection Chile"

During my participation in this volunteering role, I led the immediate care for amputee users, enabling them to continue participating in their sports activities safely. This experience provided me with the opportunity to make effective decisions under pressure, ensuring immediate and efficient support in critical situations. Emergency management and quick decision-making became fundamental aspects of my professional and personal development.

### Additional courses

#### Applied Mechanical Ventilation

November 2023, Health and Research Academy

#### Advanced Patient Monitoring in Mechanical Ventilation for Advanced Programming

August 2023, CAPOOS Academy

#### Neurological Rehabilitation

July 2023, University San Sebastian

#### Cardiopulmonary Resuscitation

July 2023, University San Sebastian

#### Non-Invasive Mechanical Ventilation

July 2023, University San Sebastian

#### Relaxation, Sports, and Decontracting Massage

November 2022, 6 chronological hours, University San Sebastian

#### Intensive English and Leadership

January - February 2022, hybrid course conducted for 2 weeks in Chile and 2 weeks in the United States with Missouri State University

#### Psychological First Aid

March - April 2020, 8 chronological hours, University San Sebastian