

# Reena Mary Thomas

5025 Four springs Avenue | L5R 0G5 | Mississauga, Ontario | +1 437- 299- 6339 |jewelcharuvil@gmail.com|  
<https://www.linkedin.com/in/reena-mary-thomas-6b7394172> |

## MLPAO Certified Medical Laboratory Technician/Assistant

### Professional Summary

Dedicated and highly skilled **MLPAO Certified Medical Laboratory Technician** with over 10 years of hands-on experience in high-volume international hospital laboratories. Adept at managing core laboratory functions, including **Phlebotomy, Sample Accession, Biochemistry, Hematology, Coagulation, Blood Bank, Microbiology, and Clinical Pathology**, with a proven track record of ensuring precise sample handling and delivering accurate diagnostic results.

Proficient in **pre-analytical, analytical, and post-analytical** phases, specializing in **specimen procurement, traceability, and quality control**. Extensive experience with laboratory instrumentation, troubleshooting, and optimizing workflow to meet rigorous standards. Passionate about providing top-tier diagnostic services while adhering to laboratory protocols and quality management systems. A collaborative team player with the ability to work under pressure in fast-paced environments, while consistently achieving laboratory goals.

### Skills

- Skilled in phlebotomy, specimen handling, aliquoting, and maintaining traceability using LIS and positive patient ID, with strong knowledge of specimen acceptance and rejection criteria.
- Experienced in performing STAT and routine testing across multiple lab departments using both manual and automated analyzers, while maintaining KPIs and adhering to lab policies and procedures.
- Adept at working independently and collaboratively in high-volume, high-pressure settings; able to evaluate situations and respond appropriately.
- Conducted instrument preventive maintenance, troubleshooting, and quality control/assurance; familiar with OVR documentation for non-conformances.
- Knowledgeable in specimen storage, biohazard waste disposal, and referral sample preparation with accurate documentation.
- Competent in managing lab inventory, reagent stock, temperature monitoring, and maintaining cleanliness and safety standards.
- Strong interpersonal and customer service skills; able to handle inquiries and resolve issues professionally.
- Proficient in LIS systems including Insta Lab, Cobas IT 1000, and Cobas Infinity; also skilled in Microsoft Office tools.
- Operated as a POCT Coordinator while working as a Medical Laboratory Technician.
- Valid G driving license in Canada.
- Strong communication skills in English, Hindi, Tamil, and Malayalam.

### Work Experience

#### *LLH Hospital Al Mussafah (A unit of VPS health care) Me-7, Al Mussafah, Abu Dhabi, UAE*

**Certified Medical Laboratory Technician** (January 2013- September 2022) and **POCT (Point of Care Testing) coordinator** (December 2017- September 2022)

- Proficiently received, sorted, accessioned, labeled, separated, and handled laboratory specimens while maintaining traceability using positive patient ID and LIS, operated centrifuges, entered data in LIS based on acceptance/rejection criteria, and distributed specimens to appropriate departments for analysis.
- Extensive experience in manual and automated testing, proficient in running patient samples on various lab analyzers and performing test procedures in Biochemistry, Hematology, Coagulation, Blood Bank, Clinical Pathology, Serology, Microbiology, and Sample Procurement.

- Worked 48 hours per week in rotating shifts (morning/evening/night) across multiple departments in a high-volume, JCI-accredited, ISO15189-certified hospital lab processing 5,200+ tests daily.
- Conducted routine equipment maintenance, prepared and loaded reagents, performed daily calibration and quality control testing before production on all lab analyzers, and troubleshoot and repaired instruments.
- Trained on and operated a wide range of analyzers to perform complex lab testing including - Cobas (6000,6500, u411 e411, Integra 400 plus, b 121) Sysmex (1000XN,2000i, XN-550, Ali fax Roller 20PN), ORTHO Autovue Innova, Ortho vision analyzer, Helmer plasma thawer, ACL elite pro, Ral stainer, Centrifuges, POCT Accu-Chek Informa-II, and Microscope.
- Proficient in analyzing blood, urine, stool, semen, sputum, and body fluids (CSF, Synovial Fluid, Peritoneal fluid). Skilled in COVID-19 sample preparation, extraction, and rapid testing for pathogens like Influenza A/B, Strep antigen, and RSV.
- Prepared and shipped referral samples with accurate documentation and packaging, including sample preparation, reagents, controls, stain preparation, and maintenance of outsourced test records.
- Managed specimen storage and disposal according to retention policies and biohazard waste protocols.
- Monitored temperature logs and ensured lab cleanliness by disinfecting benches and equipment.
- Ensured compliance with OSHA policies and safe work practices, monitored work quality and quantity, and maintained laboratory quality management systems while identifying opportunities for improvement.
- Handled inventory, ensured reagent availability, and supported lab KPIs and quality standards.
- Processed STAT, abnormal, and critical samples by guidelines; reviewed and released reports via Insta LIS and repeated abnormal tests as needed.
- Proficient in slide preparation and staining for microbiology and cytology, including Gram staining, peripheral blood smear, and FNAC smears.

#### As a POCT Coordinator

- Prepared and reviewed SOPs, validated glucose instruments, and trained nursing staff in proper usage.

#### Good Samaritan Hospital / Pathanamthitta, Kerala, India as a Medical Laboratory Technician (May 2006 - July 2007)

- Conducted lab tests in the areas of Hematology and Chemistry, Prepared reagents and specimens for lab tests.

## Education

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#### Canadian Equivalency Summary: *Bachelor's degree (3-year) (WES evaluated)*

- **B.Sc.** in *Medical Laboratory Technology (B.Sc.MLT)* Manipal University, Manipal, Karnataka, India.
- **Diploma** in *Medical Laboratory Technology (DMLT)* Goutham College of Paramedical Sciences, Paramedical Board Karnataka, India.
- **Refresher courses** in *Histopathology, Microbiology, Analytical Chemistry, Urinalysis Theory and Clinical Chemistry* at SAIT (Southern Alberta Institute of Technology), along with Tutorials in Histology at Michener Institute in Canada, in 2024.
- **ECG Workshop** at CIMT College, Canada in 2023.

#### Currently Pursuing: CSMLS Medical Laboratory Technologist (MLT) Certification: *Eligible (Refresher courses completed as per CSMLS PLA requirements)*

## Professional Licenses

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- MLPAO / OSMT Certified Medical Laboratory Technician/Assistant, Canada. Member Number: 47533 (Since March 2024)
- Certified Medical Laboratory Technician, Department of Health Abu Dhabi (DOH), UAE (Since February 24, 2013)
- Life Member, All India Medical Laboratory Technologists Association (AIMLTA:17226) (Since September 4, 2007)

## Achievement

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Awarded a 10-year Golden Visa by the UAE Government in recognition of outstanding service during the COVID-19 pandemic.