

CURRICULUM VITAE

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**CAREER OBJECTIVES**

A challenging position in nursing to utilize my technical skills and professional abilities in the health care that offers professional growth while being resourceful, innovated and flexible

**PERSONAL ATTRIBUTES**

* Self-motivated and a person who fosters teamwork and vision
* Quick to learn new skills
* Ability to work well in a team environment or independently
* Has a professional approach to work and workplace behaviour
* Accepts responsibility for all areas of the job

**QUALIFICATION OBTAINED FROM UNIVERSITY** (Rajeev Gandhi University of Health

Sciences, Bangalore, Karnataka)

**Total Experience: 4 Years**

**Educational Background**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Qualification** | **Year Of Passing** | | **School/College/Institution** | | | **Total Marks (%)** | **Remarks** | |
| B.SC Nursing, IV Year | 2008 | | Sahyadri Institute of Health Science, Mangalore | | | 63.8% | 1st class | |
| III Year | 2007 | | Sahyadri Institute of Health Science, Mangalore | | | 63.7% | 1st class | |
| II Year | 2006 | | Sahyadri Institute of Health Science Mangalore | | | 62% | 1st class | |
| I Year | 2005 | | Sahyadri Institute of Health Science Mangalore | | | 62.4% | 1st class | |
| H.S.E | | 2004 | | V.V. Higher Secondary School,Thamarakkulam | 67.5% | | | 1st class | |
| SSLC | | 2002 | | V.V. Higher Secondary School,Thamarakkulam | 74% | | | 1st class | |

**HOSPITAL INVOLVED FOR TRAINING**

* Govt. Wenlock Hospital,Mangalore(750 bedded with All medical surgical specialists)
* Govt. Lady Goschen Hospital, Mangalore (250 bedded Hospital for Midwifery)
* Omega Hospital Mangalore (200 bedded Cardiac Specialty Hospital)
* Fr. Muller’s Medical College, Mangalore (200 bedded psychiatric Department)
* B.M.Birla Heart Research Centre, Kolkata,
* Calcutta Medical Research Institute, Kolkata.

**ADDITIONAL QUALIFICATIONS & SPECIAL TRAINING RECEIVED(SEMINARS/CONFERENCES)**

* Attended the national nursing conference on “Changing Face of Nursing – Newer Perspective”, organized by Dr. M.V.Shetty Institute of Health Sciences, Mangalore on 17th and 18th January 2008.
* Attended In service Education Programme on “ Soft Skills in Nursing” conducted by Sahyadri College of Nursing, Mangalore, Karnataka on 18th July 2008.
* Attended the national conference on “Nursing Initiatives in crisis Management” conducted by Sahyadri College of Nursing, Mangalore, Karnataka on 13th & 14th August 2008.
* Project Research work done on “Breast Self-Examination Profile among the Women in selected Rural and Urban Community”.
* Knowledge of computer – MS Office, Internet

**REGISTRATION HISTORY(BOARD CERTIFICATIONS/LICENSURES/PROFESSIONAL ASSOCIATIONS/REGISTRATIONS)**

* Karnataka State Nursing Council Registration as a (06/06/2009)

(Life Member)

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(Life Member)

* Kerala Nurses and Midwives Council Registration (Nurse & Midwife): (16/12/2011)

**TRAINING AND PRESENTATIONS GIVEN**

Trained in haemodialysis and basic life support.

**SKILLS AND ABILITIES**

1. Able to performswiftly and efficiently to prevent delays in care.

2. Excellent people skills.

3. Good communication and observation

4. Technical skills to perform treatment and therapies.

5. Able to manage complex machineries.

6. Immediate recognition, observation of important changes in a patient’s condition.

7. Patient assessment

8. Able to interpret lab reports and other diagnostic information in relation to patient’s condition and the plan of care.

9. Ability to answer questions and offer advice.

10. Happy to work as part of a team.

11. Able to calm patients and to deal with an agitated family member.

12. The basic principles of good customer service.

13. Dealing with emotionally charged situations.

14. Able to work under pressure in the hospital environment.

15.Basic computer skills.

**EMPLOYMENT HISTORY**

**CURRENT EMPLOYMENT**

|  |  |
| --- | --- |
| EMPLOYER NAME | DR.NAVIN.R.DAVDA |
| ORGANIZATION DESCRIPTION | DHANWANTARY HOSPITAL,MULUND(W),MUMBAI,INDIA |
| POSITION | REGISTERED STAFF NURSE |
| DEPARTMENT | CARDIAC EMERGENCY AND INTENSIVE CORONARY CARE UNIT |
| EMPLOYED SINCE(YEAR& MONTH) | 10/10/2011 |
| TO(YEAR&MONTH) | 10/10/2013 |

**PREVIOUS EMPLOYMENT**

|  |  |
| --- | --- |
| EMPLOYER NAME | MRS.SOBHA SIVKUMAR |
| ORGANIZATION DESCRIPTION | SHRI.B.D.MEHTA MAHAVIR HEART INSTITUTE,SURAT,GUJARAT,INDIA |
| POSITION | REGISTERED STAFF NURSE |
| DEPARTMENT | CARDIAC EMERGENCY AND INTENSIVE CORONARY CARE UNIT |
| EMPLOYED SINCE(YEAR&MONTH) | 27/06/2009 |
| TO(YEAR&MONTH) | 03/10/2011 |

**PROFESSIONAL EXPERIENCE**

* Registered Staff Nurse in Cardiac Emergency and ICCU in Mahavir Heart Institute from 27/06/2009 to 03/10/2011 & in Dhanwantary hospital 10/10/2011 to 10/10/2013.

**HANDLING PATIENTS**

* Cardiogenic shock
* Aortic valve diseases
* Pre and post CABG, DVR, AVR, ASD, VSD, CAG, PTCA, TPI, PPI,TOF
* Patients on IABP’s
* Patients on Pacemakers (Temporary $ Permanent)
* All patients requiring medical emergency
* Patients with Acute MI, IHD, CCF
* Patients on mechanical ventilators
* All pre and post-operative patients
* All cardiac patients

**DUTIES AND RESPONSIBILITIES(EMERGENCY)**

* Triaging patients on arrival and rating them into emergent, urgent and non-urgent categories.
* Prepare the unit and admission of patient to the emergency room(ER).
* Assessing A,B,C
* Evaluation and recording of patient’s condition.
* Eliciting a brief and complete history
* Assessment of vital signs such as TPR, BP, GRBS, Urine Ketone, etc..,
* Monitoring vital signs
* Assisting in immediate interventions such as CPR and ACLS which includes:

a. Bag and mask ventilation

b. Endo tracheal Intubation

c. Assisting in central venous catheterization

d. Arterial line insertion

e. Chest Tube Insertion

f. Internal Jugular Insertion

g. Ryle’s Tube Insertion

h. Foley’s Catheter Insertion

* Acquiring IV access and peripheral venous line.
* Assisting in defibrillation
* Administering medications and treatment as prescribed by the physician.
* Provision of bed side nursing care.
* Preparation of patient for various investigations like X-RAY,ECG,ULTRASOUND,MRI etc.
* Monitor vital signs frequently and report to physicians.
* Collection of samples, evaluation and record the results.
* Holistic care of patients
* Team approach
* Total pre -op and post –op care
* Assisting in physical needs of the patients
* Psychological consoling of the patients and the relatives.
* Meeting nutritional and elimination needs.
* Maintain barrier nursing techniques and prevent infection.
* Follow medical and surgical asepsis
* Shifting patient to the concerned department with the physician and all the medical records.
* Participate in emergency nurse certification training and other health service activities and in-service education.

# SPECIAL DUTIES

* Maintaining inventory of articles
* Receiving required stationary items
* Attending rounds
* Pain Management and Wound Management
* Basic life support(BLS)
* Giving Defibrillatory shock
* CVP and ABP Monitor
* Supervision of non-professional workers
* **DUTIES AND RESPONSIBILITIES(ICCU)**
* Preparation of the unit and admission of the patients to the ICCU
* Assessing patient’s condition and planning and implementing patient care plans.
* Evaluation and recording of Glasgow Coma Scale ,Ventilator charting, hourly charting of vitals including CVP(Central Venous Pressure)etc to evaluate the condition of the patient.
* Cardiac monitoring and assessment of Central Venous Pressure (CVP), Arterial Blood Pressure (ABP), Non-Invasive Blood Pressure (NIBP)and identification of cardiac emergencies to provide nursing care according to priority.
* Assisting physicians in performing various procedures as tracheostomy, Endo-Tracheal Tube Insertion (Intubation), Dialysis Cath Insertion, Subclavian, Internal Jugular, Femoral Catheter Insertion, Ryle’s Tube Insertion, and Temporary Pacemaker Insertion etc.
* Treating wounds and providing advanced life support.
* Frequent observation and recording of patient’s vital signs and report immediately any deviation from normal range to the concerned nursing supervisor and physician.
* Ensuring that ventilators, monitors and other types of medical equipments function properly.
* Administration of medication and treatment to the patient’s as prescribed by the physician.
* Administration of IV fluids as per order by the physician.
* Maintain intake and output chart after monitoring the fluid and electrolyte balance.
* Follow the universal aseptic techniques and strict adherence to infection control policies.
* Adherence to hospital policies to prevent infection and ensure standard healthcare to the patients.
* Based on the condition communicate with the patients and their relatives and help to clarify the doubts and give health education.
* Collection of specimen, samples and send to the laboratory for the tests and, evaluating, recording and reporting of results.
* Preparation of patients for various investigations like X-RAY,ECG,CT,MRI,ULTRASOUND etc.
* Ordering diagnostic tests.
* Collaborating with fellow members of the critical care team and work as an active member of the team to provide high quality and safe patient care.
* Responding to life saving situations using nursing standards and protocols for treatment.
* Acting as patient advocate.
* Providing education and psychological support to patient and family.
* Care of pre and post-operative patients.
* Prepare the patient for various procedures like CABG,Coronary Angiography,Coronary Angioplasty,PTCA.
* Cardio Pulmonary Resuscitation (CPR) in emergency situation in association with other team members.
* Care for the patient on ventilator,BIPAP,CPAP,and Intra-Aortic Balloon Pump(IABP).
* Administration of prescribed medicines by using the five rights of medicine administration and double check with the nursing supervisor before administration.
* Conduct nursing interventions like wound drainage,catheterization and medication administration to delegated patients within the scope of practice.
* Bed side nursing care to assigned stable patients in the ICCU based on basic assessment and evaluating the outcomes.
* Provide routine care for all patients admitted in ICU.
* Maintaining barrier nursing techniques and prevention of cross infection.
* Assist the patient in shifting from ICCU to wards with all required medical records and patient accessories.
* Assist the patient in discharge process by planning patient’s health education,follow-up care etc.
* Maintain the safety of the patient by maintaining records and reports properly.
* Practice and participate in quality improvement professional in-service training programmes and health promotion activities.

**ASSISTED PROCEDURES**

**INTENSIVE CORONARY CARE UNIT**

* Endo-tracheal tube insertion(Intubation)
* Tracheostomy
* Central venous Pressure (CVP) line insertion
* Extubation
* Defibrillation
* Temporary Pace Maker insertion(Cardiac Pacing)
* Suturing
* Inter Costal Drainage Tube insertion
* Internal Jugular insertion
* Subclavian insertion
* Dialysis Cath insertion
* Femoral Catheter insertion
* Arterial line insertion
* Pleural Tapping
* Pericardial Tapping
* Lumbar Puncture
* Ryle’s tube insertion
* Foley’s Catheterization
* Supra pubic Catheterization
* Haemodialysis

**CARDIAC EMERGENCY**

* Intubation
* Cardio Pulmonary Resuscitation (CPR) with ACLS
* Defibrillation
* Central Venous Pressure(CVP)line insertion
* Inter Costal Drainage tube insertion
* Cardiac Pacing(TPI)
* Suturing
* Pleural Tapping
* Pericardial Tapping
* Arterial line insertion
* Femoral catheter insertion
* Arterial Cannulation
* Ryle’s tube insertion
* Foley’s catheterization
* Ascetic Tapping
* Lumbar Puncture
* Dressing
* Wound Drainage

**TECHNICAL EXPERIENCE :**

* Venoclysis / Phleboclysis
* IV Canulisation(Peripheral line insertion)
* Equipment use and care
* Sensory skills
* Reading results
* Ryle’s Tube Insertion
* Foley’s Catheterization
* Arterial blood collection for Blood Gas Analysis
* Removal of Inter Costal Drainage tubes
* Removal of IABP
* CPR
* Cardio Version and DC shock
* Dressing
* Mouth care, Back care
* Suture Removal
* Clip Removal
* Steam Inhalation
* Nebulisation
* Administration of all Injections

**EQUIPMENTS HANDLED**

* Siemens 300c x 900c ventilator
* Drager Evita 4 x 2000 ventilator
* Hewlett Packard monitoring system like Viridams 2000
* Defibrillator Hewlett Packard
* Data scope Intra-Aortic Balloon Pump
* Page writer 300
* IRMA blood gas analyser
* Syringe pump & Infusion pump
* Jet Nebulizer & Heat massager
* Nelson’s inhaler
* Pulse Oxymeter
* Ambubag
* Reservoir bag mask and venture mask
* Laryngoscope
* Glucometer
* Alpha bed

**ACHIEVEMENTS**

* Basic Life Support (BLS)
* Trained in Hemodialysis unit

**WORK PROFILE**

* Responsible for nursing care and management of personal and maintenance of patient’s sanitation.
* Served as charge nurse responsible for maintenance of equipments and supplies in the hospital.
* Pain Management and Wound Care.
* Guiding junior staffs.
* Assisting for rehabilitation.

**ADMINISTRATIVE EXPERIENCE**

I was actively involved in medical education programms regularly conducted at our hospital. As a staff nurse I was involved in all day to day department activities like keeping stocks and maintaining equipment’s.

**SPECIAL INTERESTS**

Interested to work in Cardiac Emergency & ICCU

**PERSONAL DETAILS**

Date of Birth : 22/12/1986

Sex : Female

Religion : Hindu

Nationality : Indian

Marital status : Married

Languages Known : English, Hindi, Malayalam, Kannada, and Gujarati

Hobbies : Listening to Music, Reading and Gardening

**DECLARATION**

I hereby declare that the above information is true to the best of my knowledge and belief.

Date: