**CURRICULUM VITAE**

**ANJU**

**ANJU.333299@2freemail.com**

Dear Sir/ Madam,

Kindly accept this application from a talented and capable applicant who wishes to apply for the post of staff nurse.  I would bring to your hospital / health care center real life experience of the **Medical Surgical Ward** and this field is mentioned in the job advert. I am very confident that my background as a nurse closely parallels the profile of the type of candidate you are looking for.

With my present employer I have consistently exceeded all goals set for me, and am valued for my hard work, reliability, tenacity and ability to come up with solutions to problems.

My core strengths include, but are not limited to the following:

* Being friendly with, sensitive to, and supportive of nervous patients.
* Assessing, diagnosing, planning, implementing and evaluating treatments for patients with complex needs.
* Mentally strong and able to deal with large amounts of responsibility.

I would be grateful for the opportunity to demonstrate my capabilities further at an interview. Please feel free to contact me to arrange a meeting at your earliest convenience.

I would like to thank you for taking the time to consider my application, and I eagerly look forward to hearing from you.

Yours sincerely,

Anju

**CAREER OBJECTIVE**:

* Seeking for a challenging career as a Registered Nurse which enables me to utilize my experience in the treatment of patients.
* To provide Holistic nursing care to the patients.
* Deliver high standards of nursing care through the best use of available resources.
* Capable and career oriented with a creative ability and analytical skill, necessary for optimum productivity and performance.

**ACADEMIC QUALIFICATIONS**

|  |  |  |  |
| --- | --- | --- | --- |
| **Qualification** | **Institute** | **Year** | **Division** |
| Secondary Education | Kerala Syllabus | 2004 | 1st Class |
| Higher Secondary | Kerala Higher Secondary Board | 2006 | 1st Class |

**PROFESSIONAL QUALIFICATION**

|  |  |  |  |
| --- | --- | --- | --- |
| **Qualification** | **Institute** | **Year** | **Division** |
| B.Sc Nursing | Yenepoya Nursing College, (Rajiv Gandhi University of  Health Sciences, Karnataka, India) | 2006 - 2011 | First Class |
| HAAD EXAM - | Health Authority, Abu Dhabi UAE | 2016 | First Attempt |

**SPECIAL TRAINING**

BLS on 07th January 2015

**PROFESSIONAL EXPERIENCE**

**Yenepoya Medical College, MANGALORE, KARNATAKA, INDIA (2.5 years in Surgical Ward):**

The hospital is a 850 bedded medical college hospital, having specialty services like Medicine, Surgery, Pediatrics, Obstetrics and Gynecology, Orthopedics, Ophthalmic, Cardiology, emergency medicine, Psychiatry, Skin and super specialty services like Neology, Nephrology, gastroenterology, gastro surgery and plastic surgery.

**Core Responsibilities and Performance highlights:**

* Displayed expert clinical skills in managing the critical care of all categories of patients.
* Reacted effectively in emergency scenarios, demonstrating sound decision-making that helped save patient lives.
* Contributed to strategic plans and initiatives to advance standards of care excellence, improve patient outcomes and drive continuous improvement.
* Planned and coordinated nursing services and ensured good comfort and health of patients and families.
* Implemented nursing process according to hospital policies and procedures.
* Developed and implemented safety and risk management initiatives.
* Preparing patients for surgery by administering drugs, anesthetics and injections
* Used equipment effectively to assess patient needs and provide appropriate care.
* Documented and recorder patients’ progress in an accurate manner.

**PROCEDURES & CARE DONE**

Provide quality nursing care to patient according to their priority needs and enable them to lead a normal healthy life.

* Admission of the patient
* Providing a safe environment
* Assessment of the patient
* History taking
* Physical examination
* Investigation
* Observation
* Identification Of the patients.
* Preparing short term & long term goals
* Preparing nursing care plans according to priority signs and symptoms.
* Checking the vital signs & recording it properly
* Administration of medications according to seven rights
* Administration of injections and infusions according to doctor’s prescription under safe-I rule that is safe injection, safe infusion, infection control, safe health care workers and safe waste management.
* Male & female catheterization under strict aseptic technique
* Bladder wash & bowl wash
* Nebulization
* Oxygen administration
* Nasogastric Tube insertion & Aspiration
* Gastric gavage & gastric lavage
* Providing (1) physical care includes personal hygiene (bed bath, elimination processes , care of skin, mouth care, back care, perineal care, assisting in the activities of daily living.

(2) Nutrition: assisting the patients for taking their foods according to their prescribed diet. (3) Sleep: provision of good environment, positioning, good ventilation, wrinkle free bed.

* IV cannulation and transfusion procedures like blood, plasma & Platelets.
* Maintaining accurate intake & output chart.
* Lifting and transferring the patient
* Catheter care
* Chest physiotherapy, nasal & tracheostomy suctioning
* Tracheostomy care
* Providing spiritual, recreational & occupational care
* Providing active and passive exercise to the patient
* Providing rehabilitation therapy for the amputated patients
* Dressing of wounds
* Checking the neuro vascular status
* Care of the patients with plaster cast & tractions
* Administration of hot & cold application
* Care and observation of the patient after orthopedic surgeries to prevent the complications
* Bandaging and immobilization of the wound
* Discharge procedure
* Death care
* Emergency management of the patients with cardiopulmonary arrest, myocardial infarction, asthma
* For renal patients maintaining the strict intake and output chart.
* Preparations before and after the dialysis
* Rehabilitation therapy and health teaching for the renal patients and their relatives about restriction of diets, fluids etc
* Checking the blood pressure fourth hourly.
* For the renal transplantation patients, maintaining the strict aseptic techniques.
* Providing comfortable positions and devises like fowler’s positions for breathing difficulty patients and for bedridden patients backrest, air cushion, air bed, water bed, knee rest, sand bag, side rails to prevent fall etc
* Suture removal
* Cardiopulmonary resuscitation

**PROCEDURES SEEN AND ASSIST**

* ABG analysis
* Ambu ventilation
* Endotracheal suctioning
* Lumbar puncture
* X-ray
* Ultrasound & Doppler scan
* Echo cardiogram

**PREPARATIONS DONE BEFORE &AFTER THE DIAGNOSTIC PROCEDURES:**

* Radiography
* Arthrocentesis
* Arthrogram
* Arthroscopy
* Bone scan
* Bone or muscle biopsy
* Lumbar puncture
* Skin biopsy
* X-ray like barium meal
* Ultra sound scan
* Echo cardiogram
* MRI scanning
* CT scan
* Pleural tapping
* Doppler scan
* Renal biopsy
* Endoscopic procedures

**EQUIPMENTS HANDLED**

* Pulse oximeter
* Larynges scope
* Ophthalmoscope
* Nebulizer
* Steam inhaler
* Suction apparatus
* Glucometer
* Thermometer
* Sphygmomanometer
* Oxygen flow meter
* Infusion pump
* Weighing machine
* Needle burner
* Each ward has an emergency tray which has endotracheal tubes of different sizes, ambu bag, four oxygen cylinders with probes, emergency medicines, laryngoschope etc.
* Isolation techniques used for handling infectious patients by using gloves, masks and gown which are available in the ward.
* Cross infection is prevented by the proper sterilization articles.

**PERSONAL INFORMATION:**

* Date of Birth    :  16/03/1989
* Gender     :  Female
* Marital Status   :  Married
* Nationality    :  Indian
* Languages Known      : Hindi, English, Malayalam, Kannada.
* Religion : Hindu

**PASSPORT DETAILS:**

* Date of  Issue  : 01/06/2016
* Place of Issue   : Cochin
* Date of  Expiry :31/05/2026
* Visa Status : Residence visa-Husband visa

 **DECLARATION**

I hereby declare that the particulars furnished above are true and correct to the best of my knowledge and belief.