

**Ganga**

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**Career Objective**

To obtain a position in a Health care facility where I can utilize my knowledge, skills and experiences to provide quality health care.

**Work Experiences**

**The Health Medical Services L.L.C Al Ain** April 2016 to till date

HAAD RN

Major Responsibilities

**●** Co-ordinate with family and patient to develop home care plans

● Assist in daily living of activities like bathing ,eating ,walking ,transferring

● Monitor vital signs along with blood sugars using glucometer

● Administer medicines through different route

● Prepare nursing assessment and reports on patients progress

● Establish patient's goals and home care requirements

● Evaluate and implement home care plans for patients

**Shree Birendra Army Hospital Nepal**  July 2011 to April 2016

**OFFICER NURSE**

AREA: Post Operative ward , Maternity, Gynae and obstetric

**Post operative Nurse**

Major Responsibilities

●Assessing a patient's condition with planning and implementing patients care plan.

●Perform different procedures likeBed making ,checking vital signs,assist in ambulation.

Positioning

Prepare ,administer and record prescribed medications.Report adverse reaction to medications or other treatments.

● Provide post operative care according to needs(wound care, ostomy care, catheter care, tubes care, oral care,pain management)

●Prepare ventilator and assist doctors during intubation,treatment and procedures which can include life saving situations.

● caring pt with ventilator

● Helping doctors in cvp insertion, making rounds with doctors and nurses

**Cases Handled :**

● Ortho cases: Total hip replacement, subluxation, external fixator, internal fixator

**●** Gynae cases: laparatomy, hysterectomy with bilateral salphingoopherectomy, vaginal hysterectomy

**●** ENT cases: septoplasty, Tonsilectomy, polypectomy

**●** Uro cases: TURP, lithotripsy, nephrectomy

**●** Neuro cases: VP shunt, craniotomy

**●** Gastro cases: cholecystectomy (laparoscopic and open), laparatomy, Whipple's procedure, appendectomy, colectomy , ileocolectomy, ileotomy

**Maternity Nurse**

Major Responsilities

**●** Receive the patient with detailed history(LMP,EDD,previous ANC visits, any danger signs, patients' complain of)with available investigations reports.

**●** Perform the physical examination(vital signs, FHS,contraction,P/A examination,P/V examination,cardiotopography).

**●** Inform the duty doctor about the case.

**●** Admit the patient according to stage of the labour. Provide patient care according to the need of the patient.

**●** Assist,encourage,support the patient during labour or during operation. Monitor patient's progress using partograph during labour.

**●** Antenatal ,Intranatal and postnatal care.

**Cases handled :**

**●** Antenatal cases in different stages of labour,IUFD, Pre eclampsia, Eclampsia, Pacenta previa, abruptio placenta.

**●** Conduting normal delivery and scrub nurse and circulatory nurse in caesearen section.

**Gynae/Obstetric Nurse**

Major Responsibilities

**●** Receiving patient from maternity, post operative ward ,Emergency and Gynae Opd. Checking vital signs, general assessment of patients condition, newborn babies.

● Encouraging and supporting for breastfeeding and different positioning styles along with burping technique.

● Performing procedures like dressing, stitches removal, tubes removal, perineal care. Carry out treatment protocol ,opening IV line, providing IV ,IM,S/C medicines.

● Prepare pt for OT, care after operation, giving education.

**Cases handled**

● Postnatal cases with episotomy , tear, with vaccum delivery. Post caesearen section cases along with new born babies.

● Pregnant cases with different diagnosis like UTI ,fever ,hyperemesis gravidarum, decrease fetal movement ,fall injured, threatened abortion,missed abortion, incomplete abortion, ectopic pregnancy, molar pregnancy.

● Gynae cases like utero vaginal prolapses, abnormal uterine bleeding, dysfunctional uterine bleeding,fibroid uterus,adenaxal masses.ca ovary,ca cervix, dermoid cyst, chocolate cyst.

● Post operative Gynae cases like laparatomy, hysterctomy with bilateral salphingoopherectomy, vaginal hysterctomy, suction and evacuation.

**Trainings**

**●Helping Babies Breathe** Master Trainer Course on August 2012

**●Basic Life Savings** organised by American Heart Association on July 2015

**Academic Qualifications**

**Bachelor of Science in Nursing (B.Sc Nursing) - Bachelor Degree**

Dates : December 2006-December 2010(4 years course)

Principle Subjects :Integrated Health Sciences , Fundamentals of Nursing , Community

Health Nursing , Nutrition and Diet Therapy , Adult ,Child and

Geriatric Nursing , Midwifery , Family and Reprodutive Health

Nursing, Nursing Concepts Theory , Psychiatric Nursing

Board Name : Tribhuvan University

Institute Name : Institute Of Medicine , Nursing Campus , Maharajgunj , Kathmandu

Nepal

**10+2 Science - Intermediate Degree**

Dates : June 2003- June 2005

Principle Subjects : Physics , Chemistry , Biology , Mathematics , English

Board Name : Higher Secondary Education Board

Institute Name : Millenium HIgher Secondary School, Palpa , Nepal

**School Leaving Certificate (SLC)**

Completion Year : 2002

Principle Subjects : English, Mathematics, Science and Computer.

Board Name : His Majesty Government , Nepal

Institute Name : Palpa Awasiya Secondary School , Tansen ,

**License and Registration**

**●**Helping Babies Breathe Master Trainer - August 2012

**●**Registered Nurse - Health Authority Abhu Dhabi, HAAD, Expires @ Apr 27, 2018

**●**Registered Nurse - Nepal Nursing Council, NNC, Nepal. Expires @ Jun 13, 2017

**Language Skills**

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| Languages | Speaking | Reading | Listening | Writing |
| English | Excellent | Excellent | Excellent | Excellent |
| Nepali | Excellent | Excellent | Excellent | Excellent |
| Hindi | Excellent | Excellent | Excellent | Excellent |
| Urdu | Excellent | Poor | Excellent | Poor |
| Arabic | Fair | Poor | Good | Poor |

**Computer Skills**

Good Command in Microsoft word, Excel, Power point, Windows 98, Windows 7, Windows 8.1

**Publication**

Awarenes On Urinary Tract Infection Among Pregnant Women, a research report submitted to Maharajgunj Nursing Campus, Tribhuvan University for a partial fullfillment of B.Sc Nursing 2010.