**CAREER RESUME**

TEENA

Staff Nurse

Email: teena.359799@2freemail.com

**OBJECTIVE:-**

Dedicated, reliable, skilled, ethical health care worker with ability to stay calm and intervene during crises, facilitate groups and educational seminars, and collaborate on multidisciplinary teams looking staff nurse position in a reputed Health care.

**MY STRENGTHS:-**

I am self motivated, I can communicate reasonably well. I have a good level of emotional intelligence to get along with different type of patients and colleagues and I can feel myself in cool hard times. I am trained to be proactive, highly initiate responsible in execution, hard working in endeavors, ability to comprehend effectively, assertive in resolution.

**PERSONAL INFORMATION:-**

Date of Birth: - 10/02/1987

Marital Status: - married

Nationality: - Indian
Religion: - Christian

**PROFESSION:-**

Registered Nurse

**ACADEMIC DETAILS:-**

|  |  |  |  |
| --- | --- | --- | --- |
| **COURSE** | **NAME OF INSTITUTION**  | **UNIVERSITY/BOARD** | **%MARKS** |
| Plus two |  Higher Secondary SchooMuthukulam | Higher Secondary Board of Education Kerala | **62%** |
| SSLC | St.Thomas HS,Karthikappally | Board of Public Examination Kerala | **55%** |

**PROFESSIONAL QUALIFICATIONS:-**

|  |  |  |  |
| --- | --- | --- | --- |
| **COURSE** | **NAME OF INSTITUTION** | **UNIVERSITY/BOARD** | **%MARKS** |
| Generalnursing &midwifery | HARSHA SCHOOL OF NURSING  | KARNATAKA Nursing Council  | **60%** |

**CURRENT REGISTRATION:-**

Details of Registration in the Home Country:-

Nursing Registration: - Karnataka Nursing Council,

Nurse;-Female

**EXPERIENCE:-**

Total Year of Experience - 5 YEARS

**EMPLOYMENTS AND EXPERIENCE DETAILS:-**

* From 26/05/2009 to 28/06/2010 Worked as a Staff Nurse in V.S.M Hospital Kerala,India,in Intensive Cardiac Coronary Unit and from 16/08/2010 to 14/06/2014 worked as a staff nurse in AL-Thawra Modern General/Teaching Hospital,Sana’a,Yemen in Medical and Surgical,Oncology Department

**DUTIES AND RESPONSIBILITIES:-**

* Assessment, planning, implementation and evaluation of the nursing care requirements of their allocated patients.
* Share professional knowledge and skills with colleagues.
* Demonstrate nursing procedures and supervise junior nurses and student nurses and Para- nursing’s staff.
* Organization and management of nursing care.
* Maintain the core values of the professional
* Efficient recording of all necessary documentation.
* Timely identification and communication of any issues to ward manager.
* Maintain an effective interdisciplinary communication process.

**NATURE OF DUTIES:-**

* Provide immediate care in extreme life threatening emergencies and rapid grasp of a problem.
* Identify and manage a patient crisis.
* Render comprehensive care by creating a healing climate and by providing comfort measure.
* Perform complete Physical examination.
* Perform the following nursing procedures.
* Admission Procedure.
* Bed Making.
* Nursing Assessment.
* Monitoring Vital Signs.
* Checking the Airway, Breathing and Circulation.
* Oxygen Administration.
* Insertion of I/V cannula, maintain I/V line.
* Medications- oral, intramuscular, intravenous subcutaneous, intradermal, topical, sublingual and per-rectal.
* Blood transfusion.
* Carry Out the Doctor's Order.
* Nebulisation, Steam Inhalation and Chest Physiotherapy.
* Suction (nasopharyngeal airway, ET tube).
* Ryles tube insertions and NG feeding.
* Gastric Lavage.
* Rectal Stimulation.
* Wound Dressing.
* Collection of sterile specimens like Blood, urine, stool and sputum.
* Prepare instruments for examination and assist during examination and treatment.
* Monitor The ECG
* Continuous cardiac monitoring.
* Cardio-pulmonary resuscitation.
* Defibrillation.
* Diet Planning.
* Active and Passive Exercise.
* Chemoport needle insertion
* Assisting the procedures like a Suturing, p i c c insertion,bone marrow aspiration bone marrow biopsy
* Chemoport care,hickman's care.
* Cytotoxic drug preparation
* Management of extravasation.
* Blood collection from chemoport,hickman's catheter.
* Assessing the physical and psychological needs of the patients.
* Check for complication such as bleeding, Hypotension, hypertension, bradycardia, fever, infection, retention of urine, Hypoxia, Vomiting, Pain, Arrhythmias,Apnea, Hypothermia etc.
* *Maintaining* records, reports and inventory checking.
* Follow up discharge teaching, Counseling of the patient and relatives.
* Proper documentation.

* Shall oversee and guide the work of other nursing and support staff as per need.
* Assures open and timely communication with patients their significant other and team members to ensure the occurrence of effective therapeutic communication.
* Controlled use of narcotics in accordance with hospital policies and procedures.
* Provide emotional and informational support to patient’s family.

**EQUIPMENTS USED:-**

* Infusion pumps
* ECG Machine (12 leads)
* CPR Trolley
* Pulse Oximeter
* Cardiac Monitor
* Defibrillator
* Nebulizers
* Suction Apparatus

Head warmer

* Syringe pump
* Oxygen hood
* Oxygen flow meter
* Weight machine
* Crash cart
* Procedure tray
* L p tray
* Injection tray
* Intubation tray
* Glucometer etc.
* Ambu Bag

**PROCEDURES CARRIED OUT**

* Injections
* IM
* IV
* Transfusions
* Introducing Nasogastric Tube
* Introducing Foley’s Catheter
* Wound Dressing
* Assisting in CVP, Femoral Catheter,Blood transfusion,PICC Line insertion, Umbilical line insertion
* Intubation,

 **chemoport needle insertion**

 **Hickmans catheter care**

 **Picc care**

 **Chemotherapy drugs preparations and administration**

**DECLARATION:-**

I hereby declare that all the statement made in this application is true and correct to the best of my knowledge and belief.