***CURRICULAM VITAE***

**TEENA**

[**TEENA.363484@2freemail.com**](mailto:TEENA.363484@2freemail.com)

**(BSc NURSE)**

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| **OBJECTIVE** |

A highly skilled and talented staff nurse with knowledge in obstetrics and gynecological cases ,cardiac cases,hospital equipments and the ability to provide extensive patient care, assists doctors during surgeries,maintain a healthy/safe hospital environment and supervise the entire nursing staff.

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| **PROFILE** |

1. Ambitions and motivated person, self – confident, loyal, caring, helpful and reliable . Pay close attention to people’s needs
2. Hard working ready to adjust and adapt in to environment eager to learn and ready for self development.

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| **PERSONAL INFORMATION** |

Gender : Female

Date of Birth : 4th May 1988

Religion : Christian

Marital Status : Married

Nationality : Indian

Languages known : Malayalam, English, Tamil, Kannada, Hindi.

Hobbies : Listening Music, Singing & Reading.

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| **EDUCATIONAL QUALIFICATION** |

**Secondary Examination**

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| **Board** | **Year** | **Marks** |
| Kerala State Board,  India | 2004 | 67.3% |

**Higher Secondary Examination**

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| **Board** | **Year** | **Marks** |
| Kerala State Board,  India | 2006 | 77% |

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| **PROFESSIONAL QUALIFICATION** |

***Exam Passed of Dubai Health Authority (DHA),Dubai***

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| **Board** | **Year** | **Remarks** |
| Government Of Dubai | 16-OCT-2016 | Passed |

***Exam Passed of Prometric Supreme Council of Health ,Qatar***

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| **Board** | **Year** | **Marks** |
| State of Qatar  Supreme Council of Health | 2015 | 61% |

***Degree in B.Sc. Nursing & Midwifery***

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| **Institute** | **Year** | **Marks** |
| Sri Raghavendra Institute of Nursing Science, Bangalore | 2006-2010 | First year : 59%  Second year : 59%  Third year : 63%  Fourth year : 64% |

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| **PROFESSIONAL EXPERIENCE** |

* Working in **Christos Hospital** (K.P.A.C Junction, Kayamkulam, Alappuzha District ) in Obstetrics and Gynecology department from ***01/08/2012 to 06/02/2017.***

**Speciality :-**

Obstetrics and Gynecology Department.

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| **JOB PROFILE** |

* Assist in Complicated labour.
* Mental and physical assessment during the progression of labour
* Per vaginal Examination.
* Conduct normal vaginal delivery.
* Assist in caesarean section.
* Assist in the induction of labour and rupture of membranes by koker’s.
* New born care and postnatal care.
* Neonatal resuscitation.
* Worked in **Jehangir Hospital** and Medical Research Centre (associated with Apollo) Pune in Cardiac and Medical/ Surgical ward from ***01/07/2011 – 04/07/2012 .***

**Speciality :-**

In Cardiac Nephrology, Oncology, Gastro Entrology,Skin&Neurology

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| **JOB PROFILE** |

**Training and Performing the following Procedures / Function :-**

1. Mainly as a basic health care Provider & health Educator for clinically ill patient which include observation of vital signs, maintaining patients nutrition and hygiene care, understanding the patient’s comfort measures, administration of medicine, Injections and observe side effects of medications and care of pattern.
2. Procedures Performed include IV cannulation, administering the fluid therapy, Blood transfusion, O2 therapy, Arterial blood gas collection and assessment of ABG, Bag mask Ventilation (BMV), initating emergency medicines, RT insertion and feeding, Growth Assessment, taking ECG, providing CPR, carrying out stomach wash.
3. Assisting Physicians in procedures like dressings, lumbar Puncture, Plural tapping, exchange transfusions.
4. Assisting Physicians in central line insertion, intubation, Managing cardiac emergency procedures.

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| **JOB SKILLS** |

* Provides immediate Nursing care to critically ill
* Communicate with other members of health care team as necessary & maintains

Good relationship with colleagues and supervisors.

* Conducts health Education classes to patient as well as relatives.
* Maintain training classes with colleagues.
* Carrying out LAMA discharge procedures if any.
* Maintaining Nursing document & Records.
* Sending Lab specimens & Administering medications
* Prepare the patients mentally and physically & Assist the doctors for any therapeutic procedures
* Monitor vital signs
* Transferring patients from ward to ICU
* Maintaining Stocks

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| **TYPE OF CASES HANDLED** |

Patients with respiratory distress syndrome, Apnea, Hypoglycemia, hyperglycemia, Convulsions, Congestive Cardiac failure, Intestinal obstruction, Post operative cases (such as Coronary Artery by-pass grafting, AVR, Coronary Angiography, Coronary Angioplasty, Pace maker implantation, etc.) Acute Gastro Enteritis, Seizure, Meningitis, Gastritis, Upper Respiratory tract infection, Jaundice, Poisoning, Septicemia, Hyper Bilirubinaemia, Acute Lower Respiratory Tract Infection, Pneumonia, Urinary tract infection, Tonsillitis, Pyrexia, Acute Pharyngitis, Nephrotic Syndrome, Hypoxic Ischemic Encephalopathy, Bronchitis, NectrotisingEntero Colitis, and Post operative cases (like Lap cholecystectomy, Fistulectomy, appendectomy, transurethral ressection of prostrate gland and fracture).Elampsia, Dialatation, and curattage, Hysterectomy, Oopherectomy, Myomectomy.

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| **PROCEDURES ASSISTED IN CARDIAC & MEDICAL SURGICAL WARD** |

* Pleural tapping
* ABG collection
* Code Blue
* CPR
* Suctioning
* Intubation
* Blood Exchange
* Lumbar Puncture
* Collection of specimen
* PICC Insertion
* D&C
* Hysterectomy
* Oopherectomy
* Myomectomy
* Vulvectomy

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| **TYPE OF CASES HANDLED** |

* Closed and Open Suction
* Ambubag and crash kit
* Humidifier
* Endotracheal tube
* Pulse Oxymeter
* Stethoscope
* Suction Apparatus
* Laryngoscope
* Glucometer
* Oxygen Mask
* Infusion Pump
* Sphygmomanometer
* Dialators
* Retractors
* Scissors(Straight, Curved etc)
* Vulsellum
* Forceps

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| **COMPUTER SKILLS** |

* Basic Computer Knowledge

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| **ROLES AND RESPONSIBILITIES** |

* Admission of new patients
* Care of patients
* Attending patient’s hygienic needs and comforts
* Team leading and giving orientation to new staff
* Monitor vital signs
* Maintains records and reports
* Cardiopulmonary resuscitation.

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| **PASSPORT DETAILS** |

Place of Issue : Cochin

Date of Expiry : 15/08/2024

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| **DECLARATION** |

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

Place :