**SABITHA**

**Email:** [**sabitha.368857@2freemail.com**](mailto:sabitha.368857@2freemail.com)

**CARRIER AIMS**

**Seeking a growth oriented and challenging career in nursing profession and patient care in reputed hospitality sector where I can apply my knowledge and skills to the best of my abilities.**

|  |  |  |
| --- | --- | --- |
| **Gender** | **:** | **Female** |
| **Date of Birth** | **:** | **12th, may, 1985** |
| **Marital Status** | **:** | **Married** |

|  |  |  |
| --- | --- | --- |
| **Religion** | **:** | **Hindu** |
| **Nationality** | **:** | **Indian** |
| **Languages Known** | **:** | **Malayalam, Hindi, English, and Arabic** |
| **Date of Issue & Expiry** | **:** | **14/03/2017 to 13/03/2027** |
| **Total Experience** | **:** | **7 Years & 2 Months** |

**Nursing Qualification**

**GNM (General Nursing and Midwifery)**

School of Nursing DR.NAIR’S HOSPITAL, Kollam

**Work Experience**

**I have total 7 years & 2 Months experience as a staff nurse in the following departments.**

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| --- | --- | --- |
| **Hospital** | **Areas of placement** | **Experience** |
| **Muzaffarnagar Medical** | **NICU & Dialysis Unit** | **16th Jan 2006 to March 2008** |
| **College & Hospital** |  |  |
| **AlKhaleejy Medical** | **Gynaec & Obstetrics** | **17th April 2011 to 16th April** |
| **Clinic,Riyadh** |  | **2015** |

**ACHIEVMENTS**

**1- BLS [Basic Life Support] Card Holder**

**Conducted by A.H.A (American Heart Association)**

**Duties and Responsibilities:**

* **Recognizes residents rights and abides by resident bill of rights at all times**
* **Provides support and guidance on health care while maintaining the overall well-being of elderly people.**
* **Perform diagnostic testing, monitor vital signs and regularly update patient records.**
* **Administer medication and assist the physician in diagnosing and treating disease or disability caused by aging.**
* **Assist the patients family in providing care and support to the aging patient**
* **Geriatric nurses must be able to determine, through both verbal and non-verbal communication, the health of patients by knowing symptoms, ailments and**

**medications being taken by patients.**

• **Assessing** **the patient’s ability to do routine daily tasks**

* **Attends change of shift report and receives assignment from charge nurse/unit**
* **Be sensitive to racial, ethnic, religious and cultural mores and traditions regarding end of life care planning, disclosure of information and care decisions.**
* **Assessing the patient’s ability to do routine daily tasks.**
* **Consults and coordinates with health care team members to assess, plan, implement and evaluate patient care plans.**
* **Prepares and administers (orally, subcutaneously, through an IV) and records prescribed medications.**
* **Reports adverse reactions to medications or treatments in accordance with the policy.**
* **Assesses the patients’ ability to do routine daily tasks**
* **Assists patients with such basic needs as dressing, eating, and bathing, and encourages patients to do things for themselves to retain feelings of independence and self-esteem**
* **Recognizes and manages geriatric syndromes common to older adults, including: cardiovascular, respiratory, gastrointestinal, urinary, hematological, musculoskeletal, endocrine, neurological, psychiatric/psychosocial, integumentary, sensory and pain problems.**
* **Involves, educates, and when appropriate, supervises family/significant others in implementing best practices for older adults.**
* **Records all care information concisely, accurately and completely, in a timely manner, in the appropriate format and on the appropriate forms**
* **Manage and negotiate within the health care delivery system on behalf of geriatric clients in primary care.**
* **Monitor and ensure quality health care for geriatric clients in primary care.**
* **Engage in counseling, communication, collaboration and teaching in a manner that reflects caring, advocacy, ethics and professional standards.**
* **Conducting range of motion activities with post-surgical patients.**

**EQUIPMENTS USED**

* **Laryngoscope with blade**
* **Ventilators**
* **Multiparamonitor**
* **Defibrillator**
* **Ambu bag with mask**
* **Infusion pump**
* **Syringe pump**
* **BP Apparatus**
* **Thermometer**
* **Steam inhaler**
* **Glucometer**
* **Pulse oxymeter**
* **Suction apparatus**
* **Nebulizer**

**PROCEDURAL SKILL**

* **CPR.**
* **Defibrillation.**
* **I V Canulation.**
* **N G Tube insertion.**
* **Catheterization.**
* **ET Suction.**
* **Assist Central Venous access.**
* **Assist Ascites Taping.**
* **Assist Chest Drainage Tube Insertion.**
* **Suturing.**
* **Assist Endo Tracheal Intubations.**
* **Sterile Wound Dressing.**
* **Neonatal IV Canulation.**

**DECLARATION**

**I hereby declare that the above particulars are the true and correct to the best of my knowledge and belief. I assure you that I will discharge my duties to the best satisfaction of my superiors.**

**Date:**

**Place: Puthusserimala** **SABITHA**