**SONAL**

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**Objectives:**  To work as a “Diabetic Educator” with a reputed healthcare organization, wherein I can effectively utilize my Diabetic nursing experience and excellent interpersonal skills acquired through education, training and knowledge for the betterment of the society and committed to develop professionally towards Diabetic nursing excellence.

**Educational Qualification:**

* Diploma in General Nursing & Midwifery from G.T. hospital in 2002-2005.
* HSC from Maharashtra University in 2000-2001.
* SSC from Maharashtra University in 1998-1999.

**Additional Certificate courses:**

* Diabetic Nurse Educator from CMC Vellore hospital.
* National Diabetic Educator from Dr. Mohan`s Diabetes Education academy.
* Certified with ACLS & BLS from Global Hospital.
* Pursuing Quality control and Infection management (including six sigma) from NHCA.

**Key Skill:**

* Able to demonstrate expert skills in care of the diabetes patient
* Able to prescribe, initiate, interpret, and monitor nursing care without supervision and follow Health and Safety regulations, and Risk Management guidelines
* Immense knowledge of patient education, assessment and diagnosis.
* Able to develop policies and systems of care in collaboration with other team.
* Provide comprehensive wound care.
* Monitors blood glucose for the purpose of medication control and adjustment for the both insulin and non-insulin dependent diabetics.
* Knowledge about insulin pump.
* Educating patient, their families about self-management and related issues.

**Profile Summary:**

* Working as a Diabetes Specialist Nurse with responsibility of Counseling the patient for knowledge on diabetics and self-care, Training nursing staff, monitoring patient care in department,
* Integral part of Initiative team for planning designing and implementing audit parameters and arranging monthly seminars on Diabetic Care Program, Patient care etc.
* Providing expert delivery of safe and effective evidence based clinical care and effective education to people with diabetes( Type1.Type2, GDM)

**Professional Experience:**

**GLOBAL HOSPITAL (Parel, Mumbai)**

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| |  | | --- | | **Department** | | | |  | | --- | | **Nursing** | |  | | |
| |  | | --- | | **Designation** | | | |  | | --- | | **Diabetic Nurse Counselor** | |  | | |
| **Tenure** | | **November 2015-till date** | |
| |  | | --- | | **Job Description** | | **Senior Executive** | | * Arranging support group meetings such as diabetes management courses, seminars on diet plans and about food pattern (3snaks & 3 meals), conducting continuous nursing education classes including bed side hands on teaching to teach and advice the nursing staff. * Monitoring insulin level, supervising exercise schedule, managing food and diet choices * Managing patient’s health by performing daily physical assessments and tests * Providing advice on side-effects of the treatment and how to manage * Recommending drugs with approval of the doctor * Maintaining complete and accurate diabetic patient records. * Teaching the patient the proper use of the glucometer to check blood glucose levels * To guide the patient method of taking insulin injections and storing insulin * To take part in research that is relevant to clinical practice * To counsel diabetic patients starting the treatment and educate about diabetes related complication. * To guide how to care of feet. * To guide about sick day rule and rule15 in diabetes. * Instructs on Diabetic diet as well as the role of diet and exercise in the management. * To provide information importance of diabetes medicine. * Ensures the importance of properly managing diabetes to lower the risk of complication and reduce the chances of hospitalization. | |

**GLOBAL HOSPITAL(Parel,Mumbai)**

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| |  | | --- | | **Department** | | |  | | --- | | **Cardiac ICCU** | |  | |
| |  | | --- | | **Designation** | | |  | | --- | | **ICU Incharge** | |  | |
| **Tenure** | **January 2013 – November 2015.** |
| |  | | --- | | **Job Description** | |  | | * Makes patient assignments to nurses and other health care staff matching the level of skill with the illness of the patient and distributing the patient care loads as evenly as possible. * Assigns new patients to rooms; adjusts staff according to changing workloads. * The post holder will practice with increased professional autonomy and assume greater responsibility for decision making within the clinical setting, supported by protocols and patient group directives * Possess the ability to make independent decisions when circumstances warrant such action. * Assesses and develops strategies to address knowledge and skill gaps of nurse * Maintains anecdotes for the RNs * Guides and supervises the RN’s in their routine work and helps them to cope up with the routine work. * Monitors quality of patient care incorporating evidence based nursing practices within their scope of administration. * Balances between providing excellent nursing care and achieving high nurses satisfaction. * Periodically updating knowledge on clinical and administrative areas, translating them at the bed side and participating in their continuing nursing education. * Maintains professional decorum at all times and serving as a role model to their staff. * Provides leadership and clinical decision making to all nurses and other members (secretaries, housekeeping staff etc.) of the unit. * Maintains records and establishing adequate reporting with accurate documentation. * Develops problem solving technique and analytical skills. * Participates effectively in hospital infection control policies. * Ensures safe medication management practices that include drug calculation, IV therapy, drug indenting and administration, prevention of drug errors. * Assisting diabetic nurse educator. |

**BHATIA HOSPITAL (Grant road, Mumbai)**

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| |  | | --- | | **Department** | | |  | | --- | | **ICU** | |  | |
| |  | | --- | | **Designation** | | |  | | --- | | **Team Leader** | |  | |
| **Tenure** | **March 2010– January 2013** |
| |  | | --- | | **Job Description** | |  | | * Organizes all aspects of care provided in ICU. The team Leader will provide patient education, and coordinates the diagnostic testing and follow-up care. * Ensures Strict aseptic techniques are maintained by all health care workers in caring patient * Possess the necessary knowledge and skills to provide a high standard of clinical nursing care that meets the patient’s needs within the agreed policies. * Be responsible for the clinical observation and recording of data relating to patients in the Critical care, ensuring that accurate records of patient care and progress are maintained and reviewed * Makes appropriate and safe decisions relating to patient needs and plans, communicating actively with other members of the team where appropriate. * Respects patients’ dignity, wishes and beliefs, involving them in decision making; and obtaining their consent. * Acts as liaison between the Supervisor and the staff nurse. Communicate regularly with staff, patients and their relatives, to promote and maintain understanding and progress and co-operation with treatment. * Initiate and participate in unit developmental activities and take a proactive role in the implementation of procedures and policies to improve Quality. * Be aware of the role of audit and research, have the ability to maintain an effective audit trail and work towards continual improvement in quality assurance programme. * Provides direct nursing care, as necessary; may carry out a variety of treatments and procedures, to assist in the nursing care of residents with various illnesses and other conditions. * Administers medications, treatments, and assists with examinations and procedures, as necessary. |

**MANIPAL CURE &CARE HEALTH CENTER (Andheri, Mumbai)**

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| |  | | --- | | **Designation** | | |  | | --- | | **Sr. Staff Nurse** | |  | |
| **Tenure** | **August 2008-March 2010** |
| |  | | --- | | **Job Description as** | | **Senior Executive** | | * Ensures that the supplies are adequate in the unit. Makes an indent from general stores. * Ensures maintenance of the various registers of the units * Consults and coordinates with the medical team members to assess, plan, implement and evaluate patient care plans * Guides the staff nurses of the unit in caring for patients with complicated treatments and care * Assists the staff nurse of the unit in planning care * Ensures that all the staff nurses of the unit perform ongoing assessment of patients to identify needs problems * Seeks medical assistance and ensures that it is provided * Renders comprehensive care to the patient with special attention to the psychological and educational needs * Acts as a liaison between the patient, family and hospital personnel as and when required * Includes family in the care that is planned for the client * Cooperates for research activities in the unit. * Attending various camps. * Coordinate for the health checkup. * Assisting for cosmetic procedure. |

**SAIFEE HOSPITAL ( Charni road, Mumbai)**

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| |  | | --- | | **Department** | | |  | | --- | |  |   **General ward** |
| |  | | --- | | **Designation** | | **Staff Nurse** |
| |  | | --- | |  | | **Tenure** | | **February 2006-August 2008** |
| |  | | --- | | **Job Description** | | * Delivers quality nursing care with compassion, competence and critical thinking skills in their respective areas of practice - Wards * Demonstrates caring, comforting, qualities and communicates with an empathetically and individualistic approach. * Conducts individualized assessment – Initial and ongoing, prioritizes the data (Subjective and Objective) and develops plan of care. * Provides nursing care according to plan and undertakes clinical practice procedures and skills in a competent and safe way. * Possess sound Knowledge on drug and fluid calculation and Practices safe medication management principles that include drug calculation, IV therapy, drug indenting and administration, prevention of drug errors, monitoring fridge temperature, look alike and sound alike medications and crash cart maintenance. * Assists physician in performing procedures * Ensures that all investigation reports are collected and reported on time to the concerned physician for treatment decision. * Reports high alert investigation results to the sister in-charge and seeks medical help for prompt action and record the interventions done. * Ensures that the paramedical services reach patients on time. For example: Physiotherapy, Dietary. * Makes keen observation for early identification of warning signs of complication. * Renders safe patient care following patient safety goals including provision of care for the vulnerable patients. * Ensures prompt risk assessment for pressure sores using Braden scale and assessment of wound site using the PUSH score, providing appropriate treatment and practicing meticulous and complete documentation. * Maintains relevant documents and adhering to established reporting system * Liaise with consultants and heads of other departments for effective implementation of patient care and minimizing errors of omission and commission. * Communicates effectively, positively and courteously with clients and the health care team * Ensures documentation is current, accurate, timely and maintains confidentiality * Ensures the provision of safe environment in both preventive and promotives aspects for all patients, relatives and significant others. * Maintains interdepartmental, inter-unit coordination and communication. * Interprets the department's policies and procedures to personnel, residents, visitors, and accrediting bodies as required. * Periodically updates knowledge on clinical areas, translating them at the bed side and participating in their continuing nursing education. * Maintains professional decorum at all times. * Provides leadership and clinical decision making to all nurses and other members (Coordinators, housekeeping staff etc.) of the wards. * Collaborates and co - ordinates care with other health professionals to ensure a quality service. |

**TATA HOSPITAL (Parel Mumbai)**

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| |  | | --- | | **Department** | | |  | | --- | | **RADIATION & CHEMOTHERAPY** | |
| |  | | --- | | **Designation** | | |  |  | | --- | --- | | |  | | --- | | **LSN** | | |
| **Tenure** | |  | | --- | | **October 2005 – February 2006**. | |
| **Job Description** | * Possesses the attitude to make patient care the primary concern * Shows altruism in every act of patient care * Seeks to treat patients ethically maintaining patient’s right to dignity, privacy, autonomy and confidentiality * Coordinates and maintains interpersonal relationship and team spirit in a manner that best serves patient’s interest * Understands and follows the Hospital rules and regulations and demonstrates positive attitude when it comes to additional duties required by in the Chief Nursing Officer * Serves as a role model to the Nursing team in all his or her activities * Follows the Duty Rota and plans leave ahead with the ANS or Team Leaders * Ability to prioritize and cope with high and varied workload. * Proven ability to respond calmly and effectively utilizing sound clinical judgment to manage an unpredictable environment * Well-developed written and verbal communication ski * Demonstrates a commitment to quality * Flexible, adaptable and embraces change * Assisting for administration for chemotherapy & radiation department. |

**Recognitions:**

* Certificate for employee of the Month in 2015 in global hospital.
* Certificate for ‘Diabetic workshop’ as organizer& resource person in global hospital.
* Certificate for achieving ‘Pressure area Management ‘from Arjohuntleigh.
* Certificate Clinical Nurse Preceptorship Programme in global hospital.
* Certificate for ‘patient safety workshop’ as organizer in Global Hospital.
* Certificate for ‘Indian society of critical care medicine workshop’.

**Strengths:**

* Innovation and Strong Zeal for Learning
* Excellent analytical skills.
* Willingness to accept challenges & responsibility
* Maintain good inter personal relationship.

**Hobbies:**

Like playing games, Watching TV, Surfing on internet, reading books, cooking, learning new things.

**Personal information:**

Date of Birth : 28th April 1984

Sex : Female

Marital Status : Married

Nationality : Indian