**CURRICULUM VITTA**

**MEERA GOVINDAN**

Present Address Permanent Address Maratti parambil House, Kottayathu veedu, Potten Street, N.Paravur karuvatta North, Ernakulam Dist,Pin-683513 Alappuzha Dist, PH:7736632301,7025532944 Kerala email:sandeepmeera2016@gmail.com Pin - 690517

**OBJECTIVE**:

Seeking an opportunity to work as **STAFF NURSE** where I can explore and implement the best of my knowledge techniques and experience for the well being of people and the organizational objectives.

**PERSONAL PROFILE** : Name : Meera Govindan

Father Name : O N Govindan

Date of Birth : 29.05.1990

Sex : Female

Marital status : Married

Nationality : Indian

Religion : Hindu

Mother Tongue : Malayalam

Languages Known : Malayalam, English, Hindi & Tamil

**ACADAMIC QULIFICATION:**

|  |  |  |  |
| --- | --- | --- | --- |
| Class | Board | Percentage | Year of passing |
| SSLC | Board of public Examinations,kerala | 63.00% | 2005 |
| Plus Two | Board of Higher Secondary Examination kerala | 63.00% | 2006-2007 |
| Diploma in General Nursing & Midwifery | Karnataka state Diploma in Nursing Examination Board | 64.00% | 2007-2011 |

**WORK EXPERIENCE**:

Organization/Place : SAGAR HOSPITALS,

Jayanagar 4th block,Bangalore.

Designation : Staff Nurse

Period of working : 05.01.2012 to 29.01.2016

Department : Emergency & Trauma care

Hospital Type : **ISO 9001-2008 & NABH** certified

Multi-specialty Hospital with 250 beds.

**SPECIAL SKILLS**:

* B L S (Basic Life Support)
* ACLS(Advanced Cardiovascular Life Support)
* CPR(Cardiopulmonary Resuscitation)
* IV Therapy
* Basic ECG Interpretation

**CME’S ATTENDED:**

CME on BLS for Health care provider (CPR&AED) & ACLS Provider conducting by AMERICAN HEART ASSOCIATION

at Sagar Hospital, Jayanagar Bangalore On 22nd June 2015.

**CASE HANDLED:**

All Type of Cardiac Cases including:

* Coronary Artery Disease
* All type of Acute MI(IWMI,AWMI,PWMI,ASMI)
* Anginas(Unstable Angina Pectoris)
* Pulmonary embolism
* Cardiogenic Shock
* Atrial fibrillation, Atrial flutter, SVT,VT,VF
* Hypertension
* Ventilator cases.

***Well Experienced for all Emergency Procedures****.*

* For Suturing and POP application
* Handling all Major Dressings
* Assisted for ICD and Management
* G.B Syndrome
* RTA Cases
* Head Injuries
* Assisted for CVP

**EXPERIENCED IN PERFORMANCE OF**:

* Comprehensive nursing care of the Patients from the time of admission
* Connecting patients to monitor and monitoring closely.
* Patient care regarding medical conditions Treatment short and long term maintenance.
* Resuscitation Procedures Infection control management of IV Fluids Blood Transfusion.
* Insertion of NGT, IV Cannula, Catheter and their Removal.
* Oxygen administration ,Steam Inhalation & Nebulization.
* Care of the patient in ventilator C-pap Bi-pap and Tracheostomy care
* Collecting specimen ABG specimen collection Taking ECG
* Maintain IO chart
* Glasgow Coma Scale
* RT feeding and Oral feeding
* CPR when needed
* Administration of Medication through IV IM & SC
* Varies dosage as per patient conditions.
* Maintain records of Patient Care
* Cardiac shock when needed
* Following Doctor’s orders after the rounds and making necessary changes if any in treatment
* Supervising proper disposal of Biomedical waste in unit
* Taking care of equipments articles and drugs used in the unit and having proper maintain of the same
* Inventory management

**ASSISTED IN:**

* Intubation & extubation, Tracheostomy, Catheterization central line insertion
* Endoscopy, Bronchoscopy, colonoscopy, Ultrasound scanning, CT Scanning, MRI Scanning & EEG
* Echo
* Lumbar puncture Inter costal drainage Cardiac monitoring and wound dressing

**FAMILIAR WITH FOLLOWING EQUIPMENTS:**

* Sphygmomanometer ,Thermometer &Glucometer
* Pulse oximeter, cardiacmonitor,Nebulizer&steaminhaler,
* infusion pumps Syringe pumps
* Defbrilatar Ventilator oxygen cylinder Suction apparatus V-pap Bi-pap,CVP Manometer NIBP,Laringioscop,AMBU bag
* 12Lead ECG machine
* Cardiac monitors

**RESPONSIBILITIES**

* Taking care of Phsically ill patient
* Taking care of IV lines,Drain,CVP,ICD,Ventilator patients,cather care etc…..
* Paying high intention for medication on time
* Ability to think and act according to the situation with the patient in any circumstance

**REFERENCE:**

1. Dr. W D MOHAN

Emergency & Trauma Care

Sagar Hospital

Bangalore-560041

Ph: 08022458899, 08042888100

2. Dr. SAJJAD ARIF

Emergency & Trauma Care

Sagar Hospital

Bangalore-560041

Ph: 08022458899, 08042888100

**DECLARATION:**

I hereby declare that the above details are true and correct to the best of my knowledge and belief.

Place:

Date: (Meera Govindan)