**CURRICULUM VITAE**



Name : Reshma Udayan

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**CAREER OBJECTIVE:**

To provide superior clinical care to broad based patient populations and want to work with a hospital where my experience and knowledge may prove fruitful and worthwhile and to work in intellectually challenging work environment which would provide scope to put to use my skill and energy for the progress of the organization I work for as well as to maintain high quality of work standard.

**PERSONAL SKILLS:**

• Independant and compatible character, with hard work.

• Good communication skill.

• An individual with motivation, sincere and punctuality.

**KEY SKILLS:**

* Assessing physical, psychological and psychosocial needs of the patient.
* Do admission, discharge and transfer of patient.
* Evaluating daily individual patient care.
* Monitoring vital signs of the client.
* Administering drug.
* Meeting nutritional and elimination needs.
* Dressing (bed sore, surgical wounds etc)
* Care of patient on ventilator.
* Emergency patient care and knowledge in assisting labor and management of antenatal, intranatal and post-natal cases and help them to gain knowledge regarding healthy lifestyle.
* Develop team work and collaborating with other departments and personnel.
* Following infection control measure to prevent nosocomial infection.
* Careful attention to sterilization of the equipment.
* Maintain confidentiality information.
* Observation of patient’s condition and take suitable action.
* Maintain aseptic technique.
* Performing admission, discharge and transfer of the patient.
* Maintaining records and reports.
* Compassion for family and patient, comfortable answering queries and giving instructions to patient and family.

**EQUIPMENTS HANDLING:**

* Cardiac monitor
* Incubator.
* Pulse oxymeter.
* Glucometer.
* Sphigmomanometer
* Thermometer.
* Radiant warmer
* Cardiotocograph
* Area of interest:

**AREAS OF INTEREST**

SPECIALISED SETTINGS:

* Intensive care unit
* Cardiac care unit
* Labor room
* Operation Theatre

GENERAL SETTINGS

* Surgical ward
* Medical ward
* Antenatal/Postnatal ward
* Pediatric ward

**CLINICAL EXPERIENCE:**

**Got training and clinical experience from these reputed hospitals.**

* Regional Cancer Centre, Thiruvananthapuram
* The Women And Children Hospital Thycaud, Thiruvanthapuram.
* Sree Uthradam Thirunal Hospital, Pattom, Thiruvanthapuram
* Sree Uthradam Thirunal Hospital, vencode, Thiruvanthapuram .
* Govt. District Model Hospital Peroorkada, Thiruvanthapuram .
* Govt. District Model Hospital Nedumangad ,Thiruvanthapuram.
* General Hospital, Thiruvananthapuram.
* Govt. Mental Health Centre, Oolampara, Thiruvanthapuram
* Dale View Integrated Rehabilitation Centre For Addicts (IRCA) Punalal, Thiruvananthapuram.
* Karuna Sai De-Addiction Centre, Vellanad.
* Rural Unit For Health And Social Affairs Under Christian Medical College Vellore, Chennai, TamilNadu.
* Primary Health Centre, Chettivilakoam, Thiruvananthapuram.
* Primary Health Centre Aruvikkara, Thiruvananthapuram.
* Community Health Centre Vellanad, Thiruvananthapuram.

**Current Work Experience:**

1. **Staff Nurse at Anadiyil Hospital, Thekkumoodu, pattom, Trivandrum**

**(working for 1.5 years).**

**Health centers visited and class attended:**

 Christian Medical College Vellore, Chennai, Tamil Nadu.

 Tuberculosis Rehabilitation Centre Pulayanarkotta, Thiruvanthapuram.

 Leprosy Sanatorium Nooranad.

 Santhigiri Ayurveda College And Research Centre, Pothencode

 Ayurveda College, Thiruvanthapuram.

 National Aids Control Society Trivandrum.

**QUALIFICATION DETAILS:**

* Passed B.sc nursing from G.Karunakaran Memmorial Co-operative College of nursing, Aruvikkara, Thiruvananthapuram under Kerala University of Health Science.
* Passed Higher Secondary from Salvation Army Higher Secondary School, Thiruvananthapuram.
* Passed High School from Nirmala Bhavan Higher Secondary School, Kowdiar, Thiruvananthapuram.

**SPECIAL TRAINING ATTENDED AND CERTIFICATE GAINED:**

* Training programme conducted by Institute of Health and Management (IHM) (an authorized training center of American Heart Association) regarding BAISIC LIFE SUPPORT (BLS).
* Certificate for attending Training programme conducted by Institute of Health and Management (IHM) (an authorized training center of American Heart Association) regarding BAISIC LIFE SUPPORT (BLS).

Other qualification:

* Certificate course graphic designing (Photoshop, Illustrator) in G-TEC computer Education, Palayam, Thiruvananthapuram.
* Certificate course in animation (cartoon creation, web page designing, Interactive CD’s, synchronized sounds) in G-TEC computer Education, Palayam, Thiruvananthapuram.

**PARTICIPATED IN AND CERTIFICATE GAINED**

* Training on “Integrated Health and Development” in rural unit for health and social affairs (RUHSA), Christian Medical College Vellore.
* Medical Camp on Diabetes mellitus at chonampara (Tribal settlement) in association with Primary Health Centre, kuttichal, Thiruvanthapuram .
* National Pulse Polio Immunization Programme campaign activities at district model hospital, peroorkada, Thiruvananthapuram.
* Health education programme on “prevention of anemia and substance abuse” among tribal population at mancode tribal setting in association with Primary Health Centre, Kuttichal, Thiruvanthapuram .
* School health educational programme on “Balanced Diet” in LMS Higher Secondary School, vattapara, Thiruvanthapuram.
* Certificate for conducting school health programme.
* Certificate from Primary Health Centre, kuttichal
* Certificate for training on Integrated Health and Development in RUHSA Department, Christian Medical College, Vellore.
* Certificate for conducting Medical Camp on Diabetes Mellitus at chonampara(Tribal Settlement)
* Certificate for participating National Pulse Polio Immunization Programme.

**PROJECT/ RESEARCH:**

* A study to assess the relationship of life style practices and obesity among children of age between 5 to 12 years in the pediatric ward of govt.district model hospital, peroorkada, thiruvanthapuram.
* A mini project to assess the knowledge of antenatal and postnatal mothers regarding available health scheme and its benefits among patients in antenatal and postnatal ward of govt.district model hospital, peroorkada, thiruvananthapuram.

**PERSONAL QUALITIES:**

-Dedicated work

-Smart

-self Motivated

**HOBBIES:**

-Playing violin -listening music -social service

**COMPUTER KNOWLEDGE:**

* Ms Office
* MS Excel
* Adobe Photoshop, Illustrator
* Adobe Flash CS3 Animation.

**PERSONAL DETAILS:**

Name : Reshma Udayan

Date of birth : 25-09-1993

Father’s Name : Udayakumar.B

Marietal status : Married

Languages known : English, Malayalam

Hobbies : Playing violin, listening Music, gardening, social service

Address : Uthradam, DarsanLane, KarakulamP.O, Tvpm.

Place : Reshma Udayan

Date :