SHEETHAL STEPHAN

D/O STEPHAN M.K

MANAVALAN HOUSE

KOONAMMAVU P.O

KAVILNADA ,ERNAKULAM

KERALA

PIN : 683518

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CURRICULUM VITAE

**PERSONAL PROFILE**

Name :Mis.Sheethal Stephan

Father’s name :Mr.Stephan M.K

Age :23 years

Date of birth :29-8-1993

Sex :Female

Marital status :Single

Religion :Christian ;RC

Nationality :Indian

Language known :English, Malayalam and Hindi

POST APPLIED : Nurse

**Academic Qualifications**

|  |  |  |  |
| --- | --- | --- | --- |
| Name of course | Institutions | Board or university | Year of passing |
| Plus Two | St.Joseph’s HSS  Koonammavu | Board of higher secondary examinations | 2011 |
| S.S.L.C | St.Philominas HSS  Koonammavu | Kerala state | 2009 |

**Professional Qualification**

|  |  |  |  |
| --- | --- | --- | --- |
| Course | Institution | University | Year of passing |
| B.sc. Nursing | Carmel College of Nursing | Kerala University of Health And Science | 2011-2015 |

**Patient Care Responsibilities**

* Admission ,transfer, and discharge of patient.
* Assisting doctors for rounds, carry out their orders.
* Maintainance of good nurse-patient relationship.
* Maintaining records and reports.
* Collection of specimens with sterile technique.
* General surgery preparation.
* Administration of medications in time.
* Administering nebulization therapy.
* Patient hygiene such as mouth care, nail care, sponge bath, hair care, genital care.
* Hot and cold applications.
* Provides health education to the patient.

**Experience procedures:**

* I V cannulization and injections.
* Ryles tube insertion and feeding.
* Foley’s catheterization and catheter care.
* Nebulization, steam inhalation and oxygen administration.
* Tracheostomy care, back care, mouth care, sponge bath, hair care .
* Chest physiotherapy.
* Suctioning.
* Enema, bowel wash, stomach wash, bladder wash.
* Splint application and traction.
* Dressings, suture removal, drain removal.
* Blood transfusion.

**Equipments familiar with:**

* Pulse oxymeter
* Glucometer
* Sphygmomanometer
* Syringe pump
* Suction apparatus
* Nebulizer
* Thermometer
* Stethoscope
* Ambu bag
* Humidifier
* Steam inhaler
* Oxygen cylinder

**REFERENCES**

1 Prof. Sr. Prabha Grace CMC

Principal Carmel College of Nursing

Aluva

Ph: 9495467655

2 Mrs. Liz Mathew

Associate Proffesor

Carmel College of Nursing

Aluva

Ph: 8089143340

3 Dr. Sr. Mary Lucitta CMC

Principal

Indira Gandhi College of Nursing

Kadavantra

Ph: 9961478978

**DECLARATION:**

I do here by declare that all the particulars above mentioned are true and correct to the best of my knowledge and ability.

Sheethal Stephan

Date : 22-12-2016

Place: Koonammavu