

CURRICULAM VITAE



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OBJECTIVE : Career Advancement

A Resume Objective clarifies your expertise and gives the prospective Employer an idea of what career challenges you're seeking. Typically, it's two to four sentences long and combines your expertise, work history, career interests and where you'd like to be employed.

AREAS OF SKILLS : Cardiac CTVS, ICU

POSITIONS SEEKING FOR : Staff Nurse

TOTAL CAREER EXPERIENCE : 07 Years

MEMBERSHIP : Member of Kerala Nursing Council (KNC)-Register - No: 63443

SPECIALIZATION : Diploma IN General Nursing and Midwifery

WORK EXPERINCE : KIMS Hospital, Kochi Kerala, 250 Bedded Hospital

Staff Nurse - CTVS ICU : 06.10.2014 to 06.10.2016

JOB PROFILE

- Staff nurses have to provide nursing care to the patients and support to the doctors
- They have to administer medicines and injections according to the time

stated on their charts

- They have to ready the patients before any surgical procedure and even talk to the family about the procedures
- They have to ensure that all dietary requirements are followed by the patient
- They also have to ensure that patient is in a hygienic condition and should provide them with sponge baths everyday
- They have to check on the patients during their rounds and even inform the other nurses when there is a change in the shift
- They need to have good composure as patients can get serious any time and may have to be taken to the intensive care unit
- Staff nurses should have a gentle touch as they are ones who conduct invasive procedures like placing on interlocks, catheter and giving injections
- They also have to ensure that charts of all the patients are accurate and up to date

WORK EXPERIENCE : Medical Super Specialty Hospital Kolkata, 500 Bedded Hospital

Staff Nurse - CTVS ICU : 18.11.2010 to 11.02.2014
promoted to Coordinator -Nursing care Services

JOB PROFILE

- Staff nurses have to provide nursing care to the patients and support to the doctors
- They have to administer medicines and injections according to the time stated on their charts
- They have to ready the patients before any surgical procedure and even talk to the family about the procedures
- They have to ensure that all dietary requirements are followed by the patient
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WORK EXPERIENCE : Nanjappa Hospital Shimoga, Karnataka, 150 Bedded Hospital

Staff Nurse : 15.04.2009 to 30/04.2010
Medical &Surgical ICU

JOB PROFILE

- **Staff nurses have to provide nursing care to the patients and support to the doctors**
- **They have to administer medicines and injections according to the time stated on their charts**
- **They have to ready the patients before any surgical procedure and even talk to the family about the procedures**
- **They have to ensure that all dietary requirements are followed by the patient**
- **They also have to ensure that patient is in a hygienic condition and should provide them with sponge baths everyday**
- **They have to check on the patients during their rounds and even inform the other nurses when there is a change in the shift**
- **They need to have good composure as patients can get serious any time and may have to be taken to the intensive care unit**
- **Staff nurses should have a gentle touch as they are ones who conduct invasive procedures like placing on interlocks, catheter and giving injections**
- **They also have to ensure that charts of all the patients are accurate and up to date**

PROFESSIONAL QUALIFICATION : General Nursing and Midwifery

Nanjappa Trust School of Nursing : Year of Passing 2005 - 2009
Karnataka State Nursing Council : Percentage of Marks, 63%

ACADEMIC QUALIFICATION

PLUS TWO	:	St. Thomas H.S.S Malayatoor, Board of Higher Secondary Education
Year of Passing	:	March 2004
Percentage of Marks	:	63%
SSLC	:	St. Thomas H.S.S Malayatoor, Board of Secondary Education
Year of Passing	:	March 2002
Percentage of Marks	:	65%

PERSONAL INFORMATION	:
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Nationality	:	Indian
Date of Birth	:	28/01/1987
Sex	:	Female
Marital Status	:	Married
Name of Spouse	:	Bijoy Jose
Languages know	:	English, Hindi and Malayalam & Kannada
Passport No.	:	H 8932444
Date of Issue	:	02/07/2010
Date of expiry	:	01/07/2020
Place of Issue	:	Cochin

CAMMUNICATION SKILS:

- Try to speak fluently and try to make sure people can hear you when you speak.
- A good speaker is a good listener.
- Do not interrupt or talk over the other person--it breaks the flow of conversation. Timing is important.
- Use appropriate volume for your conversation setting.
- Get feedback from your receiver to ensure you were properly understood

during your conversation.

- **Have confidence when talking, it doesn't matter what other people think.**
- **Make sure you're using proper grammar.**
- **Don't over-praise yourself in front of your audience.**
- **Avoid thinking that whatever you say is always correct.**
- **Make eye contact when speaking and listening.**
- **If you want good communication skills, first be confident and do not stammer in front of people. Try socializing more with people. This will give you the idea how to talk with different people.**
- **Practice makes your communication get better and better.**
- **To improve your body language, practice what you're going to say in front of a mirror.**
- **Practice speaking in public places.**
- **Be practical and be socially strong.**

JOB-RELATED SKILLS :

- **Critical-Thinking Skills :** Nurses will need to assess a patient's health, as well detect changes in symptoms, health or pain and will need to know when action is necessary
- **Compassion:** Nurses help people. You will need to be sympathetic to a patient's needs, and be able to deal with people in various states of pain, trauma and tragedy.
- **Attention to detail:** Nurses can help doctors operate, administer medicines and work with specific treatments that, if wrong could prove fatal. Attention to detail is crucial.
- **Organizational Skills:** Nurses will face multiple patients, with differing needs, stages of health and risks. Being organized and knowing how to prioritize will be helpful
- **Calm under pressure:** Nurses might face emergency, life –or- death situations. Being able to function in the heat of emergency will be necessary.
- **Patience:** Giving care under stressful circumstances requires patience.
- **Communication Skills:** You will be communicating directly with patients who are scared, in pain or in shock. Families will have questions and want answers. You will need to be a patient listener and good communicator to help keep everyone calm and help them understand the situation.

DECLARATION

I, NISHA THOMAS i, hereby declare that the above furnished details are honest and true to the best of my knowledge. If given a chance, I would do my best to support and satisfy my management to execute my duties and work towards development of the organization.

Yours Sincerely,

NISHA THOMAS