

CURRICULUM VITAE

LITTY THOMAS

Vadakkinedath House

Alupuram P.O.

Kuttikattukara

Pin-683501

Ernakulam (Dist)

Kerala

Mob: 8089508162

Email: littyrejoy2014@gmail.com



PERSONAL DETAILS

Name : LITTY V. THOMAS
Date of Birth : 12.05.1990
Sex : Female
Religion & Caste : Christian, Latin Catholic
Marital Status : Married
Nationality : Indian
Linguistic Ability : English, Malayalam, & Hindi
Name of Husband : George Francis
Passport No. : L 15529374
KNC/RNRM No. : 74765

PROFILE

I am an registered nurse graduated from SIDHI SADAN LOURDES SCHOOL OF NURSING. After my registration I have worked in Lourdes hospital Kochi as an Intensive Care Unit staff nurse in Nephrology, Toxicology and Renal Transplant since 4th May 2011 to 24th September 2015. (Email: lourdeshospital@vsnl.com)

OBJECTIVES

The desire to be professional has always inspired me towards working for an establish organisation, which sure to identify my capabilities and talents, utilizing them for achieve the constructive goals set forth by it. I am positive "that this firm would preset me with a friendly and demanding environment, best suited for accomplishing my carrier aspirations."

EDUCATIONAL QUALIFICATION

QUALIFICATION	INSTITUTION	YEAR	% OF MARKS
Plus Two	Govt. Vocational Higher Secondary School, Kalamassery	2007	77%
S.S.L.C.	Little Flower Higher Secondary, Panayikulam	2007	67%

AREA OF SPECILISATION

- General Nursing and Midwifery

PROFESSIONAL QUALIFICATION

QUALIFICATION	INSTITUTION	YEAR	% OF MARKS
Diploma in Nursing	Sidhi Sadan Lourdes College of Nursing, Chembumukku, Attipetty Nagar, Thrikkarkara	2007 to 2011	76%
Professional Registration	Kerala Nursing Council, Thiruvananthapuram	2011	KNC REGn. No. 54185
Membership in professional Body	Trained Nurse Association of India	2011	TNAL Regn. No. 217571/LMT

Working as a Staff Nurse in Lourdes Hospital, Pachalam, Ernakulam in the NEPHRO ICU.

DETAILS OF THE HOSPITAL

LOURDES HOSPITAL, PACHALAM, ERNAKULAM, KOCHI

Lourdes Hospital is NABH Accredited 650 bedded multi specialty hospital, making best health care available and access to thousands of people of Kerala, having departments in

- Medicine
- Ophthalmology
- Urology
- Labour Room Complex
- Surgery
- Orthopedics
- Trauma Care Centre
- Casualty
- E.N.T
- Neuro Surgery

- Dermatology
- Plastic Surgery
- Operation Theatre Complex
- Vascular Surgery
- Obstetrics & Gynecology
- MRI Scan
- Cardiology
- CT Scan
- Gamma Imaging Centre
- Neonatal I.C.U.
- Neurology
- Cardiothoracic Surgery
- Dialysis & Toxicology Centre
- Maxillofacial Surgery
- Epilepsy unit
- Biplane Cath Lab
- Pediatrics
- Behavioural Sciences
- Nephrology Routine Function

SPECIAL EXPERIENCE IN NEPHRO ICU

I am working as staff Nurse in Nephrology, toxicology and renal transplant (ICU). I am responsible to take care of patient with impairment in ARF and CRF, nephritic syndrome, nephritic syndrome, pyelonephritis, good pasture's syndrome, uremic encephalopathy, dengue positive patients, leptospirosis and the ventilated patients. I have experience in caring post renal-transplanted patients during their first 14 post operative days. And I also take care of the patients during with complain of snake bite, organo phosphorous poison, drug overdose, kerosene poisoning, corrosive poisoning, barbiturate poisoning. I can also manage the patients with medical disorders, neurological and cardiac disorders.

DUTIES AND RESPONSIBILITIES

1. Receiving the emergency cases
2. Keen observation of acute and chronic cases and giving care
3. Checking vital signs and recording
4. Assisting doctors during emergency procedures
5. Administration of drugs
6. Monitoring the intake and output and the recording
7. Preparation of medicine and correct administration
8. Conformation of sample sent to the lab
9. Clearing and taking care of all instruments for sterilization
10. Full awareness about articles used
11. Prevention of infection and good nursing care to patients
12. Attending nutritional needs of the patients
13. Developing nursing care plan according to priority
14. Identifying the actual problem of the patient
15. Providing health education regarding the health problem

16. Informing the emergencies at the earliest to the consultant
17. Taking care of all the instruments, articles in the units
18. Checking daily, monthly inventory
19. Provide orientation to new staff, student
20. Maintaining fumigation record
21. Teach and guide domestic staff
22. Participate educational programme

JOB KNOWLEDGE

Diploma from accredited School Of Nursing committed to high professional standard, communication skill, ability to maintain discipline, knowledge about philosophy. Objectives and goals of the hospital, nursing department, define policies and procedures of the hospital, department and unit.

EQUIPEMENTS FAMILR WITH

- Ventilator
- Pulsoxymeter
- Intubation equipments
- Cardiac monitors and multipara monitors
- Infusion Pump
- Laryngoscop, resusseitation
- Ambu bag
- Computer
- Syringe Pumb
- Pacemakers
- Defibrillator'
- ABG marhine
- Electrolyte machine
- Glucometer
- Suction apparatus
- Oxygen cylinders
- Thermometer
- Nebulizer
- Sphygmomanometer
- Haemodialysis machine
- Peritonal dialysis kit
- Alpha bed
- Manual and machinery CVP monitor
- Chest tube and water seal drainage
- Ophthalmoscope

SPCIAL EXPERTISE

- ABG Blood collection
- Connecting the patient to ventilator
- Performing Chest Physiotherapy
- Care of the patient with trachesotomy on ventilator

- Suctioning or pharyngeal, nasal & end tracheal
- Assisting physicians in renal biopsy
- Assisting in starting peritoneal and hemodialysis
- Care of arteriovenous fistulas, permanent catheters
- Assisting physicians in central line, arterial, dialysis catheter insertion
- Preparation of Renal transplant and post operative procedures.
- Management of organophosphorus poisoning, drug overdose.
- Emergency and First Aid management.
- Giving CPR
- Assist in giving defibrillation.
- Tracheostomy care
- Foley's Catheterization
- Tube feeding
- Inserting nasogastric tube
- Administration of infusion like dopamine, dobutamine, nitroglycerine, adrenalin, nor-adrenalin, midazolam.
- Dressing, Catheter Care
- Prepare the Patient for investigation and procedures
- Assisted the doctors during procedures
- Assisting the doctors during intubating and extubating
- Death care

REFERENCE

1. Sr. RUFEEENA ETTURUTHIL,
Principal, Sidhisadan Lourdes School of Nursing,
Attipetty Nagar, Chembumukku,
Thirkkarkkara P.O., Cochin - 682021.
2. Sr. BERTHELOMIA
Nursing Superintendent
Lourdes Hospital
Cochin- 682012
Kerala, India
Phone : 0484-4123456

DECLARATION

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

Place: Kuttikattukara

Date:

LITTY. V. THOMAS



LOURDES HOSPITAL

www.lourdeshospital.in

since 1965

LHNS/25268/2015-01

24th September 2015

CERTIFICATE

To Whomsoever It May Concern

Ms.Litty V.Thomas has worked as full time Staff Nurse in the Nephrology & Toxicology Center (Nephro ICU, Haemodialysis and Renal Transplant ICU) from 4th May 2011 to 24th September 2015 (8084 hours, Loss of Pay-142 ½ days).

Lourdes is NABH Accredited 650 bed hospital with super specialty departments such as Cardiology, Cardiothoracic Surgery, Anaesthesiology, Neurology, Neurosurgery, Vascular Surgery, Plastic Surgery, ENT, Orthopaedics, Urology, Nephrology, Ophthalmology, Rheumatology, Oncology and Gastroenterology apart from basic clinical departments like General Medicine, General Surgery, Gynaecology & Obstetrics and Paediatrics. It has facilities such as 15 suite Operation Theatre complex, Cath Lab, X-Ray, US Scan, CT Scan, MRI Scan and Nuclear Imaging. It is also a selective centre for DNB training programmes, Paramedical and Nursing courses.

Ms.Litty V.Thomas has good nursing skills and knowledge. She is hardworking, sincere, dedicated and maintains good interpersonal skills, very observant and diligent in carrying out the responsibilities entrusted. She was exposed to handling equipments like Ventilator, Multipara Monitor, Defibrillator, Pulse Oxymeter, Digifusa and Syringe Pump. She has assisted with femoral catheterization, CVP insertion and Dialysis. Good at training junior staff and students and has worked as a shift incharge in the unit. We recommend her for a suitable post. Inservice education attended - 94/145 hours.

She is relieved from the duties with effect from 24th September 2015 afternoon.

Her character and conduct are good.

We wish her success in all the future endeavours.

Sr. Bartholomea
Sister Bartholomea Joseph
NURSING SUPERINTENDENT



Fr. Sabu Nedunilath
Fr. Sabu Nedunilath
DIRECTOR



0484-4-123456

Ernakulam, Kochi-682012 Kerala, India
Tel: +91-484-4125555 Fax: +91-484-2393720

lourdeshospital@vsnl.com
www.fb.com/lourdeshospitalkochi



Nephrology And Toxicology Centre

Lourdes Hospital Ernakulam

Kochi-682012, Kerala, India

Ph: 91-484-391452(10 lines) Fax: 91-0484-393720

Email: nephrolourdeshospital@vsnl.com

www.lourdeshospital.com

Dr. BINU UPENDRAN, MD, DNB (GEN.MED) DM DNB (Neph)
Head of Department

Date: September 30th 2015

Experience Certificate

This is to certify that Ms. Litty V Thomas, Staff Nurse, has worked in the Department of Nephrology and renal transplant ICU from 01st of December 2011 to the 30th of September 2015.

The Department was set up in August 2001 and is well equipped with all facilities to care a renal disease patient. The Staff working here get ample opportunities to work in Dialysis Unit/Critical care nephrology/Renal Transplantation/Vascular access and renal biopsy

During this period she was involved in caring renal patient's .In the dialysis unit she has gained considerable expertise in initiating and closing hemodialysis and managing all the complications during dialysis with a fair bit of accuracy .In the renal transplant patients she has taken part in the post operative fluid management of recipients.

She is well trained in maintaining with utmost care the sterile environment of an ICU. During the entire period she has been involved in health education and dietary advice to renal patient. Ms. Litty V Thomas has maintained a good character and conduct during her period of tenure in this department .I am sure her service in any institution caring to renal patients, will be an asset .I wish her the very best in all endeavors.

Dr. BINU UPENDRAN
MD, DNB (MED), DM, DNB(NEPHRO)
REG. No. 23998
HEAD OF THE DEPARTMENT NEPHROLOGY
LOURDES HOSPITAL, KOCHI-12

Dr. BINU UPENDRAN, MD, DNB (GEN.MED) DM DNB (Neph)
Head of Department

Sl. No. 120036904

Kerala Nurses And Midwives Council



CERTIFICATE OF REGISTRATION



This is to certify that

Litty V Thomas

having undergone Three years and Six months

Diploma in General Nursing and Midwifery course at

Sidhi Sadan Lourdes School of Nursing, Kochi, Ernakulam

from *October 2007 to March 2011*

and passed the examination with

First class and is admitted to the Register maintained
under the provisions of the Nurses and Midwives Act, 1953.

The number assigned to her in the Register is **74765**

dated 4th day of May 2011.

Thiruvananthapuram

Dated: 01-Sep-2011


Registrar


Kerala Nurses and Midwives Council

Prof. Latha R
Registrar
Kerala Nurses and Midwives Council
Red Cross Road
Thiruvananthapuram-695035

Sl. No. 110036904

Exm. No. 11002704

Kerala Nurses And Midwives Council



Diploma in General Nursing and Midwifery

The Kerala Nurses and Midwives Council hereby makes known that

Litty V Thomas

daughter of Mr. Thomas V V after having undergone Three years and Six months

Diploma in General Nursing and Midwifery course at

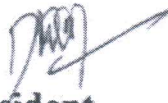
Sidhi Sadan Lourdes School of Nursing, Kochi, Ernakulam

for the period from *October 2007* to *March 2011* and passed

the examination with *First class*

by duly appointed examiners is awarded the

Diploma in General Nursing and Midwifery.



President

Board of Examiners

Kerala Nurses and Midwives Council

P. DEVAKY

Additional Director of Nursing Services

Directorate of Health Services

Thiruvananthapuram

Thiruvananthapuram

Dated: 01-Sep-2011



Registrar

Kerala Nurses and Midwives Council

Prof. Latha R

Registrar

Kerala Nurses and Midwives Council

Red Cross Road

Thiruvananthapuram-695035



Enlightened to lighten

LOURDES SCHOOL of NURSING ERNAKULAM
Sidhi Sadan

COURSE AND CONDUCT CERTIFICATE

Certified that LITTY V.THOMAS was a student of Lourdes School of Nursing Sidhi Sadan from 01.10.2007 and has completed 3 1/2 years Diploma in General Nursing and Midwifery Programme on 30.03.2011.

She had acquired the qualification by passing the examination held in March 2011

Her Character and Conduct were.....*GOOD*.....

Date: 30.09.2015

Place: Ernakulam.

Ditty Joseph

Mrs. Ditty Joseph

PRINCIPAL



A unit of
Lourdes Hospital
Ernakulam

Recognized by: Govt. of Kerala
Approved by: Indian Nursing Council, New Delhi
Kerala Nurses' & Midwives Council, Tvm

Chembumukku, Thrikkakkara P.O., Kochi-682021
Kerala, India. Phone: +91-484-2422143, 2421998
Fax: 0484-2422114
Email: lourdeschoolofnursing@gmail.com
www.lourdescollegeofnursing.in

KERALA NURSES AND MIDWIVES COUNCIL
Red Cross Road, Thiruvananthapuram - 695 035



MARK SHEET

Diploma in General Nursing and Midwifery

Fourth year (6 Months) Examination held in **MARCH 2011**

Register No. 2704

Name: **LITTY.V.THOMAS**

Paper	Subject	Max. Marks	Marks Awarded	Minimum For pass
Paper - I	Educational Methods & Media for Teaching in Practice of Nursing & Research in Nursing			
	Theory - Internal Assessment for six months	50	31	25
	Council Exam	50	40	25
	Total	100	71	50
Paper- II	Professional Trends and adjustment, Administration and Ward Management & Health Economics			
	Theory - Internal Assessment for six months	50	29	25
	Council Exam	50	41	27
	Total	100	70	52
	Practical Evaluation			
	School Assessment	25	17	12.5
	Viva (Council Exam)	75	63	37.5
	Total	100	80	50
	Grand Total	300	221	150

Passed / Failed

Marks entered by: *h*

Checked by: *h*

Date: 04-05-2011

Lathal

REGISTRAR



KERALA NURSES AND MIDWIVES COUNCIL

Red Cross Road, Thiruvananthapuram - 695 035



MARK SHEET

Diploma in General Nursing and Midwifery

First year Examination held in OCTOBER 2008

Register No. 2860

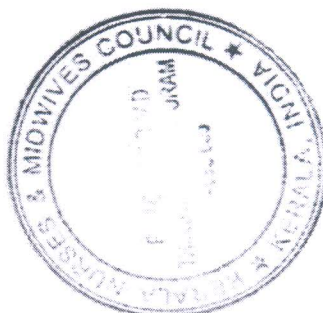
Name: LITTY .V.THOMAS

Paper	Subject	Max. Marks	Marks Awarded	Minimum For pass
Paper - I	Anatomy & Physiology Microbiology			
	Theory - Internal	25	17	12.5
	Council Exam.	75	62	37.5
	Total	100	79	50
Paper - II	Psychology & Sociology			
	Theory - Internal	25	17	12.5
	Council Exam.	75	42	37.5
	Total	100	59	50
Paper - III	Fundamentals of Nursing			
	Theory - Internal	25	17	12.5
	Council Exam.	75	61	37.5
	Practical - Internal	50	40	25
	Council Exam.	50	34	25
	Total	200	152	100
Paper - IV	Community Health Nursing - I			
	Theory - Internal	25	17	12.5
	Council Exam.	75	62	37.5
	Total	100	79	50
	Grand Total	500	369	250

Marks entered by: *[Signature]*

Checked by: *[Signature]*

Date: 11-05-2009



[Signature]

REGISTRAR

KERALA NURSES AND MIDWIVES COUNCIL
Red Cross Road, Thiruvananthapuram - 695 035



MARK SHEET

Diploma in General Nursing and Midwifery

Second year Examination held in **September 2009**

Register No. 2754

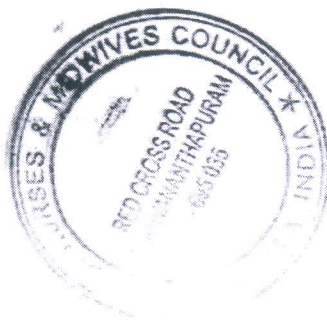
Name: LITTY V THOMAS

Paper	Subject	Max. Marks	Marks Awarded	Minimum For pass
Paper – I	Medical Surgical Nursing I(Pharmacology)			
	Theory-Internal	25	18	12.5
	Council exam.	75	46	37.5
	Practical – I – Internal	25	21	12.5
	Council exam.	75	58	37.5
	Total	200	143	100
Paper – II	Medical Surgical Nursing II (Specialties)			
	Theory – Internal	25	17	12.5
	Council Exam.	75	63	37.5
	Total	100	80	70
Paper – III	Mental Health & Psychiatric Nursing			
	Theory – Internal	25	16	12.5
	Council exam.	75	60	37.5
	Practical – II	100	84	50
	Total	200	160	100
Grand Total		500	383	250

Marks entered by: *B*

Checked by: *S*

Date: 27-01-2010



Litty V Thomas

REGISTRAR

No. E 113820

GENERAL EDUCATION DEPARTMENT
SECONDARY SCHOOL LEAVING CERTIFICATE
(Issued under the Authority of Government of Kerala)

This is to certify that the candidate herein has appeared for the
SSLC Examination and secured the following scores and grades.

Name of School : **LITTLE FLOWER H.S., PANAIKULAM**

Admission No. : **6611**

1. Name : **LILLY V. THOMAS**

2. Name in Regional Language : **ലില്ലി വി. തോമസ്**

3. Sex : **FEMALE**

4. Date of Birth (in figures) : **12/05/1990**

(in words) : **TWELFTH MAY NINETEEN NINETY**

Religion and Caste : **CHRISTIAN, LATIN CATHOLIC**

Place of Birth : **KUTTIKATTUKARA**

Nationality : **INDIAN**

Name of Father/പിതാവ് : **THOMAS, V.V**

Name of Mother : **LILLY THOMAS**

Home Address : **VAPAKKINEDATH HOUSE, KUTTIKATTUKARA,
ALUPURAM, ERNAKULAM-683504**

1. Identification Marks

1. **A BLACK MOLE ON THE LEFT FORE ARM,**

2. **A BLACK MOLE ON THE NOSE.**



Celine A.J.
10/6/05
CELINE. A.J.



GOVERNMENT OF KERALA

SECONDARY SCHOOL LEAVING CERTIFICATE EXAMINATION

Register Number : **267722**

Month & Year : **March 2005**

No. of Chances : **1**

Subject	Score Obtained			Positional Grade	Grade in words
	CE* (Max - 10)	Theory (Max - 50)	Total		
First Language Paper - I (Malayalam)	9	32	41	B	B only
First Language Paper - II (Malayalam)	8	41	49	A	A only
English Paper - I	8	24	32	C+	C plus
English Paper - II	8	31	39	B	B only
Hindi	8	41	49	A	A only
Social Science Paper - I	9	38	47	B+	B plus
Social Science Paper - II	9	29	38	B	B only
Physics	9	31	40	B	B only
Chemistry	9	22	31	C*	C plus
Biology	9	27	36	B	B only
Mathematics Paper - I	9	27	36	B	B only
Mathematics Paper - II	9	25	34	C+	C plus
Information Technology Practical (Max - 05)	8	16 (Max - 25)	28	B+	B plus

GRADE RANGE

A+	90% and above	Outstanding	B	60 - 69	Good
A	80 - 89	Excellent	C+	50 - 59	Above Average
B+	70 - 79	Very Good	C	40 - 49	Average

(i) Minimum marks for higher study is B+ Grade for each Paper.
(ii) Grade for each subject is the average of the marks obtained in the subject.

* CE - Continuous Evaluation



ELIGIBLE FOR HIGHER STUDIES

Handwritten signature

KERALA NURSES AND MIDWIVES COUNCIL
Red Cross Road, Thiruvananthapuram - 695 035



MARK SHEET

Diploma in General Nursing and Midwifery

Third year Examination held in September 2010

Register No. 2532

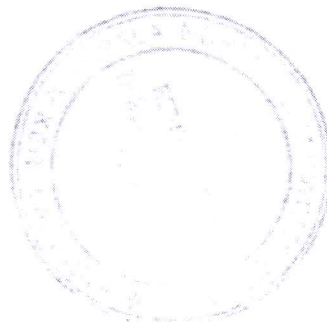
Name: LITTY.V.THOMAS

Paper	Subject	Max. Marks	Marks Awarded	Minimum For pass
Paper - I	Midwifery & Gynaecology			
	Theory - Internal	25	19	12.5
	Council Exam.	75	59	37.5
	Practical - I - Internal	25	22	12.5
	Council Exam.	75	60	37.5
	Total	200	160	100
Paper - II	Paediatric Nursing			
	Theory - Internal	25	19	12.5
	Council Exam.	75	52	37.5
	Practical - II - Internal	25	22	12.5
	Council Exam.	75	62	37.5
	Total	200	155	100
Paper - III	Community Health Nursing II			
	Theory - Internal	25	20	12.5
	Council Exam.	75	56	37.5
	Practical - III - Internal	25	22	12.5
	Council Exam.	75	54	37.5
	Total	200	152	100
	Grand Total	600	467	300

Marks entered by:

Checked by:

Date: 15-11-2010



REGISTRAR

Sl. No. 08917



GOVERNMENT OF KERALA

STATE BOARD OF VOCATIONAL HIGHER
SECONDARY EXAMINATIONS

TRADE CERTIFICATE

No: VE 09386

Register
Number

27797

Sri./Smt. **LITTY V. THOMAS**

(Name) is awarded the certificate in Vocational Higher Secondary Course with
Domestic Nursing

as specialisation.

He/She having completed the prescribed course of study for two years and
successfully completed the Final Examination held in **MARCH 2007**

Thiruvananthapuram

Date: 22/05/2007

Litty

Candidate's Signature



Rajindran

SECRETARY
STATE BOARD OF VOCATIONAL HIGHER
SECONDARY EXAMINATIONS
KERALA

Sl. No. 04164



GOVERNMENT OF KERALA
BOARD OF VOCATIONAL HIGHER SECONDARY EXAMINATIONS

No: VE 11173

MEMORANDUMRegister
Number**27797**

Mr./Ms. **LITTY V. THOMAS** is
awarded scores and grades as detailed below in the Vocational Higher Secondary Examination held in
..... **MARCH 2007**

Name of Vocational Course : **Domestic Nursing**

Part	Subject	Max. Score	Score Obtained	Grade Obtained	Grade in words
Part I	English Terminal Evaluation Continuous Evaluation Total	80 20 100	38 17 55	C+	C Plus
	GFC Terminal Evaluation Continuous Evaluation Total	80 20 100	54 18 72	B+	B Plus
Part II Vocational Subject	Vocational Theory Terminal Evaluation Continuous Evaluation Total	80 20 100	51 20 71	B+	B Plus
	Vocational Practical	150	146	A+	A Plus
	Internship Evaluation	50	49	A+	A Plus
Part III Optional Subject	Physics Terminal Evaluation Continuous Evaluation Practical Evaluation Total	60 20 20 100	21 19 18 58	C+	C Plus
	Chemistry Terminal Evaluation Continuous Evaluation Practical Evaluation Total	60 20 20 100	18 17 20 55	C+	C Plus
	Biology Terminal Evaluation Continuous Evaluation Practical Evaluation Total	60 20 20 100	23 18 20 61	B	B Only

Grade Range in Percentage: 90-100 (A+), 80-89 (A), 70-79 (B+), 60-69 (B), 50-59 (C+), 40-49 (C), 30-39 (D+), 20-29 (D), Below 20 (E)
Minimum Grade for Eligibility: Vocational Practical -C, Terminal Evaluation and Total of all other subjects-D+, No Separate minimum for continuous Evaluation, Practical Evaluation and Internship Evaluation

Eligible for Higher Studies

Thiruvananthapuram
Date: **22/05/2007**

Rajindran
EK. RAJINDRAN

SECRETARY