



## **SINTRALLA MEETHU JOSEPH**

### **REGISTERED NURSE**

#### **CONTACT**

09526206402



09539293374

midhu.sintralla@gmail.com



Address



Parapully house

Azheekal p.o

Vypeen-682508

Ernakulam

#### **EDUCATION**

- **B.Sc. Nursing – 2014**  
**K.U.H.S University**  
**Samaritan college of**  
**Nursing, Aluva,**  
**Ernakulam**
- **H.S.E – 2010**  
**Board of Higher**  
**Secondary Examination,**  
**Kerala**  
**E.M.G.H.S.S, Fortkochi**
- **S.S.L.C – 2008**  
**Board of Public**  
**Examination, Kerala**  
**St. Mary's A.I.G.H.S.S,**  
**Fortkochi**

#### **CAREER OBJECTIVE**

Aim to be associated with the organization that provides me an opportunity to show my skills and improve my knowledge with latest trends and to be the part of the team that works dynamically towards the growth of the organization.

#### **PROFESSIONAL EXPERIENCE**

**Medanta The Medicity**, Gurgaon, New Delhi  
Staff Nurse (Feb 2015 – April 2016)  
Department – Medical Surgical Ward

**DADS Hospital**, Elankunnapuzha, Vypeen,  
Ernakulam

Staff Nurse (Aug 2017 – Present)  
Department – Medical Ward

#### **Duties and responsibilities**

- Managing caseload of 8 patients with various medical conditions, including pre-operative and post-operative status.
- Utilizing strong assessment skills to determine necessary patient care.
- Developing and implementing nursing care plans.
- Evaluating prognosis of the patient.
- Assisting patients with healing and recovery after surgery.

## **CERTIFICATIONS**

- **Professional registration by Kerala Nurses and Midwives Council, Reg no. KL03201500543 dated 12<sup>th</sup> February 2015.**
- **Membership in professional Trained Nurses Association of India, Reg. No.27235/LMT dated 30<sup>th</sup> March 2015.**

## **ACHIEVEMENTS**

- **Attended workshop on reflective practice conducted by INSCOL Academy, Cochin.**
- **Conducted “A descriptive study to assess the knowledge and attitude of male adolescents regarding substance abuse” under the guidance of Mr. Ebin Mathew Varghese, Assisstant Professor, Samaritan college of nursing.**
- **Basic Life Support (BLS) for health care providers certification, 03/03/15 to present CPR certified through American Heart Association.**

## **LANGUAGE PROFICIENCY**

**Fluent in**

- **English**
- **Malayalam**
- **Hindi**

- **Providing quality Nursing care in accordance with resident care policies and procedures.**
- **Sound ethical and independent decision-making ability consistent with medical protocols.**
- **Practicing infection control methods.**
- **Educating patients on health promotion, disease management and medical protocols.**
- **Coordinating with doctors and partnered with a team of nurses to develop effective care plans for patients.**
- **Accurately documenting all elements of nursing assessment, treatments, medications, discharge instructions and follow up.**

## **PROFICIENCIES**

- **Basic life support**
- **Case assessment**
- **Leadership and training**
- **Intensive care**
- **Patient assessments**
- **Pre-operative care**
- **Pain management**
- **Neonatal care**
- **Postoperative management**
- **Advanced cardiac life support**
- **Medication administration**
- **Diagnostic testing**
- **Iv administration**
- **Preventive care**
- **Patient and family education**
- **Electronic medical records**

## **PERSONAL DETAILS**

**Date of birth : 27/08/1992**

**Nationality : Indian**

**Passport no. : M5090660, 05/1/25**

## **INTEREST AND ACTIVITIES**

- **Reading books**
- **Listening to music**
- **Interested in bedside clinical teaching**

## **REFERENCES**

1. **Prof. Sr. Rubeena S.D (Principal)**  
Samaritan College of Nursing  
Pazhanganad, Kizhakambalam P.O  
Ernakulam- 683562  
Ph.no – 04842681450
2. **Prof. Sr. Mercilin S.D (Vice Principal)**  
Samritan College of Nursing  
Pazhanganad, kizhakambalam P.O  
Ernakulam-683562  
Ph.no- 9496224145
3. **Mrs. Jigi Philip**  
Nursing Supervisor  
Medanta The Medicity  
Gurgaon, Haryana  
Ph.no- 9718174713