

# CURRICULUM VITAE



Rini Thankam Jacob

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## **CAREER OBJECTIVE**

I am looking forward for the position of Staff Nurse to dedicate maximum to the profession with commitment, devotion and to prove my worth. Simultaneously to achieve success and knowledge in modern health care field and to strive hard for career development.

- ❖ To enhance my knowledge, skills and exploit them for clients.
- ❖ To provide comprehensive care to clients by understanding both the institutional and client needs and by maintaining high professional standards.
- ❖ To become an apt person in the hospital organization and emerge as a leader to strive for organizational goals.
- ❖ To introduce innovation and achieve excellence in teaching learning activities through Evidence based practice.

## **PERSONAL INFORMATION**

Age and date of birth : 31 years, 28 – 02 – 1987  
Gender : Female  
Marital status : Married  
Nationality : Indian  
Religion : Christian  
Mother tongue : Malayalam

## **CAREER ABSTRACT**

- ❖ A post graduate completed the course on september2013.
- ❖ A dedicated nurse who can successfully work in a challenging environment.
- ❖ A professional nurse who keeps professional standards and can express own views and effectively contribute towards institutional and professional growth.
- ❖ A quick learner with abilities to work in team environment.
- ❖ Excellent communication, presentation and solving skills.
- ❖ Possess Good Computer skills.
- ❖ Trying to maintain quality defining nursing practices through a combination of self and external quality evaluation, promotion and sustenance initiatives.
- ❖ Trying to encourage self-evaluation, accountability, autonomy and innovations in nursing practice and education.
- ❖ Focus on continuous improvement efforts, and interactive management of the overall change process to close the gap between existing practices of the institution where I am working, with reference to the most relevant key performance variable.

- ❖ Attended many conference and workshops.
- ❖ Research article did on “Effectiveness of planned teaching program on the knowledge and attitude of adolescent girls on prevention of UTI”

#### Core competencies.....

- ❖ Inculcating value systems in students and staffs.
- ❖ Focus mainly on improvement of three domains like cognitive, affective and psychomotor aspects of students.
- ❖ Excellent use of modern AV aids.
- ❖ Facility management.
- ❖ Always keep students and staffs involved and self – motivated.
- ❖ A passion for instruction and teaching.
- ❖ Handling games and sports activity
- ❖ Also can handle relations with parents, prospective and current students.
- ❖ Capable of prioritization of teaching work along with other mentoring role.
- ❖ Handle curricular, co-curricular and extracurricular activities with utmost seriousness.
- ❖ Friendly with the use of computers and video applications.
- ❖ Interested in conducting quality research work making students as team members.
- ❖ Responsible for scheduling student classes, clinical classes, ordering textbooks and supplies, and other support services.

#### WORK EXPERIENCE

| HOSPITAL  | YEAR                | POSITION      | DURATION        |
|---|---------------------|---------------|-----------------|
| AMALA MEDICAL COLLEGE.<br>THRISSUR, KERALA      | 2010 May – 2011 May | Staff Nurse   | 1 Year          |
| AL GHURAIR CONSTRUCTION READYMIX<br>DOHA, QATAR | 2013 June- 2019 Jan | Company Nurse | 3 year 7 months |

#### EDUCATIONAL QUALIFICATION.

| COURSE                                | PERIOD      | GRADE | UNIVERSITY & INSTITUTION  |
|---------------------------------------|-------------|-------|---|
| MSc. NURSING<br>-CHILD HEALTH NURSING | 2011 - 2013 | 66%   | KERALA UNIVERSITY FOR HEALTH SCIENCES<br>(UPASANA COLLEGE OF NURSING, KOLLAM) |
| BSc. NURSING                          | 2005 - 2009 | 64%   | CALICUT UNIVERSITY<br>(AMALA MEDICAL COLLEGE, THRISSUR)                       |
| HIGHER SECONDARY<br>(Plus Two)        | 2003 - 2005 | 75%   | HSE BOARD<br>(VIMALA HRIDAYA HSS, KOLLAM)                                     |
| S.S.L.C (10 <sup>th</sup> Std )       | March 2003  | 85%   | GENERAL EDUCATION DEPARTMENT<br>(ST. JUDE HSS, KUREEPALLY)                    |

#### Additional certifications

**BLS and ACLS** Provider (Certified by American Heart Association, Issue date: 21-04-2014)

## **CLINICAL EXPERIENCE DURING COURSES**

**MSc. Nursing:** I had exposure to well-known hospitals such as Upasana Hospital – Kollam, Sreechithra institute of medical science, Trivandrum, Regional Cancer Centre – Trivandrum, KIMS Hospital, Trivandrum, Govt Victoria Hospital, Kollam.

**BSc. Nursing:** I had clinical experience in different reputed hospitals such as Amala Medical College, Thrissur, Jubilee Mission Medical College, Thrissur, Christian Medical College, Vellore, Govt. Mental Hospital- West Fort, Thrissur.

## **MAJOR JOB RESPONSIBILITIES**

- Preparation of the unit
- Admission and discharge
- Assessing the patients , Physical examination of patients, Maintaining airway, breathing and circulation
- Planning comprehensive care for the patient based on the assessment
- Total Patient care based on Nursing Process Approach
- Client education
- Systematic evaluation of the treatment regimen of the patient
- Provide information and psychological support to minimize patients anxiety
- Maintenance of Records & Reports

## **SKILLS....**

- Vital signs monitoring and recording, monitoring of arterial BP, invasive BP, ECG, CVP etc., positioning of patients.
- Peripheral saturation assessment and ABG values
- Peripheral IV canulations, Collection of blood samples of neonatal, pediatric and adult clients for investigations, Urinary catheterization, Blood transfusions
- Management of Surgical, Medical & Pediatric emergency
- Emergency management of critical ill patients and cardiac problems
- Defibrillation, cardiopulmonary resuscitation
- Care of patient with pre and post-operative periods
- Care of patients with Road traffic accident with different type of fractures ,head injury
- Application of sling, splint, traction (Internal & External)
- Preparation & Administration of medications and injections(IV, IM,SC)
- Assessment and care of antenatal, Pre natal and Post Natal mothers
- Care of Newborns
- Conducting Normal Deliveries
- Dressing, Inserting Naso-gastric tubes, endotracheal intubation, Monitoring fluid balance
- Giving chest physiotherapy and suctioning
- Help the doctors in diagnosis and treatment
- Co-ordinate patient care with various health team members
- And experience in all other general procedure

## **Other Activities Includes**

Maintaining personal hygiene, Bladder wash, Positioning the patients, Back care and sponge bath, Total parental nutrition administration, assisting in feeding, Bed sore dressing, Care of renal transplant patients, Catheter care including Foley's and central lines, Giving active & passive Exercise, Family advice

counseling and support patients, maintaining intake and output chart, Tracheotomy care, Hot and cold application, Tube feeding including bolus feed and continuous drip feed, Attending ward meeting, seminars and in-service educations

Assisting In....

Performing primary and secondary surveys, Intubations, Putting central venous catheters, Lumbar puncture, Bone marrow aspiration, Tracheotomy and ICD

### **TYPES OF PATIENTS ENCOUNTERED**

- Broncho pneumonia, COPD, Bronchial asthma
- Poisoning and Hanging
- Airway obstruction, foreign body aspiration, falls
- Various electrolyte imbalances, Anemia , Glomerulo nephritis , Nephritic syndrome, Pleural effusion, Burns, ARF & CRF
- Myocardial infarction, RHD, Cardiomyopathy , CCF, Heart blocks, CAD, Cardiopulmonary arrest, Cardio –thoracic & vascular surgery, Congenital heart diseases
- CVA, Parkinson’s disease, Seizure disorder, Aneurysms, Cerebro vascular accident, Meningitis, head injury
- HBsAg , Retro virus cases, Varicella Zoster, Measles, SSSS
- Surgical gastro –enterology Gastrointestinal bleeding, hypo- hyperglycemia, Orthopaedics, Ophthalmology, Plastic surgery, Oromaxillofacial surgery, Arthroscopy
- Newborn babies and preterm babies, Asphyxia neonatorum, Meconium aspiration, Baby of diabetic mother Jaundice, GERD
- Normal labor, antenatal and postnatal mothers
- Medico legal cases

### **BIOMEDICAL EQUIPMENTS KNOWN TO HANDLE**

- Clinical Thermometer, Sphygmomanometer, Stethoscope
- Glucometer, Pulse Oxymeter
- Mechanical ventilator, Suction Apparatus
- Nebulizer, Autoclave, Sterilizer, Endoscopic Devices,
- Warmer, Phototherapy Machine, Doppler monitor
- Syringe pump , Infusion Pump, Pressure Infuser
- ABG analysis machine
- Ventilator, Defibrillator, Ambu bag, CPAP, BIPAP, CABP
- Different cardiac monitors, transcutaneous pacemaker
- Holter monitor, ECG Machine,

### **OTHER DUTIES AND RESPONSIBILITIES UNDERTAKEN**

- Worked as organizing committee member for conducting workshops( Innovative methods in nursing education , Material management and PERT)
- Worked in organizing committee and conduct classes in in-service education program.
- Assigned to conduct staff training program in hospital.
- Conducted classes in mass education programs (diabetic day, world heart day etc.)

## **WORKSHOPS ATTENDED**

- Quality cancer care- newer perspective(RCC Trivandrum)
- Innovations in management techniques and legal issues in nursing(Upasana, Kollam)
  
- Significance of self-awareness in nursing education(VNSS, Kollam)
- Clinical application of nursing theories(SNMM Varkkala)
- Recent advancement in educational technology (AIMS)
- The art of enlightened management (Amala college of nursing)
- Nursing research updates for nurse educators ( Upasana college of nursing)

## **CURRICULAR ACHIEVEMENTS**

- Conducted a research study “Effectiveness of planned teaching program on the knowledge of adolescent girls on prevention of UTI”.
- Done a project work on (1). Embryological development of heart and (2). Physical layout of Pediatric ICU.
- Participated in conducting a research study on “Patient satisfaction on hospital services” during my under graduate course.

## **MEMBERSHIPS AND REGISTRATIONS**

- Registered in Kerala Nursing and Midwives Council and is permitted to practice under the provision Of Nurses and Midwives Act 1953, Registration Number: 51099.
- MSc nursing degree registered on Kerala Nurses and Midwives Council on 24<sup>th</sup> may 2014.
- Member in trained nurses association of India, TNAI NO: 202429\LMT (enrolment date november28, 2010).

## **COMPUTER SKILLS**

- Windows, MS office
- Internet, Literature Search
- Excel, Statistical Packages
- Use of computers in teaching, learning, research and nursing practice

## **LANGUAGES KNOWN**

- Malayalam: To read, speak and write.
- English: To read, speak and write.
- Hindi: To read, speak and write.
- Tamil: To speak.

## **Declaration**

I hereby declare that the particulars furnished above by me are correct to the best of my knowledge and belief.

Rini Thankam Jacob

23/01/2019