

## **RESUME**

**Name** : ATHIRA.R.NAIR

**Address** : Kovilathu House

Pariyaram( po)

Elanthoor

Pathanamthitta (District)

Kerala

Pincode: 689643

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**Phone no:** +91 (7012136681)

### **OBJECTIVE :**

A dedicated professional with diverse expertise in the healthcare industry as a Nurse, Personable & Professional with reputation for positive attitude with superior communication skills. Create & maintain the Health & Safety infrastructure to safeguard health.

### **PERSONAL INFORMATION :**

NAME : ATHIRA.R.NAIR

FATHER'S NAME : RAVINDRAN NAIR

GENDER : FEMALE

MARITAL STATUS : MARRIED

DATE OF BIRTH : 13.11.1992

NATIONALITY : INDIAN

RELIGION : HINDU

CASTE : NAIR

BLOOD GROUP : O POSITIVE

MOTHER TONGUE : MALAYALAM

### **LANGUAGES KNOWN :**

Languages	Speaking	Reading	Writing
English	Yes	Yes	Yes
Hindi	Yes	Yes	Yes
Malayalam	Yes	Yes	Yes
Tamil	YES	No	No

**PERSONAL QUALITIES:**

- Remain calm and professional throughout critical incidents.
- Excellent in communication skills in written and verbal both.
- Resourceful problem solver capable of implementing solutions to complex problems.
- Ability to work in pressure situations.

**EDUCATION :**

Qualification	Duration	Institution	University	Total percentage
B.Sc Nursing	2010-2014	M.A. Chidambaram college of Nursing, Chennai	Dr. M.G.R Medical University, Chennai.	65 %
HSE	2010	SNDP Higher Secondary School, Muttathukonam	Board of higher secondary examination, Kerala	67%
SSLC	2008	ST.Mary's Girls High School, Kozhencherry	Board of secondary examination , Kerala	80 %

**PROFESSIONAL NURSING LICENSURE :**

Type	State	Date of Issue	RN/RM NO	Valid up to
Registered Nurse & Midwife	Kerala	25-10-2018	KL04201803176	24-10-2023

**PROFESSIONAL EXPERIENCE :****Apollo Hospitals profile:**

Apollo hospital is a Multispeciality tertiary care centre across various medical disciplines with special focus on Neurology ,Trauma , Cardio Thoracic, and cardiology. Designed to be Chennai's first Digital hospital. Electronic medical records that can be accessed from anywhere. Automated medication safety shield .

Position	Unit	Hospital	Year	Total year of experience
Staff nurse	Medical and Surgical Ward	Apollo Hospitals Chennai, India	10-10-2014 To 01-06-2018	3.8

**STAFF NURSE:****Responsibilities :**

- To be responsible for the assessment (Glasgow coma scale), planning, implementation, evaluation of patients care as required.
- Performs immediate stabilization of patients which comprises of starting Intravenous lines , administration of oxygen through various methods , urinary catheterization , obtaining 12 lead electrocardiograms.
- Follows the universal precautions such as hand washing , barrier techniques , usage of personal protective equipments , as per the infection control protocols (CDS guidelines ) to control infection ensuring skilled , nursing care.
- Renders basic nursing procedures like checking vital signs , hot and cold application , urinary catheters care , Nasogastric feeding , nebulization , steam inhalation , tracheostomy care , surgical site dressing , removal of drains and lines , suctioning (oral , tracheostomy and Endotracheal ).

**MEDICAL EQUIPMENTS :**

- Mini ventilators
- Bipap machines
- Syringe pump
- Infusion pump
- Pulse oximeter
- Multi Channel Cardiac monitor
- Electrocardiograph machine
- Warmer
- Catheters

- Compressive device
- Oxygen Flow Meter and Nebulizers

**ADDITIONAL CERTIFICATES :**

- Basic Life Support Training by Apollo Group of hospitals
- National conference on capacity building in cataclysmic situation.
- Basic pediatric skills workshop for nurses.
- National service scheme: participated in special camps.

**TARGET JOB :**

- Desired Salary : As per the norms of the Institution

**REFERENCE :**

• Name	• Position	• Address
Mrs.G.Muthuram	Nursing Superintendent	Apollo specialty hospitals, Chennai
Mrs.Shamila manivannan	Principal	M.A.Chidambaram College of Nursing, Chennai

**DECLARATION:**

I, Ms. ATHIRA.R.NAIR hereby submit these curriculum vitae for your kind consideration and for favourable orders. I assure sir, if I am selected, I will discharge my duties to entire satisfaction of my superiors. I declare that the information furnished above is true to the best of my knowledge.

ATHIRA. R.NAIR