

ANS MARY SAJAN

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OBJECTIVE

To obtain a challenging career in the health care field which will utilize my professional skills at its best and gives an opportunity for advancement and to continuously improve my skills for a prospective career pursuit while being resourceful, innovative and flexible.

EDUCATION

MSc NURSING (Mental Health Nursing) with 74%

Sept 2015- Feb 2019

Government College of Nursing, Thrissur, Kerala
Kerala University of Health Science, Thrissur
(condonation of break of study due to gestational complications)

Post Basic BSc Nursing with 76%

Sept 2011-Oct 2013

Baby Memorial College of Nursing, Calicut, Kerala
Kerala University of Health Science, Thrissur

GNM with 74.10%

Oct 2007-April 2011

Caritas School of Nursing, Thellakom Kottayam, Kerala
Kerala Nurses and Midwives Council

HSE with 69.5%

March 2006

St Mary's Higher Secondary School, Arakulam, Moolamattom
Board of Higher Secondary Examination Kerala

THSLC with 78.2%

March 2004

Technical higher Secondary School, Muttom, Thodupuzha
Board of Public Examination Kerala

PROFESSIONAL EXPERIENCE

Staff Nurse – Surgical Ward
Holy Family Hospital, Muthalakodam,

March 2015 to September 2015
Thodupuzha, Idukki

- Enhanced critical thinking skills by caring for patients with complex and interrelated diagnoses.
- Ensured proper patient care through assistance with activities of daily living
- Generated supportive patient and family communication techniques
- Collaborated daily with physicians and healthcare team to achieve optimum patient care.
- Administered medications and started IVs for hydration and antibiotic therapy
- Maintained patient charts, EMRs, and confidential files.
- Sterilized, set up instruments and assisted physicians in minor procedures
- Participated in education and instructions preceding patient's discharge

Staff Nurse - Operation theatre
Aster Medcity Cheranalloor

January 2014 to February 2015
Kochi, Ernakulum

- Performed as a circulatory nurse for the following patient populations: Robotic gastrointestinal, urology, bariatric, gynecology, orthopedics, navigation guided neurology and cardiac telemetry.
- Assisted in craniomaxillofacial surgeries and neuro surgeries, combined procedures with oncology.
- Recorded patient data in a computerized charting system
- Emphasized team work within nursing staff by assisting co-workers in need and delegating tasks appropriately
- Maintained inventory
- Performed quality care based on policies and protocols

Staff Nurse - Surgical ICU
Caritas Hospital, Thellakom

May 2011 to September 2011
Kottayam, Kerala

- Facilitates communication between multidisciplinary health care professions
- Collaborate with other health care professionals quarterly to review and update policies and procedures
- Administered meds, transcribed doctors' orders, and acted as patient advocate while assisting with doctors' rounds
- Identified and managed life-threatening complications post-operative(cs)
- Responsible for monitoring critically ill patients with arterial lines, central lines, and intraventricular catheters

- Provided quality care to critically ill, trauma, cardiac, neurological, and orthopedic patients while maintaining strong observational skills, thorough assessments, and skillful intervention techniques
- Assessed patient's conditions using both invasive and non-invasive monitoring such as ICP, CVP, SP02, A-line, and ventilator
- Managed patient's pain using pharmacological and non-pharmacological pain management interventions
- Explores, critiques, and shares knowledge gained through evidenced-based nursing research articles that seeks to improve patient
- Educated patients and families on pre/post-operative procedures, medical conditions, and medications
- Performed complete head-to-toe assessments, focusing on physiologic and psychosocial changes, on each patient every 12-hour
- Provided preoperative and postoperative education to patients and their families

KEY SKILLS

- Good communication and inter-personal skills
- Prepared and delivered lectures to undergraduate students on topics such as mental health nursing, and community mental health care practices.
- Skilled in dealing with psychologically emotional situations
- Good attention to detail and observation
- Ability to respond questions and offer suggestion
- Happy to work individually and as part of a team
- Profound knowledge of nursing programs
- Familiarity with academic policies and regulations
- Good understanding of curriculum development procedures
- Ability to manage student behavior, to teach students from various cultures, to maintain positive working relationships with students
- Supervised students' laboratory and clinical work
- Hold two hour interactive sessions with first year students
- Provided healthcare educational activities that include issues related to health promotion, prevention, maintenance, and restoration.

- Handled the queries of the patients and families
- Plan, organize and conduct courses, workshops and seminar
- Conducting case presentations, clinical teaching and unit lectures according to the need of the unit
- Responsible for emergency assessment of persons seeking treatment for psychiatric or substance abuse illnesses
- Consulted with Psychiatrist on Duty for orders when client's medical status changed or situation presented to make referrals to more appropriate level of care was requiring
- Provide direct psychiatric care to inmates. Assist with appointment lines, medication reviews, and responding to psychiatric emergencies
- Educated nursing staff in monitoring of patients in withdrawal
- Planned and conducted group therapy and individual psychotherapy

WORKSHOPS AND SEMINARS

- Has participated in in-service education and also done lecturing regarding hospital acquired infections and post exposure prophylaxis during Post Basic Bsc nursing course in Baby Memorial College of Nursing, Calicut.
- Has attended International work shop on disaster preparedness in MOSC (College of nursing) Kolenchery
- Conference attended on OSCE in psychiatric nursing, MOSC (College of nursing), Kolenchery
- Conference attended on Hospice en Masse (nursing management and administration) at Lulu convention Centre, Thrissur
- Swasthya, getting rooted into self, (to identify stress among health care workers and therapies like yoga to reduce stress) GCON, Thrissur.
- Health Awareness Programme conducted at BSF camp, Thrissur
- Nursing Care Conference conducted at the conference hall, New Medical College Hospital, Thrissur.

ACHIEVEMENTS

- Has done Thesis, Psychosocial skills training programme on internalized stigma among patients with Schizophrenia.
- Had one month posting in National Institute of Mental Health and Sciences, (NIMHANS), Bengaluru.
- Had two weeks posting in Institute for Communicative & Cognitive Neuro Sciences (ICCONS), Shoranur.
- Academic level top scorer in post basic Bsc nursing, Baby Memorial College of nursing, Calicut.
- Possessed SNA vice president post in Caritas School of nursing Thellakom, Kottayam.

REGISTRATION DETAILS

R.N R.M

Kerala Nurses and Midwives Council

Registration Number :75124

Date of Registration : 4/5/2011

Post Basic Bsc nursing as additional qualification registered

Kerala Nurses and Midwives Council

Registration Number :75124

Date of Registration :
16/04/2014

Language known : English, Malayalam

Hobbies : Listening music, Reading Books

PERSONAL DETAILS

Father's name : Sajan James

Date of birth : 08/04/1988

Religion : Christian

Permanent address : Karottukunnel (H)

Muttom P.O, Thodupuzha

Idukki, Pin: 685 587, Kerala

DECLARATION

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

Thodupuzha

Date:

Your's sincerely

Ans Mary Sajan

REFERENCE

Dr. Riaz K M

Assistant Professor

Government College of Nursing, Thrissur

ph.: +91 9495837181

Dr. Sujamol Scaria

Principal

Government College of Nursing, Thrissur