

## RESUME

<p>ANU P.T</p> <p><u>Address of Communication:</u> Kakkarath House Poolachira Payyanedam .P.O. Mannarkkad Palakkad Dist., Kerala State Pin: 678583 Mobile: 8156970129 <b>Email:</b>anuathira90@gmail.com</p> <p><u>PERSONAL DETAILS:</u></p> <p>Father's Name :Mr.P.K.Thankappan Date of Birth :23-11-1990 Age : 25 years Gender : Female Religion :Hindu Mother Tongue : Malayalam Marital Status : Married Height : 160 cm Blood Group :B positive LanguagesKnown : EnglishMalayalam Telugu,Hindi, Tamil</p>	<p><u>PERMANENT ADDRESS:</u> ANU P. T Pathanickal (House) Lakkattoor (P.O.), Kottayam (Dt.), Kerala. Pin - 686502 Phn.no. + 91 - 0 - 8019294476 Email:anuathira90@gmail.com</p> <p><u>CAREER OBJECTIVE:</u></p> <p>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.</p> <p><u>STRENGTHS:</u></p> <ul style="list-style-type: none"><li>• I believe in confidence and hard working.</li><li>• My loyalty and sincerity will be the key for my success.</li><li>• I am ready to shoulder any responsibility.</li></ul> <p><u>CERTIFICATIONS</u> N.T.R University of Health Science, A.P.,Vijayawada... Register of Nurse is 153769 and midwife is 153312... Reg.No.09356005</p>
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**ACADEMIC QUALIFICATION:**

Course	Year	Name of the Institution	University / Board	Percentage / Grade
SSLC	2007	M G M N S S H S S LAKKATTOOR KOTTAYAM	Board of Secondary Education	B
Plus Two	2009	M G M N S S HIGHER SECONDARY SCHOOL LAKKATTOOR KOTTAYAM	Board of Higher Secondary Examination	B

**PROFESSIONAL QUALIFICATION:**

Course	Year	Name of the Institution	University / Board	Percentage
Basic B.Sc Nursing	2009 - 2014	Vijaya Health Care Academic Society Collage Of Nursing Secunderabad, Telangana	NTR University Vijayawada,Ap.	68%

**CLINICAL Experience During of Nursing Course:****EXPERIENCE DETAILS:**

Nature of work	Period	Job Title	Name of Hospital
Medical and Surgical Ward & CICU	21-07-2015 to 8/10/2017	Staff Nurse	Apollo Health City Jubilee Hills Hyderabad

**PRESENT NURSING EXPERIENCE:****APOLLO HEALTH CITY****Jubilee Hills, Hyderabad, Andhra Pradesh, India.**

Apollo Hospitals, the largest healthcare group in Asia with JCI accredited, Apollo Health City, Jubilee Hills, Hyderabad is a 530 bedded tertiary care centre. It has over 50 medical and surgical disciplines. Its services are supported by sophisticated technology and experienced medical professionals.

Web Site	:	<u><a href="http://www.apollohospitalsgroup.com">www.apollohospitalsgroup.com</a></u>
Designation	:	Staff Nurse
Area of work	:	Medical and Surgical Ward & CICU
Hospital Capacity	:	530 Bedded JCI Reaccredited Hospital (2012)
Emp. No.	:	25590
Date of Joining	:	21-07-2015
No. of Beds	:	32 (in the Ward)
Staff Patient Ratio	:	1 : 6

### **PATIENT CARE WHICH CAN**

- Well versed in the cardio pulmonary resuscitation (as per ACLS protocol)
- Maintenance of good nurse patient relationship including orientation of patient to the unit or room and patient family education.
- Patient assessment and reassessment and nurses notes.
- Check the vitals of the patient every hourly along with date and time (E.g. B.P., R.T feeding, drainage etc.) Including pre and post operative care and documentation.
- Maintenance of intravenous fluids (E.g. T.P.N )
- Administration of Medications in time (E.g. OD, BID, TID, QID, State, SOS etc.)
- Monitoring of C.V.P & I.C.P.
- Hot & Cold Application (E.g. Ice Bag, Hot Water Bag, Cold Compress, Sterile hot compress and cold sponge.)
- Personal hygiene including assist in Activities of daily living.
- Tracheotomy care of the patient (E.g. Suctioning, Tracheotomy dressing)
- Care of pressure sore (E.g. Frequent Back care& Positioning)
- Maintenance of physical, social, psychological, spiritual & rehabilitative needs of the patients (E.g. Religious guidance)
- DVT Prophylaxis
- Prevention of aspiration
- Colostomy care
- GCS monitoring and close Neuro observation
- Barthel index

- Steam inhalation
- Naso Gastric and PEG Tube feeding
- Skin Traction application and Care
- Care of ICD
- Blood Transfusion
- Management of Pain scale Adult and Pediatric
- Care of invasive catheters (E.g. Central line, IV Cannula, Foleys's catheter, epidural catheter)
- Maintaining records and reports
- Supervision and orientation of student and new trainees.
- Follow-up Treatment.

**EQUIPMENTS USED:**

- AED
- Defibrillator
- Pulse Oxymeter
- I.C.U Monitor
- C.V.P Monitor
- Suction Apparatus
- Nebulizer
- Computer
- ABG Machine
- Closed suction system
- A.B.P Monitor
- ECG
- Syringe Pump
- Steam inhaler
- Glucometer
- Humidifier
- Warmer Machine
- CPAP Machine
- BIPAP Machine
- AMBU
- Cardiac output monitor

**SPECIAL PROCEDURES I ASSISTED:**

- Resuscitation
- Endotracheal intubation and extubation
- Arterial cannulation
- Lumbar puncturing
- Pericardiocentesis
- Pleural fluid aspiration
- Bone marrow aspiration
- Closed Reduction and POP application
- Supra Pubical catheterization
- Intercostals Drainage
- Suturing

**OTHER RESPONSIBILITIES :**

- Maintaining the drug & Investigations s per orders.
- Proper documentation of drugs administered and investigations done.
- Maintaining the equipment in working condition.
- Maintaining emergency drugs and equipments at accessible place.
- Proper monitoring of patient.
- Informing the doctor concerned whenever necessary.
- Barrier nursing.
- Scrubbing, hand washing and aseptic precautions.
- Transportation of critically ill patients.

**GENERAL:**

- Attended Basic Life Support, Advanced, Cardiac Life support, pediatric advanced life support programme at Apollo Hospital, Jubilee Hills, Hyderabad.
- Attended joint commission international Apollo hospital jubilee hills 2015
- Attended IV Canulation (peripheral and central access) conducted by BD Company.
- Attended seminar Infection control programme, conducted at Apollo Hospitals, Jubilee Hills, Hyderabad.
- Successfully completed the NURSES ORIENTAITON TRAINING PROGRAMME conducted by Apollo Health City.
- Participated in panel discussion on Hospital Acquired Infection and new research studies.
- Participation in blood transfusion & safety program organized by Apollo Health City participation in MET and CODE BLUE, PATIENT SAFETY AND QUALITY SERVICE programs organized by Apollo Health City.

**HOSPITALS TRAINED DURING STUDY COURSE**

- Hosmat Hospital, Bangalore, Karnataka
- Indira Gandhi Children Hospital, Bangalore, Karnataka
- Spandana Psychiatric Hospital, Bangalore, Karnataka
- Maternity Corporation Hospital, Bangalore, Karnataka

**COMPUTER SKILLS**

- All computer basics with Internet Knowledge
- Good skills in hospital based computer activities
- Good typing skills in computer

**STRENGTHS:**

- Desire to learn
- Hard-working
- Positive attitude
- Cool minded
- Team building ability
- Problem solving capability
- A good team player

**REFERENCES:**

<b>Mrs. SubhadaSakurikar</b> <b>Director - Nursing,</b> Apollo Health City, Jubilee Hills, Hyderabad. PH: 040-23607777	<b>Dr. Y. Srinivas,</b> Consultant, General Physician, Apollo hospital Jubilee hills, Hyderabad
<b>Mr. T. Karunakar</b> <b>HR Manager,</b> Apollo Health City Jubilee Hills, Hyderabad. PH: 040-23607777	<b>Dr. Subba Reddy,</b> Incharge Doctor Apollo hospitals, Hyderabad

**DECLARATION:**

I hereby declare that the above mentioned information are true and correct to the best of my knowledge and belief. I submit my resume for your kind observation & favorable order. Hope my skills are sufficient for your requirement. I humbly request your good self to permit a chance to work in your esteemed hospital.

Place :

Yours sincerely

Date :

**ANU P.T**