

From,

RIYAMOL E.S
NJERALIKKOTTAYIL (H)
KALAMASSERI SOUTH (P.O.)
COCHIN UNIVERSITY
ERNAKULAM (Dist.)
KERALA (State), Pin: 683104.
Mob: +91-9544871713, 8125365308

Dear Sir/ Madam,

Sub: Application for the Post of Staff Nurse.

I wish to submit my Resume for your kind consideration and early favorable orders. Please consider my resume, and give me an Opportunity to work in your esteemed organization. If given an opportunity to work, I shall endeavor to satisfy my superiors to best of my knowledge, ability and earn your esteemed confidence and remain grateful to you.

Thanking you,

Yours Sincerely

Place:

Date:

RIYAMOL E.S

CURRICULUM VITAE



RIYAMOL E.S

Address for Communication:

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E. Mail: riyajithin.k@gmail.com

Personal Details:

Date of Birth : 22-05-1994
Age : 24 Years
Gender : Female
Nationality : Indian
Religion : Christian
Mother Tongue : Malayalam
Marital Status : Married
Height : 155 cm
Blood group : 'B' Positive
Father's Name : N.K SUNNY
Mother's name : ELSAMMA SEBASTIAN



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



LICENSES/ CERTIFICATES

REGISTRATION NO: 8391

PRESENT ADDRESS



RIYAMOL E.S

Cardio thoracic intensive care unit
Apollo Health City
Hyderabad, Telangana,
India.

PRESENT NURSING EXPERIENCE

Apollo Health City

Jubilee Hills, Hyderabad, Telangana, India

www.apollohospitals.com

Apollo Hospitals, the largest healthcare group in Asia with JCI accredited. Apollo Health city, Jubilee Hills, Hyderabad is a 550 bed tertiary care centre. It has over 50 medical and surgical disciplines. Its services are supported by sophisticated technology and experienced medical professionals.

Date of Joining & period : 14-04-2017 to till date.
Type of Experience : as a Staff nurse
Department : Cardio thoracic Post Operative ICU
No. of Beds : 17
Emp No. : 1075578
Hospital capacity : 550 bedded JCI Reaccredited Hospital (2016)

PATIENT CARE WHICH I CAN

- Asses the Medical, Surgical & Neurological condition of the patient.
- To prepare daily nursing care plans to give professional care.
- Maintenance of good Nurse patient relationship.
- To check the vital signs of patients like BP, Pulse Rate, Respiratory Rate & Temperature.
- Maintains of intake output chart (Eg., Urine output, RT feeding and Drainage)
- Invasive haemodynamic monitoring (Eg. Arterial, Central Venous Pressure & NIBP)
- To observe the patient to ensure safe medication by following 6 rights of medication and to observe for any adverse reactions.
- Pharmacological interventions include thrombolytic agents, intravenous fluids & inotropics (Eg. TPN, Dopamine, Infusing NTG)
- Collection of Specimen (Eg. Serum, A.B. G, Urine and Sputum).
- Hot and Cold application (Eg. Ice bag, Hot water bag)

- Personal Hygiene (Eg. Nail care, Hair care, Bowel and bladder care, Catheter Care).
- To feed the patient after ensuring that is correct diet by checking diet order for diet tolerances.
- Assessing, planning and implanting care of Cardio Thoracic Pre and Post Operative Patients and Tracheotomy patients.
- Assisting for Central Line Insertion, ICD Insertion, Endotracheal Intubation (Oral & Nasal), Extubation, Pleural Tapping.
- Management of All types of Cardiac, Cardio Thoracic and Vascular Surgeries.
- Management of Artificial Airways and mechanically Ventilated patients.
- Oxygen Therapy, Pulse Oxymetry.
- Continuous haemodynamic monitoring including CVP, BP, ECG, PR, SPO2.
- Continuous assessment of patient physical & emotional needs by health care team members which include Doctors, Nurses, Dieticians, Medical Social workers & Physiotherapist.
- Assisting in diagnostic procedures like X-Rays, Echo Cardiography, Ultrasound, Lumbar Puncture and ECG.
- Assisting in Therapeutic modalities like ICD insertion, Emergency or elective intubation, emergency resuscitation.
- Well versed in the Cardio pulmonary resuscitation paediatrics and adults.
- Maintenance of physical and social, psychological, spiritual and Rehabilitative needs of the patients (Eg. Religious Guidance)
- Providing proper positions and restraints according to patient condition.
- Tracheostomy care of the patient (Eg. Suctioning, Tracheostomy & dressing)
- Care, of patients with Decubites Ulcer (Frequent Back Care & Positioning)
- Setup of unit prior to any patient arrival with necessary equipment and emergency medicines.
- Prioritizing and implementing the care.
- Ryle's tube & PEG feeding, Gastric lavage
- Colostomy care, Jejunostomy care & Central Line care.
- Bladder wash & Enema

- Can able to do IV cannulation,catheterization, Nasogastric tube insertion, Blood transfusion, steam inhalation, chest physiotherapy, dressings etc,
- Care of patients after invasive procedures (care after coronary Angiogram, PTCA)
- Patient and family education.
- Blood Transfusion
- Supervision and orientation of student and New trainees

EQUIPMENTS USED:

- | | |
|-------------------------|---|
| • Ventilator | • NIBP |
| • AMBU | • ECG |
| • Defibrillator | • Syringe Pump |
| • Pulse Oxymeter | • Steam inhaler |
| • I.C.U. Monitor | • Glucometer |
| • C.V.P. Monitor | • Humidifier |
| • Suction Apparatus | • Warmer Machine |
| • Nebulizer | • CPAP Machine |
| • IABP | • BIPAP Machine |
| • ABG Machine | • Cardiac Output Monitor |
| • Closed Suction System | • Air-way adjunctives, Oral and Nasal Air way |
| • A. B.P Monitor | |

SPECIAL PROCEDURES I ASSISTED:

- | | |
|---|-------------------------|
| ➤ Resuscitation | ➤ Intercostal Drainage |
| ➤ Endotracheal intubation and extubation. | ➤ Suturing |
| ➤ Arterial Canulation. | ➤ PA Catheter Insertion |
| ➤ Lumbar puncturing | |
| ➤ Central Venous Catheterization | |
| ➤ Pericardiocentesis | |
| ➤ Pleural fluid aspiration | |
| ➤ Bone marrow aspiration | |
| ➤ Supra Pubical Catheterization | |

OTHER RESPONSIBILITIES

- Maintaining the drug & Investigations as 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 IV Cannulation (peripheral and central access) conducted by BD Company.
- Attended seminar of Infection Control Programme, conducted at Apollo Hospitals, Jubilee Hills, Hyderabad.
- Attended D.V.T Management Conducted by Dr. Revindra Babu(HOD,NICU, Apollo)
- Successfully completed the nurses orientation training programme Conducted by Apollo Health City, Hyderabad.

EDUCATION PROFILE

During my studies as a student nurse, the following works were assigned to me, which I have carried out successfully.

- Worked as a team member in the community development programs.
- Worked as a team member of pulse polio programme.

Academic

Course	Year Of Study	Name Of Institution	Board/ University	% Of Marks
S.S.L.C	2010	St.George's Higher secondary school,Kattappana	Board of Public Examination	84%
Plus Two	2012	St George's. Higher secondary school,Vazhathopu.	Board of Higher Secondary Education	86%

Professional

Course	Years Of Study	Name Of Institution	Board/ University	% Of Marks
B.Sc Nursing	2012-2016	GreenLeaf College of Nursing, Hyderabad	Dr.NTR University of Health Sciences	78.9%

COMPUTER SKILLS:

- All Computer basics With Internet Knowledge
- Good skills in hospital based computer activities

LANGUAGES:

- English
- Malayalam
- Hindi
- Telugu
- Tamil

INTERESTS:

- Drawing
- Stitching
- Reading
- Traveling
- Writing
- Music
- Cooking

STRENGTHS:

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

ACHIEVEMENTS:

- Has been involved in different work groups for various activities like conducting Seminars in college and hospital.
- Participated in many School, College and Hospital Competitions.

REFERENCES

1. Mrs.Surjeet Kaur

*Nursing Director
Apollo Health City
Hyderabad,Telangana*

Ph: +91 40 23607777

2. Mr.Suresh Reddy

*H.R Manager
Apollo Health City
Hyderabad,Telangana*

Ph: +91 40 23607777

DECLARATION

I hereby state that the above mentioned information is true to the best of my knowledge and I submit my resume for your kind observation and 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 :

RIYAMOL E.S

Date :