

# ELBY SABU

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**STAFF NURSE IN CARDIAC MEDICAL ICU**

##  Objective

A challenging nursing professional position at an esteemed health care system that provides me the opportunity to contribute to my nursing and healthcare skills developed during the Nursing training “SREE SUDEENDRA COLLEGE OF NURSING**”.**

Reliable and ethical health care provider with ability to stay calm and intervene during crisis, facilitate group and educational seminars and collaborate with multidisciplinary teams. Proven ability to build positive relationship with patients, family members, physicians and other medical professionals.

##  Prelude

Presently working as a Staff Nurse in Cardiac medical ICU Department in Fortis Hospitals, Mumbai

(Joint Commission International Accredited Hospital and NABH Accredited Hospital).Actively participated

in Development and implementation of treatment plans for patients with broad range of health issues.

##  Education

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| **QUALIFICATION** | **INSTITUTION** | **YEAR OF PASSING** |
| SSLC | MAR BASIL HIGHER SECONDARY SCHOOL ,KOTHAMANGALAM | 2010 |
| PLUS TWO  | MAR BASIL HIGHER SECONDARY SCHOOL,KOTHAMANGALAM | 2012 |
| FIRST YEAR | SREE SUDEENDRA COLLEGE OF NURSING, AMBALAMEDU | 2013 |
| SECOND YEAR | SREE SUDEENDRA COLLEGE OF NURSING, AMBALAMEDU | 2014 |
| THIRD YEAR | SREE SUDEENDRA COLLEGE OF NURSING, | 2015 |
| FOURTH YEAR | SREE SUDEENDRACOLLEGE OF NURSING | 2016 |

**Personal Details**

Gender : Female

Date of Birth : 10/08/1994

Languages Known : English, Hindi, Malayalam

Permanent Address : PARATTUKUDY (H) THAMARACHAL, KIZHAKKAMBALAM (P O)

 ERNAKULAM – 683562, **MOB: 944 778 5 778**

Contact Address : MADA COLONY, K-WING, BLDG NO:404,MULUND EAST, MUMBAI

##  Passport Details

Passport number : T4488053

Date of issue : 08/2/2019

Date of expiry : 07/2/2029

##  Additional Training & Certifications

* B.L.S. conducted in Fortis Hospitals, Mulund, Mumbai on 2016, 20/5/2017.
* Participated on Continuing Nursing Education Programme On Topic, International Patient Safety Goals (dated:10/4/2018)
* Active Member in JCI Accreditation Survey to achieve the JCI Accreditation.
* Active Member in NABH Accreditation Audit.

 **Professional Experience- CARDIAC MEDICAL ICU**

* Working as a Staff Nurse in Cardiac medical ICU Department at Fortis Health Care Limited, Mumbai, from 09/05/2017 to till date.

##  Description of Hospital

* + FORTIS HEALTH CARE LIMITED,MULUND,MUMBAI
	+ WORKING EXPERIENCE IN –CARDIAC MEDICAL ICU.
	+ BED CAPACITY –280
	+ NO. OF BEDS IN CARDIAC MEDICAL ICU -16
	+ FULLY COMPUTERIZED & ELECTRONIC HEALTH RECORDING ASSEMBLED.
	+ JOINT COMMISSION INTERNATIONAL ACCREDITED (JCI) SUPER SPECIALITY WORLD CLASS

HOSPITAL.

* + NABH ACCREDITED SUPER SPECIALITY WORLD CLASS HOSPITAL.

**Cases Handled**

EMERGENCIES

Myocardial infarction, Angina pectoris, CCF, Congenital Heart disease, Ventricular Tachycardia, Atrial Fibrillation, Atrial Flutter, Pericardial Effusion, Cardiogenic Shock, Hypertension, Heart Blocks, Coronary Artery disease , Myocarditis, Pericarditis, Rheumatic Heart disease, Post CABG patient with chest pain, Acute Coronary syndrome, Cerebrovascular Accident ,Head Injury, Polytrauma, Anaphylactic reaction, Respiratory arrest, Bronchial asthma, C.O.P.D , CRF, ARF, Hyperglycemia, Hypoglycemi, TIA, Gastroenteritis, Cholecystitis, PPH, Cirrhosis of liver, Liver abscess.

##  Skill Set

**CARDIAC MEDICAL ICU**

* + Managing clients with angina, myocardial infarction, cardiogenic shock, arrhythmias, pulmonary embolism, hypertensive crisis, cardiac arrest and cardiacfailure.
	+ Interpretation of ECG.
	+ Preparing the clients for angiography, PTCA, and different surgicalprocedures.
	+ Efficient in cardiao pulmonary Resuscitation (CPR)
	+ Evaluation and modifying the plan of care based on observable responses by the clients and attainment of the client goal.
	+ Monitoring of arterial blood gas analysis.
	+ Assisting Docters in central line insertion ,arterial line insertion , intubation
	+ Preparation and administration of medicines, injections intravenous infusion of blood and blood products.
	+ Preparing and assisting for Ryle’s tube insertions, suture removal.
	+ Attending personal hygiene of the clients.
	+ Maintaining proper inventories.
	+ Assistance in the orientation of new staff nurse
	+ Participation in professional activities.
	+ Proper reporting to the seniors
	+ Entering client’s details in computers or registers on admission and transfer and discharge.
	+ Assuring open and timely communication with the clients, their significant other and team

members to ensure the occurrence effective therapeutic communication.

* Monitoring Vital Signs and continuous cardiac monitoring
* Follow infection control protocol
* Checking the circulation, airway and breathing
* Oxygen Administration
* Insertion of I/V cannula, maintain I/V line
* Medication Administration - oral, intramuscular, intravenous subcutaneous,

intradermal, topical, sublingual and per-rectal

* Blood collection
* Blood transfusion
* Carryout the Doctors Order.
* Nebulization, Steam Inhalation and Chest Physiotherapy
* Suction (nasopharyngeal airway ,oral & ET tube, tracheostomy)
* Ventilator care
* Ryles tube insertions and NG feeding
* Gastric Lavage
* Perineal care
* Foleys catheterization
* Care of drains.
* Wound Dressing and stoma care
* Collection of sterile specimens like Blood, urine, stool and sputum
* Prepare instruments for examination and assist during examination and
* treatment
* Monitor ECG
* Continuous cardiac monitoring.
* Cardio-pulmonary resuscitation.
* Defibrillation.
* Mechanical ventilation.
* Diet Planning
* Active and Passive Exercise
* HD Catheter insertion, Temporary Pacemaker insertion etc.
* Assessing the physical and psychological needs of the patients.
* Check for complication such as bleeding, Hypotension, hypertension, bradycardia

fever, infection, retention of urine, Hypoxia, Vomiting, Pain, Arrhythmias etc.

* CPR, DEFIBRILATION
* Assisting for Diagnostic procedures:
* Lumbar puncture, Ascitic tapping, Pleural tapping.
* Transportation of patient for investigation like CT scan, MRI ,EEG
* Psychological needs
* Giving emotional support to the sick and disabled patient and their relatives and

Sense of empathy

 **Job Responsiblities**

**Administrative:-**

* Reporting on Duty
* Inventories& Recording
* Co-ordination of Nursing Service
* Maintain stock e.g. drugs, linen, central sterile supplies ,equipment’s
* Direct Patient Care.
* Assess the needs of the patients.
* Checking the records
* Plan care and set priorities
* Give care according to priority
* Basic Nursing Procedures Performed
* Perform complete Physical examination.
* Admission transfer and discharge Procedure
* Nursing Assessment

##  Equipments and Procedure

* + Exposed to and is familiar with equipments such as ventilators ,IABP machine ,echo machine, heamodialysis and crrt machine ,usg machine ,temporary pacemaker .infusion pumps, pulse oxymeter ,nebulizer, suction apparatus, glucometer, cardiac monitor, ECG, B Braun syringe pump,Defibrillator, DVT Pump, oxygen administration [through BIPAPmask, venturi mask, T piece, tracheostomy mask], laryngoscope, crash cart trolley including all emergency drugs and equipments etc.
	+ Assisted in procedures like CPR, lumbar puncture, ascitic and pleural tapping, minor dressing [post operative dressing], suture removal and familiar with procedures such as IV, IM, SC injection, and IV cannulation, withdrawing arterial blood, introduction of nasogastric tubes, flatus tubes, and Foley’s catheterization.

##  Co-Curricular Activities

* + Case Presentation
	+ Procedure Demonstrations
	+ Clinical Presentations
	+ teachings
	+ Health talk
	+ Mock drills
	+ Participated in Oral Polio immunization programme.

##  Hobbies

* Reading, browsing, listening musicand cooking

##  Computer Knowledge

* Ms-Office Package ( 2003 , 2007 , 2010 ) , , Oracle ( Hospital management)
* Surfing internet.

##  Reference

 Dr Rahul Pandit,

 Chief intensivist and consultant. CMICU

 Fortis Hospitals, Mulund (west), Mumbai-400080

Mrs Mini Mol Varghese.(Chief of Nursing ) Fortis Health Care Hospital

Mulund.Gorgeon.Link.Road Mulund (w), Mumbai

Off : 022-67994288

**Declaration**

I hereby state that the above written statements are true of my best knowledge & belief.

Place: Kizhakkambalam Date:

 Mrs. ELBY SABU