

CURRICULAM VITAE

ANJU THOMAS (B.Sc. Nurse)



DOB/Age : 07-09-1993/ 25
Profession : B.Sc. Nurse
Sex : Female
Marital status : Married
Religion /Caste : Christian/RC
Nationality : Indian

Address

Urrakkattil House
Kulamavu (PO)
Kulamavu, Idukki Dt.
Kerala -685601

Mob : +91 8547541521

E-mail : anjuthomas774@gmail.com

PROFESSIONAL EXPERIENCE

- Assist as a Nursing Student and Midwifery Course Constitute Under the Tamilnadu Nurses and Midwives Council from Kongunadu College of Nursing Coimbatore Tamilnadu, India in 2015.
- **1-year experience in medical surgical ward as a staff nurse in PSG hospital (NABH accredited 1400 bedded multispecialty hospital) Coimbatore.**
- **2-year experience in medical surgical ward as a staff nurse in Rajagiri hospital (JCI and NABH accredited 650 bedded multispecialty hospital) Cochin.**

EDUCATIONAL QUALIFICATION

Course	Name of Institution	University	% Marks
B.Sc. Nursing	Kongunadu college of Nursing	MGR university	
HSE	St. Mary's higher secondary school, Arakulam	State board of Kerala	
SSLC	I.H.E.P. Govt. high school, Kulamavu	State board of Kerala	

OBJECTIVE

Dedicated, reliable, skilled, ethical health care worker with ability to stay calm and intervene during crisis, facilitate groups and educational seminars, and collaborate on multidisciplinary teams looking staff nurse position in a reputed Health Care Provider.

MY STRENGTHS

I am self-motivated. I can communicate reasonably well. I have a good level of emotional intelligence to get along with different type of patients and colleagues and I can feel myself cool in hard times. I am trained to be proactive, highly initiate responsible in execution, hard working in endeavors, ability to comprehend effectively, assertive in resolution.

PROFESSION

Registered Nurse & Registered Midwife (RN/RM)

Register No

KL04201603519

AREAS OF STUDY IN B.SC

- Foundations of Nursing
- First Aid
- Anatomy
- Physiology
- Microbiology
- Biochemistry
- Sociology
- Psychology
- Nutrition
- Medical Nursing
- Nursing Administration
- Surgical nursing
- Eye & ENT Nursing
- Pharmacology
- Child Health Nursing
- Mental Health Nursing
- Advanced Medical & Surgical Nursing
- Palliative Nursing
- Community Health Nursing
- Nursing Research
- Gynecologic & Maternity Nursing
- Nursing Education

PRACTICAL EXPERIENCE DURING STUDY PERIOD (B.SC)

- General wards
- Medical Wards
- Surgical Wards
- Medical ICU
- Cardiac ICU
- Surgical ICU
- Medical Emergency Room
- Operation Theater
- Post-Operative ICU
- Post-Operative Wards
- Oncology Wards
- Eye & ENT Wards
- Pediatric Wards
- Pediatric ICU
- Psychiatric Wards
- Labor Room
- Psychiatric Emergency Department
- Gynecology Wards
- Neonatal ICU
- Labor Room
- Public Health centers

SPECIALIZATIONS	SUPER SPECIALIZATIONS
<ul style="list-style-type: none"> • General Medicine • General Surgery • Obstetrics and Gynecology • Pediatric Medicine • Dentistry 	<ul style="list-style-type: none"> • Ophthalmology • ENT • Dermatology • Urology • Cardiology • Neurology • Orthopedics • Maxilla facial surgery • Psychiatry • Hemodialysis • Gastroenterology

PROFESSIONAL EXPERIENCE

PERIOD	INSTITUTION	DESIGNATION
24-10-2015 to 21-11-2016	PSG Hospital, Peelamedu, Coimbatore	Fulltime Registered Staff Nurse
05-12-2016 to 14-12-2018	Rajagiri Hospital, Aluva	Fulltime Registered Staff Nurse

PASSPORT DETAILS	
Passport No	: R0953061
Date of Issue	: 08-06-2017
Date of Expiry	: 07-06-2027
Place of Issue	: COCHIN

DUTIES AND RESPONSIBILITIES

- Receiving patient and checking vitals.
- Assessing the patient for the life-threatening conditions and assisting the surgical and anesthetic team members to stabilize the patient.
- Assisting the collection of samples and specimens.
- Renders evidence based comprehensive nursing care.
- Prepares daily nursing care plan and provide care accordingly.
- Recognize and handle emergency situations and complications.
- Accompany consultants and assist for diagnostic and therapeutic studies.
- Administers all medications following seven rights.
- Provides personal hygiene of the patient.
- Meets the nutritional and elimination requirements of the patient.
- Actively participates in hospital codes.
- Follows infection control practices and care bundles.
- Does admission, transfer, discharge, end of life care, death process.
- Escorts patients to and from various departments.
- Provides mentorship for the new joiners.

HANDLING EQUIPMENTS

• Pulse oxymeter	• Thermometer,	• Asceptosyringe	• Protoscope
• Glucometer	• Ambu Bag	• Autoscope	• Defibrillator,
• Perfuser	• Nebulizer and Steam Inhaler	• Ophthalmoscope	• ECG Monitor
• Suction apparatus	• Laryngoscope.	• Oxygen Cylinder with Tubing's	• Cardiac monitoring
• Sphygmomanometer			

NATURE OF DUTIES

- Provide immediate care in extreme life-threatening emergencies and rapid grasp of a problem.
- Identify and manage a patient crisis until physician assistance is available.
- Render comprehensive care by promoting a healing climate and providing comfort measures.

- **Perform the following nursing procedures**

- Admission procedure
- Bed making
- Vital signs
- Checking the Airway, breathing and circulation
- Oxygen administration (mask, venture mask and T –tube)
- Insertion of I/V cannula, maintain I/V line
- Medications - oral, intramuscular, intravenous subcutaneous, intradermal, topical, sublingual and per- rectal
- Carryout the Doctors order
- Nebulization, Steam Inhalation and chest Physiotherapy
- Suction (nasopharyngeal airway, ET tube)
- Ryle’s tube insertion and NG feeding
- Gastric lavage
- Urinary catheterization
- Wound dressing
- Enema
- Collection of sterile specimens like Blood, urine, stool and sputum.
- Prepare instruments for examination and assist during examination and treatment

NATURE OF DUTIES

- Monitor the ECG
- Continuous cardiac monitoring
- Record GCS
- Cardio-pulmonary resuscitation, Defibrillation, mechanical ventilation. Skin care
Perineal care, Catheter care, Diet planning, Exercise of the extremities, Ambulation
and health education.
- Application of orthopedic equipment's such as splinting fracture site, plastering,
cervical collar, Philadelphia collar, arm pouch, shoulder immobilizer, c&c sling,
clavicle brace, wrist splint, LS corset, skin traction, knee brace, ankle binder,
application of crape bandages etc.
- Assessing the physical and psychological needs of the patients. Giving hair
shampoo, giving hot and cold application according to the condition of the patients,
- Check for complication such as bleeding. Hypotension, hypertension,
bradycardia, fever, infection, retention of urine. Hypoxia. Vomiting. Pain.
Arrhythmias etc.
- Taking care of unconscious patients - Introducing airway, giving Ryles tube
feeding. Sterile wound care, diabetic patients wound care. Helping patients in
feeding and toileting. Serving diet trays especially for hypertensive and diabetic
patients. Mouth care. sponge bath, back care.
- Blood transfusion
- Maintaining records, reports and inventory checking.
- Follow up discharge teaching, Counseling of the patient and relatives.

REFERENCES

Mrs. Gracy Abraham
Nursing Director, Rajagiri Hospital
Chungamvely, Aluva-683112
Mail@Rajagirihospital.Com
Mobile: +91 4846655000

Professor K Pappathy
Kongunadu College Of Nursing
Coimbatore, Tamilnadu
Mobile: +91 9443441467

Mrs. Malika Nursing Superintendent PSG
Hospital
Coimbatore – 641004
Mobile: +91 91422570170

<u>DECLARATION</u>
I hereby declare that above furnished Information's are correct and true to the best of my knowledge and belief.
Place:
Date:
Yours faithfully (ANJU THOMAS)



KL04201603519

Kerala Nurses And Midwives Council



REGISTRATION CERTIFICATE



This is to certify that

ANJU THOMAS

having undergone a programme at

Kongunadu College of Nursing, Coimbatore

from September 2011 to September 2015

has passed the examination for B.Sc. Nursing conducted by the

Tamilnadu Dr. MGR Medical University, Chennai

in ***August 2015*** and is permitted to practice as a Nurse and Midwife under

the provisions of the Nurses and Midwives Act, 1953.

The number assigned to her in the Register is **KL04201603519**

dated **14th October 2016** valid upto **13th October 2021**.

Thiruvananthapuram

Dated: 14-10-2016

Registrar

Kerala Nurses and Midwives Council

PROF. VALSA. K. PANICKER

Registrar
Kerala Nurses and Midwives Council
Red Cross Road
Thiruvananthapuram-695 035

0061053

Dated. 19.12.2018

RHET/HR /18/ 4912

TO WHOMSOEVER IT MAY CONCERN

This is to certify that Ms. Anju Thomas (Emp ID No. 61013), Staff Nurse in the Department of Nursing Services was in our employment from 05.12.2016 to 14.12.2018. She has resigned on her own accord and was relieved from the service by the close of office hours on 14.12.2018.

During the period of service, we have found her sincere, honest and loyal to the Institution.

Rajagiri Hospital, is 450 bedded super speciality tertiary care hospital, with NABH & JCI accreditation.

For Rajagiri Health care and Education Trust,



Fr. Johnson Vazhappilly CMI
Executive Director & CEO



14/12/2018

SERVICE CERTIFICATE

TO WHOMSOEVER IT MAY CONCERN

Rajagiri Hospital is 450 bedded super specialty tertiary care, accredited by NABH, JCI and certified for NURSING EXCELLENCE.


Name : Ms. ANJU THOMAS	Emp ID:61013
Date of Joining: 05-12-2016	Position : Staff Nurse
Department : Nursing	Hours of work/week: 48 hrs/week
Unit: Medical and Surgical ward	No.of Beds :47
Date of Relieving:14-12-2018	Position: Staff Nurse
Notice Period: 2 Months	
Leave status: Loss of Pay : 06	Absent : Nil
Sick Leave : 05	Maternity Leave : Nil

Ms. Anju had been working in this hospital as a Full time Registered Nurse.

She is sincere and hardworking. She maintained harmonious relationship with patient, peer groups and rest of the medical team.

Her overall performance is found Good.

We wish her the very best in her future endeavor.


Gracy Abraham
Director Nursing
Tel.0484-6655442
E-mail:nsgdir@rajagirihospital.com

For Rajagiri Healthcare & Education Trust

Gracy Abraham
Director - Nursing



PSG HOSPITALS

AVINASHI ROAD • PEELAMEDU • COIMBATORE 641 004. INDIA



Phone : 91 - 422 - 2570170 (6 Lines) & 2598822
Fax : 91 - 422 - 2594400
E-mail : psghospitals@yahoo.co.in

CERTIFICATE

Date : 16-NOV-16

Admission no. : 18562
Name : ANJU THOMAS , BSC(N)
Department : SPECIAL WARD
Designation : TRAINEE NURSING
Date of Joining : 24-OCT-15
Date of Relieving : 16-NOV-16
Conduct : Good.

The Management wishes her success in all her future endeavors

JAGANATHAN V
GENERAL MANAGER-ADMINISTRATION



PSG HOSPITALS

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Phone : 91 - 422 - 2570170 (6 Lines) & 2598822
Fax : 91 - 422 - 2594400
E-mail : psghospitals@yahoo.co.in

CERTIFICATE

Date: 16-NOV-16

Adm No : 18562
Name : ANJU THOMAS
Qualification : BSC(N)

Department	Designation	Service Period	
		From Date	To Date
SPECIAL WARD	TRAINEE NURSING	24-OCT-15	16-NOV-16

Conduct : GOOD
LOP : Nil

The Management wishes her success in all her future endeavors.


MALLIGA S
NURSING SUPERINTENDENT INCHARGE


Dr. KARTHIKEYAN S
MEDICAL SUPERINTENDENT