



## **CURRICULUM VITAE**

Name : **Ms. LINTU MARY ANTO**

Father's Name : Mr. Antony Joseph

Husband Name : Mr. James Jacob

Date of Birth : 10/01/1987

Sex : Female

Marital Status : Married

Nationality : Indian

Religion : Roman Catholic

Professional Qualification : M.Sc Nursing

Permanent Address : Ms. Lintu Mary Anto,  
James Bhavanam,  
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## **PASSPORT DETAILS**

Passport Number : T0414902  
Place of issue : COCHIN  
Date of issue : 17/12/2018  
Date of expiry : 16/12/2028

## **LANGUAGES KNOWN**

<b>LANGUAGE</b>	<b>SPEAK</b>	<b>READ</b>	<b>WRITE</b>
ENGLISH	YES	YES	YES
TAMIL	YES	NO	NO
HINDI	YES	YES	YES
MALAYALAM	YES	YES	YES
TELUGU	YES	NO	NO

## **EDUCATIONAL QUALIFICATION**

<b>Qualification</b>	<b>Name Of the School</b>	<b>Board</b>	<b>Year Of Passing</b>
S.S.L.C	S C Semanary higher secondary school, Thiruvalla	Kerala State Board	2002
H.S.C	St.Mary's higher secondary school, Kayamkulam	Kerala State Board	2004

## **PROFESSIONAL QUALIFICATION**

<b>Examination Passed</b>	<b>Name Of the Institution</b>	<b>University</b>	<b>Year Of Passing</b>
B.Sc. Nursing	Florence Nightingale College of Nursing,	Dr. NTR University of Health Sciences	2008
Msc. Nursing- Medical Surgical Nursing(Subspecialty - Cardio Vascular & Thoracic Nursing)	St.Gregorios College of Nursing ,Parumala	Kerala University of Health Sciences	2018

## **ADDITIONAL QUALIFICATION**

<b>Course</b>	<b>Institution</b>	<b>Year</b>
Basic Life Support	Academy of Global Education	2019
Advanced Cardio Vascular Life Support	Academy of Global Education	2019

## **WORKING EXPERIENCE**

<b>Designation</b>	<b>Institution</b>	<b>Area of work</b>	<b>Period</b>
Staff nurse	Apollo Hospitals(Main), Greams Road Chennai	Medical, Surgical & Multispecialty	From 29.04.2009 to 20.08.2011
Staff nurse	Global Hospitals & Health City, Chennai	Pediatric, Medical Surgical & Multi Specialty ward	From 21.11.2011 to 14.09.2013

### **Details of Working Experience**

- Orientation of Patient and relatives about the Hospital and its functioning
- Receiving and admission of patient
- Data Collection
- Assessment of vital signs
- Physical examination and diagnostic evaluation
- Following Physician rounds and carrying out the orders Prescribed
- Assisting for diagnostic and therapeutic procedures
- Planning and implementation of patient care (Includes hygiene, Nutrition, comfort measures, elimination needs, Administration of medicines)
- Maintaining records and reports
- Maintaining ward inventory and indents
- Asepsis and infection control
- In Service education

- CPR, Intra muscular & Intravenous injections, Wound Dressing, Venipuncture, venous samples collection
- Discharge and follow up care

**Medical Cases which nursing care given by me includes**

Endocrine	Diabetes mellitus, Hyper and Hypo Thyroidism
Respiratory	Upper respiratory Tract Infection, Lower Respiratory Tract infection (Bronchitis, Pneumonia) Tuberculosis Asthma, COPD, CA Lung
Infection	MRSA, Malaria, Typhoid, Tuberculosis
Gastrointestinal	Gastric, Duodenal, Peptic Ulcer, Cholecystitis, Pancreatitis, Cholelithiasis, Gastro Enteritis
Cardiology	Myocardial Infarction, Hypertension, CAD, Pace maker implant patient
Orthopaedics	All types of fracture, spinal Decompression, RTA, Osteoarthritis of knee
Others	Cellulitis, Burns, Renal failure, Epilepsy, Cerebro vascular accident

**The following surgical cases which nursing care given by me**

Minor Surgeries	Laparoscopic Cholecystectomy, Splenectomy, Appendisectomy, Spetoplasty, Tonsilectomy, Varicose Vein ligation and strippingetc.
Major Surgeries	Gastrectomy, Trans urethral resection of prostate, whipples procedure, Lobectomy, Thoractomy, CABG, Total knee replacement, Total Hip replacement, Spinal stabilization, Hystrectomy, LSCS, Coronary Angiogram, Percutaneous Transluminal Coronary Angioplasty, Tracheostomy

**REGISTRATION DETAILS**

**REGISTRATION-ANDRA PRADESH**

Place of registration :

THE ANDRA PRADESH STATE NURSING COUNCIL, ANDRA PRADESH

### **REGISTRATION No.**

Registered Nurse License Number : 76946

Registered Midwife License Number : 76626

### **REGISTRATION-KERALA**

Place of registration :

KERALA NURSES AND MIDWIVES COUNCIL, KERALA

### **REGISTRATION No.**

Registered Nurse License Number : 15793

### **REGISTRATION-TAMIL NADU**

Place of registration :

THE TAMILNADU NURSES AND MIDWIVES COUNCIL, TAMIL NADU

### **REGISTRATION No.**

Registered Nurse License Number : 109962

Registered Midwife License Number : 113827

### **APOLLO HOSPITAL**

Apollo Hospitals is 610 bedded Multi specialty tertiary care centre has over 50 medical and surgical disciplines with specific area of interest in specializations like Cardiology, Nephrology, Urology, Orthopedics, Gynecology, Pediatrics, Cardiothoracic Neonatal ICU, including Critical Care, Recovery and Operation Theatre.

This hospital is tertiary referral centre in South East Asia. It is India's First Corporate Hospital and one of the First Hospital to get an ISO Certificate in the Region and Joint Commission International Accreditation. It is the second best Hospital in India.

### **GLOBAL HOSPITAL & HEALTH CITY CHENNAI**

Global Hospitals is a 300 bedded Multi specialty Hospital with NABH Accreditation with specific area of interest in specializations like Cardiology, Gynecology, Pediatrics, Cardiothoracic Neonatal ICU, including Critical Care, Recovery.

### **Skills performed in medical and surgical wards**

- Monitoring vitals
- Monitoring of intake and output balance
- Chest and limb physiotherapy
- Attending the personal requirements of the patient
- Cannulation of peripheral veins
- Phlebotomy
- Open suctioning
- Catheterization
- Care of inter coastal drainage
- Care of wound drainage
- Care of central line and epidural line
- Maintaining post operative posture of patient
- Infection control
- Patient safety
- Insertion of Ryle's tube
- Tracheostomy Care
- Giving enemas
- Oxygen administration
- Ryle's tube and jejunostomy feeding
- Colostomy care
- Medication administration
- Preparing patients for surgical procedures
- Care of pre and post operative patients
- Blood transfusion through the various types of filters
- Demonstrating procedures to nursing students
- Attending doctor's rounds
- Assisting minor and major dressings
- Administration and management of ward
- Assigning the staff

- Putting duty roster for the staff
- Maintaining the equipment in the ward
- Involving in the continuous nursing education like case presentation
- Maintaining ward stock
- Following protocol
- Indenting and maintaining stock log books
- Feedback to higher authorities
- Following reporting system
- Implementation of a complete care
- Patient and family health education

### **Equipments used**

- Cardiac monitors
- Pulse oxymeter
- Nebulizer
- Suction apparatus
- Glucometer
- Defibrillator
- ECG Machine
- Oxygen cylinder and centralized oxygen
- Syringe pump
- Infusion pump
- Sequential compressive device
- Ophthalmoscope
- Ambubag
- Laryngoscope

### **Other technical qualification**

- Computer operation—Basic

### **Hobbies**

Reading books to gain knowledge, listening music, handicrafts

## **References**

Mrs. SHAMSEER BEGUM  
Principal,  
Florence Nightingale College of Nursing,  
Edupugallu, Vijayawada,  
ANDRA PRADESH

Mrs. PUNITHA  
Nursing Director,  
Apollo Hospitals,  
CHENNAI.

Dr.Prof. Jothi Clara  
Nursing Director  
Global Health City  
Chennai.

## **DECLARATION**

I, Ms. Lintu Mary Anto, hereby submit this Curriculum Vita for your kind consideration and for favorable orders. I assure you Sir/Madam, if I am selected, I will discharge my duties to the entire satisfaction of my superiors. I declare that the information furnished above is true to the best of my knowledge.

Place :

Date :

**(Ms. LINTU MARY ANTO)**