

# CURRICULUM VITAE



**ANJU CHACKO**

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## PROFESSIONAL SUMMARY

1 Year and 7 months experience as staff nurse in Thalassery mission hospital.

## CERTIFICATE

Registered Nurse: KL03201703059

Issued By: Kerala Nurses and Midwives Council

## SKILL HIGHLIGHTS

- 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 nurses notes.
- Check the vitals of the patient every hourly along with date and time (Eg; B.P, R.T.feeding, drainage etc.) including pre and post-operative care and documentation.
- Maintenance of intravenous fluids and ionotrops (Eg. NTG).
- Administration of medications in time (Eg; OD, BD, TID, QID, Stat, SOS etc.).
- Monitoring of C.V.P & I.C.P.
- Hot & Cold Application (Eg;IceBag, Hotwater Bag, Cold Compress, Sterile Compress and Cold Sponge).
  
- Personal hygiene including assist in activities of daily living.
- Tracheostomy care of the patient (Eg; Suctioning, Tracheostomy Dressing).
- Care of pressure sore (Eg: frequent back care & positioning).
- Maintenance of physical, social, psychological, spiritual & rehabilitative need of the patients (Eg: Religious guidance).
- DVT Prophylaxis.
- Prevention of aspiration.
- GCS monitoring and close neuro observation.

- Steam inhalation
- Naso gastric tube feeding.
- Skin traction application and care.
- Care of ICD
- Blood transfusion
- Management of pain scale (adult and pediatric).
- Care of invasive catheters (Eg; Central line).
- Maintaining records and reports.
- Supervision and orientation of student and new trainees.

## **PROFESSIONAL EXPERIENCE**

Thalassery Mission Hospital, Kannur District, Kerala,  
One of the largest Hospital in Kannur, Kerala is having 150 beds and advanced facilities.

Job duration	:	26.04.2017 to 28-11-2018
Type of Experience	:	Staff Nurse
Department	:	Post-Operative
Hospital Capacity	:	150 Beds

## **EQUIPMENT USED**

- |                                |                          |
|--------------------------------|--------------------------|
| ○ Ventilator                   | ○ NIBP                   |
| ○ AED                          | ○ 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           |
| ○ Computer                     | ○ BIPAP Machine          |
| ○ ABG Machine                  | ○ AMBU                   |
| ○ Closed Suction               | ○ Cardiac output monitor |
| ○ B.P Monitor and nasal airway | ○ Air way adjunctive     |
| ○ Photo Therapy                |                          |

## **SPECIAL PROCEDURES I ASSISTED**

- Resuscitation
- Endotracheal intubation and extubation
- Arterial canulation
- Lumbar puncturing
- Central venous catheterization
- Pericardiocentesis
- Pleural fluid aspiration

- Bone marrow aspiration
- Closed reduction and POP application
- Supra pubical catheterization
- Intercostal drainage Suturing

### **OTHER RESPONSIBILITIES**

- Maintaining the drug and investigation 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

### **EDUCATION PROFILE**

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

- Worked as team member in the community development programs.
- Worked in different hospitals
- Worked as a team member of pulse polio programme
- Participated in blood donation
- Participated in AIDS control programme

### **ACADEMIC & PROFESSIONAL EDUCATION**

#### **2010 : S.S.L.C**

Devamatha High School Paisakari

Kerala state board

#### **2012 : Plus Two**

Devamatha Higher Secondary School Paisakari

Kerala state board

#### **2016 : Bachelor of Science –BSc Nursing**

Canossa College Of Nursing, Cherukunnu

Kannur district

Kerala Nursing Council

## **COMPUTER SKILLS**

- All computer basic with internet knowledge
- Good skill in hospital based computer activities

## **PERSONAL DETAILS**

Date of birth : 27.06.1994  
Religion : Christian,RC  
Sex : Female  
Marital status : Married  
Nationality : Indian  
Languages known : Malayalam, English.

Permanent Address : Anju Chacko, Nellarikayil House, Nellikutty PO, Kannur District, Kerala.

## **REFERENCES**

- Dr. M D George, Managing Director, Thalassery Mission Hospital, Kannur District, Kerala.
- Mrs. Meera, Nursing Superintendent, Thalassery Mission Hospital, Kannur District, Kerala.

## **DECLARATION**

I hereby state that the above mentioned information is true to the best of my knowledge and belief.

**Place : NELLIKUTTY**

**ANJU CHACKO**

**Date :**