



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,
Kunnam P.O.,
Mavelikara,
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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

LANGUAGE	SPEAK	READ	WRITE
ENGLISH	YES	YES	YES
TAMIL	YES	NO	NO
HINDI	YES	YES	YES
MALAYALAM	YES	YES	YES
TELUGU	YES	NO	NO

EDUCATIONAL QUALIFICATION

Qualification	Name Of the School	Board	Year Of Passing
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

Examination Passed	Name Of the Institution	University	Year Of Passing
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

Course		Year
Basic Life Support	Academy of Global Education- India	2019
Advanced cardiac life support	Academy of Global Education- India	2019

WORKING EXPERIENCE

Designation	Institution	Area of work	Period
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, Tonselctomy, 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)