



ANISHA THOMAS

Mobile : 9594554525

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ACADEMIC AND PROFESSIONAL QUALIFICATIONS

- Diploma in General Nursing and Midwifery
- Plus Two
- SSLC

PERSONAL DETAILS

Name : **ANISHA THOMAS**

Permanent Address : Njarukunnel House
Thrikkalathoor P O
Muvattupuzha
Ernakulam Dist
Kerala, India - 683541

Mobile No. : 9594554525

Age : 31 years

Date of Birth : 29/05/1988

Sex : Female

Nationality : Indian

Religion : Christian

Marital Status : Married

Languages Known : English, Hindi, Malayalam, Marathi

Height : 155 cm

Weight : 57 kg

PASSPORT DETAILS

Passport No. : H 5648039

Place of Issue : Cochin

Date of Issue : 14/12/2009

Date of Expiry : 13/12/2019

DETAILS OF EDUCATIONAL QUALIFICATION

Name of Examination	Board / University	Name of Institution	Year of Passing
Class XII	Board of Higher Secondary Examination	Govt. Higher Secondary School, Kadappoor	March 2005
S.S.L.C.	Board of Public Examination	St. Mary's Girls High School, Kuravilangad	March 2003

PROFESSIONAL QUALIFICATION

Name of Examination	Board / University	Name of Institution	Year of Passing
Diploma in General Nursing and Midwifery	Board of Examination in General Nursing & Midwifery, Karnataka	Indian School of Nursing, Bidar	2005-2009

PROFESSIONAL EXPERIENCE

Sl. No.	Name of Organization	Field of Experience	Period
1	St. Xavier's Hospital, Kuruppanthara	Medical Department Staff Nurse	1 st March 2009 to 30 th November 2009
2	Bhatia Hospital, Mumbai.	Staff Nurse in ICU (Medical, Surgical & Cardiac)	5 th March 2010 to 15 th September 2014
3	Bhatia Hospital, Mumbai	Sr. Incharge in Medical-Surgical ward	16 th September 2014 to 3 rd September 2018

DUTIES AND RESPONSIBILITIES

- Preparation of patient unit
- Total care of patients
- Monitoring vital signs
- IV Cannulisation
- Maintain personal hygiene and comfort of the patient
- Attends to the nutritional needs of the patient
- Maintain clean and safe environment for the patient
- Attending and managing emergencies
- Collection and correction of ABG
- Oxygen administration
- Assist the doctors for all invasive and noninvasive procedure
- Administration of IV fluids, blood & blood products
- Recording and reporting
- Health Education to the patient
- Attending doctors rounds
- Biomedical waste management
- Maintain intake and output chart
- Sending & interpreting investigations
- Dressing of major and minor wound
- Initiate CPR during cardiopulmonary arrest 'Operate Defibrillator' as needed
- Nasogastric tube and urinary catheter insertion
- Observe and monitor closely the patient and report undue development
- Observe infection control policy and procedures
- Stock and inventory management
- Duty roaster
- Maintain good morale with multidisciplinary team members
- Take part in service education, CNE, bedside training
- Staffs appraisal

EQUIPMENTS USED

- Infusion Pump
- Syringe Pump
- ECG Machine
- Glucometer
- Crash Trolley (Including CPR Machine, defibrillator)
- Pulse Oxymeter
- Intubation set
- Suction Apparatus
- Nebulizer
- Blood Pressure Monitor
- Central Oxygen supply
- Cardiac Monitor
- AMBU Bag
- NST machine
- Laryngoscope
- Otoscope
- Spirometer
- Digital Thermometer
- Ophthalmoscope

PROCEDURES ASSISTED WITH PHYSICIAN

- Central Line Insertion
- Arterial Line Insertion
- Intubation
- Lumbar Puncture
- Tracheostomy
- ICD Insertion

- Haemodialysis Catheter Insertion
- Pleural / Ascitic Tapping

CASES HANDLED IN THE DEPARTMENT

- Cardio Pulmonary Resuscitation
- Respiratory Distress Syndrome
- Hypoglycemia
- Convulsion
- Sepsis
- Road Traffic Accident
- Left Ventricular Failure
- Pleural Effusion
- Myocardial Infarction
- Diabetes Mellitus
- Cirrhosis of liver
- Bronchitis
- Pneumonia
- Poisoning
- Acute Kidney Injury

PRE & POST OPERATIVE

- Craniotomy With EVD
- Colostomy
- Inguinal Hernia Repair
- All fractures
- Anal fistula repair
- Varicose Vein

- Thyroidectomy
- Appendectomy
- Laparotomy
- Mastectomy
- LSCS

LEADERSHIP QUALITIES

- Taking responsibilities as senior staff
- Supervision of junior staffs & student nurses
- Preparing duty roaster
- Stock and inventory management
- Staffs yearly appraisal

SPECIALIZED SKILLS

- IV cannulation
- ABG
- Assisting central line insertion

ADDITIONAL TRAINING ATTENDED

- ACLS , BLS at Bhatia hospital
- Best practices of PERIPHERL VASCULAR ACCESS at Bhatia hospital
- PATIENT GROOMING & SAFETY AND INFECTION CONTROL workshop at Hindu sabha hospital
- Systemic training & education programs for success on BEST PRACTICES IN IV THERAPY

Assisting RENEC

- Dr. M. George John M.D.
St. Xavier's Hospital
Kuruppanthara.

Ph: 04829 242726

- Sr. Neelam Dhawan
Nursing Superintendent
Bhatia Hospital, Tardeo Road,
Mumbai.
Ph: 022 66660344

DECLARATION

I do hereby declare that all the information given above are true and correct to the best of my knowledge.

Place :

Signature

Date :

Anisha Thomas