

FINU PAULOSE

kakkadasseril(H)

kozhippilly (PO)

Ernakulam (Dist)

Kerala-686691

Phone No.- 9539329559

E mail Id :- finupaulose.fp@gmail.com

FINU PAULOSE

OBJECTIVE

To aim for a career in Nursing where, Technical, Theoretical, Communicative and interpersonal skill can be utilize as well as develop further.

PERSONAL DETAILS

*Permanent Address : Finu Paulose
Kakkadasseril (H)
kozhippilly(PO)
Ernakulam(Dist)
Kerala-686691
Phone No.- 9539329559*

E mail Id :- finupaulose.fp@gmail.com

Nationality : Indian.

Father's Name : k.c paulose

Date of Birth : 22/05/1992

Sex : Female.

Marital Status : single

Religion : Christian, jacobite

Language Known : Malayalam, English, Hindi

Hobbies : Writing, Reading, Listening Music.

*Strength : Hard Working
Obedience
Honesty
Punctuality
Strive to learn.*

EDUCATIONAL QUALIFICATION

<i>Course</i>	<i>Name of School / College</i>	<i>Board</i>	<i>Year of Passing</i>
<i>Plus Two</i>	<i>St.Agustines Girls Higher Secondary School, Kothamangalam</i>	<i>Board Of Higher Secondary Examination</i>	<i>March,2011</i>
<i>S.S.L.C.</i>	<i>St.Agustines Girls Higher Secondary School, Kothamangalam</i>	<i>Kerala State Public Examination Board</i>	<i>March,2009</i>

<i>Name of Course</i>	<i>Name of School / College</i>	<i>Board / University</i>	<i>Year of Passing</i>	<i>PERCENTIC (%)</i>
<i>B Sc (Nursing)</i>	<i>Indira Gandhi College of Nursing, Kadavanthra, Kochi</i>	<i>Kerala University of Health Sciences</i>	<i>2011-2015</i>	<i>61%</i>
<i>1st Year</i>	<i>Indira Gandhi College of Nursing, Kadavanthra, Kochi</i>	<i>Kerala University of Health Sciences</i>	<i>2012</i>	<i>61%</i>
<i>2nd Year</i>	<i>Indira Gandhi College of Nursing, Kadavanthra, Kochi</i>	<i>Kerala University of Health Sciences</i>	<i>2013</i>	<i>55%</i>
<i>3rd Year</i>	<i>Indira Gandhi College of Nursing, Kadavanthra, Kochi</i>	<i>Kerala University of Health Sciences</i>	<i>2014</i>	<i>60%</i>
<i>4th Year</i>	<i>Indira Gandhi College of Nursing, Kadavanthra, Kochi</i>	<i>Kerala University of Health Sciences</i>	<i>2015</i>	<i>66%</i>

NURSING REGISTRATION DETAILS

Nursing Council Registration

Name of Nursing Council : Kerala Nurses and Midves Council.

Nursing Registration Number : Nurse –KL-03201603491

Dated – 14th Mar, 2016

SUBJECTS STUDIED IN NURSING

Fundamental Of Nursing, Anatomy, Physiology, Mirco Biology, Nutrition And Bio Chemistry, Psyhology, Sociology, English Introduction To Computer, Medical surgical nursing, Pharmacology, Community Health Nursing I ,Medical Surgical Nursing , Pediatric, Mental health

Nursing, Nursing Research And Statistics, Obstructive Of Gynecology, Nursing Education, Management Of Nursing Services And Education, Community Health Nursing II.

VOLENTARY ACTIVITY

Pulse polio program, Community health survey

COMPUTER KNOWLEDGE

MS Word, MS Office, Windows

EMPLOYMENT HISTORY

Dates of Employment : From 16th November 2016 to 06th july 2018

Name of Hospital : Aditya Birla Memorial Hospital Pune.

City / State : Pune

Bed Capacity :500

Job Title / Designation : Staff Nurse

Department : Operation Theater

EMPLOYMENT REFERENCE

Name – Mrs ARYA KULKARNI

Organisation – Aditya Birla Memorial Hospital Pune,

Job Title – Nursing Superintendent

Contact No - 917741908268

HOSPITAL PROFILE

Aditya Birla Memorial Hospital Is An ISO Certified And NABH, JCI Accredited Organization. This Hospital Is Renowned State-Of-The-Art- Multi-Super Specialty Comprehensive Healthcare Organization Having 500 Bed Capacity With Ultra Modern Medical Equipments And Infrastructure Catering To The Needs Of All Sections Of The Society

MEDICAL EQUIPMENTS USED

- | | | |
|-----------------------|--------------------|-------------------|
| 1. Cardiac Monitor. | 12. Nebulizer | 20. Hemo Dialysis |
| 2. ECG Machine. | Machine. | Machine |
| 3. Pulse Oxymeter. | 13. Syringe pump. | |
| 4. Gluco metere. | 14. Infusion pump. | 21. Thermometer |
| 5. Oxygen Hood. | 15. Defibrillator. | |
| 6. Suction apparatus. | 16. Laryngoscope. | |

- | | |
|---------------------------|------------------------------|
| 7. <i>Thermometer.</i> | |
| 8. <i>Steam Inhaler.</i> | 17. <i>Doppler Machine</i> |
| 9. <i>ABG Machine.</i> | 18. <i>Sphygmomanometer.</i> |
| 10. <i>Ambu Bag.</i> | |
| 11. <i>Crash Trolley.</i> | 19. <i>Ventilator</i> |

GAPS IN EMPLOYMENT

Date : From 6th July 2018 to Present

Reason : Left the Job Expecting a Better Job Opportunity Abroad.

PERSONAL PROFILE

Name : **FINU PAULOSE**

Date of Birth : 22/05/1992

Gender : Female

Marital Status : Single

Nationality : Indian

Languages Known : Malayalam ,English and Hindi

Personal Interest : Cooking

Passport No : S 5025731

Date of Issue : 23/07/2018

Place of Issue : Cochin

Date of Expiry : 22/07/2028

TECHNICAL SKILLS

- Maintain the highest standards of physical and psychological care to the patients by means of nursing assessment, planning care delivery and evaluation.
- Maintain quality and patients care.
- Take active role in maintain effective communication with disciplines with patients and liabilities
- Maintain patients Records, respect patient's privacy with confidentially.
- Responsibilities for unit inventories and stock.
- Check controlled medicine at each shift.

- Monitoring vital parameters and shift documentation.
- Maintain airway, breath and circulation in all the patients.
- Endo Tracheal suctioning.
- Maintain intake and output chart.
- Endo tracheal Intubations.
- Withdrawal of blood for Routine investigation and ABG Analysis.
- Blood sugar monitoring with glucometer and urine flucodrent strip test.
- Blood transfusion blood exchange and intravenous fluid infusion.
- Ryles tube insertion and feeding
- Urinary catheter insertion
- IVcannulation
- Administration of medication as per six rights.
- Good Nursing Care
- Assessing Planning, Implementing, nursing care of critically ill patients
- Checking all emergency drugs
- Assist the medical staff while carrying therapeutic procedures.
- Monitor temperature, Pulse respiration and B P recording
- Assist the doctors admission, discharge & transfer of patients
- Maintain good patient nurse relationship
- Provide while examining the patient
- Keep record and maintain all inventories each shift
- Extracting blood for investigation
- Catheterization
- Administration Nasogastric tube
- Maintain patient records
- Wound dressing and POP
- Suture removal

- Doing the following direct care of patients
- Bed making

- Sponge bath, Mouth care
- Attending to elimination needs
- Administration of medicines and injections
- Wound dressing
- Bladder wash
- Transfusion
- Enema, Bowel wash
- Tube Feeding
- Chest Physiotherapy and pyrometer
- Collection of specimens and sending them laboratory
- Taking care of dying patients
- Transferring patient from department to department and hospital to hospital accompanying the very ill patient
- Co-ordinates patient care with the other members of the health team and
- maintains the inter departmental relation ship
- Provide health education to patients and their relatives
- Maintaining strict aseptic technique, care of handling the medication and injections
- Intravenous canula insertion.
- Observing and maintaining the sterility of the instruments and other supplies. Administration of Oxygen bag and mask, face mask, inhaler, nasal cannula etc.

PROCEDURES PERFORMED INDEPENDENTLY

- *Ryle's tube insertion and feeding*
- *Suctioning*
- *Physical examination*
- *Emergency drug administration*
- *Providing chest physiotherapy*
- *Nebulization*
- *Enema and bowel wash*
- *Dressing and oral hygiene*
- *Bladder wash*

- *IV cannulation*
- *E.C.G monitoring*

SPECIAL DUTIES

- *Assume Care of the Unit*
- *Participate in the Orientation of all new staffs*
- *Assess the Physical and Psychological need of the patients*
- *Responsible for the care and well being of all patients*
- *Assist in endo -trachea intubation oxygen administration, specimen collection, tracheostomy, suction defibrillation etc.*
- *Prepare patient for any procedure*
- *Ensure all documentation is completed and signed..*

PATIENTS HANDLE. :

Processors Assisting / Pre and Post Operative Care

- *Renal transplantation*
- *All types of open reduction and internal fixation*
- *Trauma surgery*
- *LSCS*
- *Plastic surgery*
- *Keratoplasty*
- *Tympanoplasty-mastoidectomy*
- *Laparoscopic cholecystectomy*
- *Lap CAPD*
- *All general surgeries*
- *Gynec surgeries*
- *ENT surgeries*

- *Ophthal surgeries*
- *Onco surgeries*
- *Neuro surgeries*

MY PHILOSOPHY TOWARDS SERVICE AND LIFE

I consider Myself is an optimistic and Extravert. My patient is the Best teacher have ever had off the job invest a good amount of timer in education myself through books. A Hard working and professional oriented nurse believes strongly in medical this and practicing it as Divine job.

DECLARATION

I do hereby declare that the above mentioned information furnished by me are true and correct to the best of my Knowledge and belief.

Date:- 24-06-2019

Place:-Kothamangalam

Finu Paulose

