

## CURRICULUM VITAE

### **ASWATHI SUKUMARAN**

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### **SYNOPSIS**

M.Sc. Medical Surgical Nursing graduate holder from Rajiv Gandhi University of Health Sciences, Karnataka

### **DISSERTATION**

A Study to assess the medication adherence among patients with chronic diseases in selected health care settings at Mangalore, Karnataka

### **PROFESSIONAL SUMMARY**

Resourceful and energetic Staff Nurse with 4+ years' broad experience in hospital, acute and Critical healthcare settings. Specifically possess 4 years' extensive experience working in intensive care units of both medical and surgical departments.

- Proficient in assessing emergency room patients and developing and implementing prudent care plans
- Hands on experience in assessing patients and developing the plan of care
- Demonstrated ability to organize, prioritize, delegate, and manage time effectively
- Well versed in assisting in emergency nursing procedures in order to control patients' physical condition

### **ACADEMIC QUALIFICATIONS**

<b>Qualification</b>	<b>School/ college</b>	<b>University</b>	<b>Year of passing</b>
MSc Nursing	SCS College of Nursing Sciences, Mangalore	Rajiv Gandhi University of Health Sciences	2018
Post BSc Nursing	Srinivas Institute of Nursing Sciences, Mangalore	Gandhi University of Health Sciences	2013
Diploma in Nursing	Sir Ganga Ram Hospital, New Delhi	Delhi Nursing Council	2006
Higher Secondary	Vocational Higher Secondary School, Perumbavoor.	Board of Vocational Higher Secondary, Kerala	2003
SSLC	FMGHSS Koompanpara. Adimali, Kerala	Board of Public Examinations, Kerala.	2001

## **PROFESSIONAL EXPERIENCE**

<b>Institution</b>	<b>Designation</b>	<b>Department</b>	<b>Duration</b>
King Fahad Hospital, Jeddah, Kingdom of Saudi Arabia	Staff Nurse	Intensive Care Unit	04 August 2007 to 03 July 2011
Sir Ganga Ram Hospital, New Delhi	Staff Nurse	Intensive Care Unit	01 March 2007 to 09 January 2008

## **AREAS OF EXPERTISE**

- Ventilator care
- ER procedures
- Phlebotomy
- Meditech
- Telemetry
- Family education

## **PATIENTS HANDLED:**

- Perform specialized, care for patients who underwent major and minor surgeries
- Patients with Myocardial Infarction, COPD, Asthma, Pneumonia, Tuberculosis, HIV, HBSG, MRSA, Acute Renal Failure, Chronic Renal Failure, GBS, Myasthenia gravis, Cirrhosis of liver, CVA, hypertension and hernia.
- Special cares for post-operative cases like above and below knee amputations, fracture of femur and Coronary Artery Bypass Graft.
- Attended patients with 20% burns and dealt with seizure patients in ward.
- Handled patients with severe upper and lower respiratory tract infections.
- Monitor safety and effectiveness of the environment and equipment.
- Plan the nursing care by utilizing the Kardex.

## **PROFESSIONAL HISTORY**

**ICU Nurse:** KING FAHAD HOSPITAL, Jeddah, Saudi Arabia, Under Ministry of Health- Aug 2008 – July 2011

- Provide total patient care including administering medication and setting up IVs
- Assist physicians in assessing patients' mental and physical conditions
- Manage emergency nursing procedures in order to control and maintain patients' conditions
- Treat wounds and assist in setting up life support equipment
- Take, record and constantly observe patients' vitals
- Order diagnostic tests and ensure that all life support equipment is in proper working order
- Act as a patient advocate and provide education to patients and their families

**Key Accomplishments**

- Proved instrumental in saving the life of a nine-year-old accident victim by taking control of the situation and providing immediate resuscitation services
- Trained three groups of registered nurses in critical care over a period of two years

**ICU Nurse:** SIR GANGARAM HOSPITAL, New Delhi, India - Dec 2006 – Jan 2008

- Assessed patients' physical condition and created and implemented care programs accordingly
- Took and recorded patients' vitals
- Maintained patients' histories
- Administered medication in fluids
- Assisted patients in grooming and bathing activities
- Helped patients at feeding time
- Provided education about medicines and procedures to families
- Documented patient care services

**Key Accomplishments**

- Delivered a series of seminars on Direct Patient Care at the Delhi Medical Conference
- Developed patient care educational materials for the benefit of both student nurses and patients

**KEY COMPETENCIES AND SKILLS**

- In depth understanding of the Mental legal Aspects.
- Experience of working in nursing homes.
- Experience of various projects including drug and alcohol.
- In-patient nursing practises in accordance with clinically effective interventions
- Experience of Microsoft Office.
- Able to manage complex case.
- Experience of providing one-to-one care within the unit
- Proven organizational and administrative ability
- Preparing and maintaining patient records.
- Preparing and maintaining patient records. Can identify whether and when patients are at risk of life-threatening situations

**ADDITIONAL CAPABILITIES**

- Exceptional knowledge of medical terminology
- Understanding of infection control procedures
- Strong communication skills
- Flexible and able to work independently.
- Possessing a confident and articulate manner.
- Willing to work flexible hours and to travel to a variety of sites.
- Looking after patients with drug and alcohol abuse problems.
- Able to respond to distressed patients in a non-threatening manner.
- Ability to stay calm under pressure.
- Able to react quickly and effectively when dealing with challenging situations.

## **CERTIFICATION AND REGISTRATION**

- Critical care Nursing - 2007
- Basic life support techniques - 2008
- infection prevention and control - 2008
- Cardio pulmonary Resuscitation (BLS) - 2009
- Leadership development – 20012
- Kerala Nursing Council Certification – 2014

## **PERSONAL PROFILE**

Passport number: T4504105

Date of Birth: 14/02/1986

Marital status: Married

Sex: Female

Declaration:

I Aswathi Sukumaran hereby declare that the details furnished above are true and correct to the best of my knowledge and belief and I undertake to inform you of any changes therein, immediately. In case any of the above information is found to be false or untrue or misleading or misrepresenting, I am aware that I may be held liable for it. I also declare I have not lived or worked on any other country.

**Sincerely,**

**Aswathi Sukumaran**

**June 2019**