

# CURRICULUM VITAE

TIMY THOMAS

Kerala, India.

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Position Applied for: **Staff Nurse**

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## Professional Objective

- ✓ Committed and dedicated to deliver highest quality of health care to all my clients, being part of global health nursing program.
- ✓ Maintain competence and professional relevant to current nursing practices. Outgoing with strong, effective organizational and communication skills. Good team player, versatile and learns new tasks and skills quickly.
- ✓ Uphold the standard of my profession in any challenging situation.
- ✓ Maintain good and healthy interpersonal relationship and humane and compassionate care.

## Professional Experience

Worked in **Yenepoya Medical College, Derlakatte, Mangalore, Karnataka, India - 575018** as a Staff Nurse from 1<sup>st</sup> April 2013 to 18<sup>th</sup> April 2015.

Yenepoya Medical College Hospital (YMCH) is a Teaching Hospital attached to the Medical College and is functioning since 1999. This is a multi specialty, tertiary care hospital catering to the needs of population in and around Mangalore. Yenepoya Medical College hospital has 830 beds.

The hospital offers 24 hours Casualty and Accident Emergency services. It has department of Medicine with allied specialities, Surgery with Allied specialities, Obstetrics & Gynaecology and Paediatrics. The hospital has a fully fledged Lab, Blood Bank, Radiology Department with a CT Scan, Ultra Sound and other facilities. The Hospital also has 9 major O.T.s, 3 minor O.T.s, 3 delivery rooms, 1 ICU unit and 1 Neonatal Unit. The Hospital has facilities for attending to all medical emergency cases as well as all types of trauma cases.

Worked in Dhanvanthari Hospital Tarikere from 1<sup>st</sup> may 2015 to 30<sup>th</sup> July 2016 in Medical ICU.

And PVS Memorial Hospital Kaloor, Ernakulam from 15/05/2017 to 04/08/2019 in GASTROENTEROLOGY ICU.

### **Duties and Responsibilities**

- ✓ Providing direct patient care in emergency conditions.
- ✓ Interpreting clinical results and initiating investigations.
- ✓ Providing clinical support and training to staff and students.
- ✓ Ensuring that accurate documentation and administrative records are kept.
- ✓ Making sure surgical equipment is clean and safe to use.
- ✓ Regularly undertaking management of unit under the supervision of senior staff.
- ✓ Preparing nursing care plans.
- ✓ Teaching patients how to maintain health at home.
- ✓ Creating a welcoming, caring and safe environment for patients and their families.
- ✓ Prepare and check the ward supply
- ✓ Keep the ward neat and tidy.
- ✓ Receive the patient to the ward for their treatment.
- ✓ Check the vital signs of the patients.
- ✓ Follows Doctor's instruction.
- ✓ Helps Doctor in Diagnosis and treatment.
- ✓ If the patient comes in critical stage meet the emergency in a skilled way
- ✓ Maintain public relation with patient and relatives.

### **Performed Procedures**

- ✓ Administration of medicines (oral and injection)

- ✓ Venipuncture.
- ✓ Oxygen therapy.
- ✓ Transfusions and infusion therapy.
- ✓ ABG sampling
- ✓ ECG
- ✓ Dressing.
- ✓ Assisting Lumbar puncture procedure
- ✓ First aid of patient in cardiac arrest
- ✓

### Machines and Equipment's Handled

- ✓ Cardiac Monitor
- ✓ Pulse oximeter
- ✓ Infusion pump
- ✓ Syringe pump
- ✓ Suction Apparatus
- ✓ Oxygen flow meter
- ✓ Glucometer for instant blood sugar
- ✓ Wall Suction
- ✓ Nebulizer
- ✓ ECG machine

Academic Profile		
Exam Passed	Board / Institution	Month & Year of passing
Plus Two	St. Marys HSS Thalakode, Board of Higher Secondary Examination, Kerala.	March, 2008
S.S.L.C.	St. Sebastians HS Mannamangalam, Board of Public Examination, Kerala, India.	March, 2006

Professional Profile			
Course	Month & Year	Medium of	Institution

		<b>Instruction</b>	
B.Sc. Nursing (Basic)	16.10.2008 to 05.01.2013	English	Yenepoya Medical College, Karnataka

<b>Professional Registration</b>			
<b>Council</b>	<b>Year</b>	<b>Reg. No.</b>	<b>Membership</b>
Kerala State Nursing Council	23 April, 2017	KL04201700299	2022

<b>Personal Profile</b>
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Name : Timy Thomas  
Age & Date of Birth : 28 Yrs, 27/03/1991  
Place of Birth : Kolenchery  
Sex : Female  
Marital Status : Married  
Religion : Christian  
Nationality : Indian  
Languages known : English, Hindi, Malayalam & Sanskrit  
Permanent Mailing Address : Padinjarevarukunnel House,  
Nechoor P.O.,  
Piravom  
Ernakulam (Dist),  
Kerala, India -686664

<b>Reference</b>
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**Mrs. Bhanumathi, Nursing Superintendent,** Yenepoya Medical College  
Hospital, Derlakatte, Manglore- 575018, Ph: 00918242204668  
**Mrs. Asha P Shetty, Principal,** Yenepoya Nursing College, Manglore-  
575003, Ph:00918242443088

**Declaration**

I hereby declare that the above particulars are the true and correct to the best of my knowledge and belief. I assure you that I will discharge my duties to the best satisfaction of my superiors.

Date: 06/07/2019

Place: Nechoor

**TIMY THOMAS**