

## RESUME

### **ROSE MARY SEBASTIAN**

PARACKALPARAMBIL (H)  
R P C P.O, VANDANPATHAL, MUNDAKAYAM  
KOTTAYAM, KERALA - 686513  
Ph: 9744562820

### CAREER OBJECTIVE:

Being a **Graduate Nurse**, to obtain a full time position as a **Staff Nurse** with a reputed health care provider, where I can utilize my acquired skill, knowledge, education and abilities in a manually benefited and challenging environment.

### PERSONAL PROFILE

Name : ROSEMARY SEBASTIAN  
Date of Birth : 12/09/1994  
Sex : Female  
Marital Status : Married  
Nationality : Indian  
Religion : Christian  
Father's Name : SEBASTIAN P M  
Contact No. : 9744562820, 9947267568  
Permanent Address : PARACKALPARAMBIL (H)  
R P C P.O, MUNDAKAYAM  
KOTTAYAM, KERALA - 686513

### DUTIES AND RESPONSIBILITIES:-

- To ensure that my patients remain stable and that they are receiving the pain medication and treatment, as well as diagnostic testing as required.
- Handling Postoperative emergencies.
- Assisting Doctors in Central Line Insertion, Arterial Line Insertion, and Intubation.
- Assisting Doctors in daily rounds
- Prevention of infection
- Teamwork, co-ordination, co-operation and Time management.
- Demonstrate nursing procedures and supervise junior nurses, student nurses and para-nursing staffs

## JOB RESPONSIBILITIES:-

- **Administrative:-**

- Reporting on Duty
- Inventories & Recording.
- Co-ordination of Nursing Service.
- Maintain stock e.g. drugs, linen, central sterile supplies, equipments etc.

- **Direct Patient Care.**

- Assess the needs of the patients.
- Checking the records.
- Plan care and set priorities.
- Give care according to priority.

- **Basic Nursing Procedures Performed**

- Perform complete Physical examination.
- Admission transfer and discharge Procedure.
- Bed Making.
- Nursing Assessment.
- Monitoring Vital Signs and continuous cardiac monitoring.
- Follow infection control protocol.
- Checking the circulation, airway and breathing.
- Oxygen Administration.
- Insertion of I/V cannula, maintain I/V line.
- Medications- oral, intramuscular, intravenous subcutaneous, intradermal, topical, sublingual and per-rectal.
- Blood transfusion.
- Carryout the Doctors Order.
- Nebulisation, Steam Inhalation and Chest Physiotherapy.
- Suction (nasopharyngeal airway, oral & ET tube, tracheostomy)
- Ventilator care.
- Ryles tube insertions and NG feeding.
- Gastric Lavage.
- Perineal care.
- Care of drains.
- Wound Dressing and stomacare.
- Collection of sterile specimens like Blood, urine, stool and sputum.
- Prepare instruments for examination and assist during examination and treatment.
- Colostomy care
- Monitor ECG
- Continuous cardiac monitoring.
- Cardio-pulmonary resuscitation.
- Defibrillation.
- Mechanical ventilation.
- Diet Planning.



- Active and Passive Exercise.
  - Assisting in Venesection , arterial line insertion , central line insertion, HDcathinsertion, Pacemakerinsertion, IABPinsertion, ICD insertion etc.
  - Assessing the physical and psychological needs of the patients.
  - Check for complication such as bleeding, Hypotension, hypertension, bradycardia , fever, infection, retention of urine, Hypoxia, Vomiting, Pain, Arrhythmias etc.
  - Maintaining records and reports.
  - Follow up discharge teaching, Counseling of the patient and relatives.
  - Proper documentation.
  - Shall oversee and guide the work of other nursing and support staff as per need.
  - Assures open and timely communication with patients their significant other and team members to ensure the occurrence of effective therapeutic communication.
  - Controlled use of narcotics in accordance with hospital policies and procedures.
  - Provide emotional and informational support to patient's family
  - Immediate post operative care
  - Administration of oral and IV medications & IV fluids.
  - Blood Collection.
  - Insertion of peripheral lines, Ryles tubes, Foley's catheter, flatus tubes.
  - Performing procedure, blood sugar monitoring.
  - Well acquainted with modern equipments and procedure involved in direct patient care.
- **Meeting nutritional requirements:**
    - Naso-gastric Orogastricfeeds, Jejunostomy feeds, PEG feeds etc.
    - Giving parental nutrition
- **Assisting for:**
    - CPR, DEFIBRILATION.
    - Insertion of IABP, ICD, Pacemakers, Arterialline, CV Pline, HD catheter.
    - Major and Minor dressings and Removal of drains.
- **Assisting for Diagnostic procedures:**
    - Lumbar puncture, Ascitic tapping, Pleural tapping.
    - Transportation of patient for investigation like CT scan, MRI , EEG.
- **Psychological needs:**
    - Giving emotional support to the sick and disabled patient and their relatives and sense of empathy.

## SUPERVISORY RESPONSIBILITIES

- Supervising nursing personnel, junior staff nurse, hospital Aids and nursing orderlies during the performance of their duties.
- Assisting the student nurses in the bedside care.
- Supervising the equipment and supplies of the ward and checking periodically the inventory along with the team members.
- Keeping all ward equipment in good condition by daily checking for the optimum use for the patient.
- Supervision of physical facilities of the ward and keeping a conducive atmosphere for the patient.

## EQUIPMENT FAMILIAR WITH:

- Ventilators (Siemens, servo ,GE )
- Defibrillators ( Heart stream XL biphasic)
- Cardiac monitors (Siemens, Philips )
- Oxygen cylinder
- Echo machines, USG machine
- Pacemakers
- CRRT Machine.
- IABP machine
- ECG Machines
- Crash cart
- Cuff pressure manometer
- Syringe pumps
- Infusion pumps
- Bair hugger (Warmer)
- BIPAP machine.
- Suction apparatus

## LICENSE AND QUALIFICATIONS

KERALA NURSES AND MIDWIVES COUNCIL (KNMC)

**EDUCATIONAL QUALIFICATION:**

EXAMINATION PASSED	NAME OF INSTITUTION	NAME OF APPLICATED BOARD	YEAR OF PASSING
<u>Plus two</u> (Science)	St. Mary's Girls H S S, Kanjirapally	Kerala Board of Higher Secondary Examination	2012
SSLC	St. Joseph Central School Mundakayam	CBSE	2010

**ACADEMIC QUALIFICATION**

NAME OF INSTITUTION	EXAMINATION PASSED	UNIVERSITY	MARKS
Velankannimatha College of Nursing, Kottayam	B.Sc Nursing	Kerala University of Health Science	SECOND CLASS

**LANGUAGE SKILLS:**

English, Malayalam, Hindi

**EXPERIENCE:**

- 1 Year Experience as a Staff Nurse(Cath lab) in Medanta – The Medicity, Delhi (27/02/2017 to 20/03/2018)
- Currently not Working

**DECLARATION:**

I hereby declare that the above mentioned details are true to the best of my knowledge and belief.

ROSE MARY SEBASTIAN