**CURRICULUM VITAE**

***MS. MARY GILSHA FIGARADO***

D/o. Mr. George Figarado

Pathissery House, Ochanthuruth P.O

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Kerala, India E- mail: gilshamary@gmail.com

***OBJECTIVE***

A dedicated professional with diverse expertise in the health care industry as a Nurse, personable and professional with reputation for positive attitude with superior communicable skills. Seeking a challenging position in an institution where my extensive medical professional and practical experience acquired over the years will be fully utilized and to spend my life in serving the sick with utmost dedication and service.

***PERSONAL PROFILE***

**Date of Birth :** 19-03-1991

**Gender :** Female

**Height :** 150cm

**Weight :** 68kg

**Marital Status :** Married

**Religion :** Christian

**Nationality :** Indian

**Language Proficiency :** Malayalam, English, Hindi, Tamil

**Present Address :** Pathissery House,

Ochanthuruth P.O,

Ernakulam-682508, Kerala.

***PASSPORT DETAILS***

**Passport No :** P4769814

**Place of Issue :** Cochin

**Date of Issue :** 16-11-2016

**Date of Expiry :** 15-11-2026

***ACADEMIC QUALIFICATIONS***

**SSLC :** L.M.C.C.H.S.G Pachalam, Kerala.

Board of Public Examination, Kerala.

Passed in the year 2007.

**DHSE :** Govt. H.S.S Elankunnapuzha.

Board of Higher Secondary Examinations, Kerala.

Passed in the year of 2009.

***PROFESSIONAL QUALIFICATION***

**Degree :** B.Sc. Nursing from T. John College of Nursing.

Passed in the year 2013.

***PROFESSIONAL REGISTRATION***

**Registration :** Kerala Nurses and Midwives Council

**Registration No :** KL04201701794

***IMPORTANT COURSES COMPLETED***

**B.L.S :** Completed the course in the year 2014, from Apollo Hospital, No. 21, Greams Road, Thousand Light, Chennai-6.

**A.C.L.S :** Completed the course in the year 2014, from Apollo Hospital, No. 21, Greams Road, Thousand Light, Chennai-6.

***SEMINARS AND COURSES PARTICIPATED***

* Seminars on blood transfusion
* Pain policy
* Basic life support
* Diabetic management
* Infection control
* Bio medical waste management
* Standard precautions
* Fire and safety
* Cardio pulmonary resuscitation

***PROFESSIONAL EXPERIENCE***

**Total Years of Experience:** 3

***HOSPITAL DETAILS***

**1. Name of the Hospital :** Apollo Hospital (Main)

No. 21, Greams Road, Thousand Light,

Chennai-600 006.

**Size of Hospital :** 610+ bedded

**Designation :** Staff Nurse

**Field of Experience :** Critical Care Unit

**Duration :** 12-06-2014 to 20-09-2016

Apollo Hospital is a multispecialty tertiary care centre has over 50 medical and surgical disciplines with specific areas of interest, specializes in **Cardiology**, **Nephrology**, **Urology**, **Orthopaedics**, **Paediatrics**, **Gynaecology**, **Neonatal**, **ICU**, **Cardiothoracic ICU**, **Operation Theatre & Recovery**.

This hospital is tertiary referral centre in South East Asia. It is India’s First Corporate Hospital and one of the First Hospital to get an ISO Certificate in the Region and Joint Commission International Accreditation (JCIA). It is the second best Hospital in India.

**2. Name of the Hospital :** St. Joseph’s Hospital

Manjummel-683 501, Kochi,

Kerala, India

**Size of Hospital :** 150+ bedded

**Designation :** Staff Nurse

**Field of Experience :** Emergency Department

**Duration :** 22-05-2017 to 01-09-2018

St. Joseph’s Hospital is an ISO 9001-2008 certified and 150 bedded Multi Speciality Hospital having the departments of **General Medicine**, **General & Laparoscopic Surgery**, **Paediatrics**, **Orthopaedics**, **Dermatology**, **Ophthalmology**, **Gastroenterology**, **Radiology**, **Psychiatry**, **E.N.T**, **Dental**, **Urology**, **Cardiology**, **I.C.U**, **S.I.C.U**, **N.I.C.U**, **Obstetrics & Gynaecology** and **Dialysis**. It has round the clock facilities of emergency care unit. The operation theatre complex includes 4 major theatres and one minor theatre.

***DUTIES AND RESPONSIBILITIES***

* Orientation of patient and relative about the hospital and its functioning.
* Receiving and admission of patient.
* Data collection.
* Assessment of vital signs.
* Physical examination and diagnostic evaluation.
* Following physician rounds and carrying out the orders prescribed.
* Assisting for diagnostic and therapeutic procedures.
* Planning and implementation of patient care (includes hygiene, nutrition, comfort measures, elimination needs, administration of medicines).
* Maintaining records and reports.
* Maintaining ward inventory and indents.
* Asepsis and infection control.
* In service education.
* CPR, intra muscular & intravascular injections, wound dressing, veni puncture, venous samples collection.
* Discharge and follow up care.

***TYPES OF PATIENTS***

* All Congenital Heart Diseases
* Congestive Cardiac Failure
* Cerebral Palsy
* Wilm’s Tumour
* Juvenile Rheumatoid Arthritis (JRA)
* Wilson’s Disease
* Hirschsprung’s Disease
* Pyloric Stenosis
* Immune Thrombocytopenic Purpura (ITP)
* Tracheo Esophageal Fistula
* Neonatal Cholestasis
* Systemic Lupus Erythematus (SLE)
* Infectious Diseases
* Gastric Disorders
* Surgical Conditions and Encountered
* Laparotomy
* Pneumonectomy
* Phimoses
* Undescended Testes
* Disc Prolapses
* Herniation
* Ortho Cases like total hip replacement and Scolioses correction
* Pulmonary Oedema
* Acute and Chronic Renal Failure
* Patient with respiratory problems
* Hydrocephalus
* Dialysis Patients – Haemodialysis & Peritoneal Dialysis

***DUTIES INCLUDE***

* Receive the patients with case files, from emergency, wards OT, Cath lab, or as direct admission. Endorsement in the Medical Surgical Unit Patients Register.
* Explaining the patient’s relatives about visiting hours.
* Make the patient comfortable on the bed and check the general condition, record vital signs in the clinical chart.
* Connect all necessary monitoring devices to the patient.
* Help the patient in their daily ailments.
* Raising the slip through computer for medicines investigations and diet.
* Intend the required drugs everyday and remaining medicines will be returned to the pharmacy.
* Early morning sponge bath, mouth care will be given to maintain personal hygiene.
* Q2H position changing back care frequent mouth care, Eye care will be given for immobilized patients.
* If the patient is posted for surgery, prepare the patient for surgery and send to the OT on time.
* Checking Vital signs hourly and recording it.
* Dressing of minor and major wounds.
* Assess Neurological Status (Glascow Coma Scale), Blood Sugar, Urine Sugar and ABG in time.
* Maintaining intake and output chart.
* Collection of specimens and send to laboratory as early as possible.
* Care of the patients with the burns, head injury, poisoning, DM, Hepatic encephalopathy, TB, Asthma, HIV, Hbs Ag.
* ECG, Blood transfusion, Catheterization and Bladder wash.
* Care of ICD, Gastrostomy & Colostomy Care.
* Insertion of ryles tubes.
* Helping the patient to mobilize.
* Act as a Safe Practitioner, demonstrating clinical excellence.
* Be responsible for the management of a ward and unit in the absence of a more senior member of staff.
* Act as an associate nurse delivering the care prescribed by Doctors.
* Attend rounds with Consultants, present the patient condition note down and implement instructions.
* To be responsible for the assessment, planning, implementation and evaluation of patient’s care needs as required.
* Raising of various requisitions related to treatments and Nursing procedures.
* Ensure accurate documentation care.
* Ensure the effective use of organization’s resources in the delivery of patient care.
* Co-ordinate with ward secretary regarding admissions, discharges of patients and billing activities.
* Co-ordinate with other departments related to care.
* Work in accordance with the organization, national and local standards.
* Be responsible for effective communication with patients, careers, other disciplines and agencies.
* Work in a collaboration and co-operative manner with other health professionals.
* Able to participate and contribute to departmental quality initiatives.
* Able to be aware of departments performance and objectives.
* Able to carry out data collection and support in data collection.
* Able to adhere the safety norms of hospital and follow both patient safety and staff safety rules.
* Able to perform any job or task as and when assigned by the superior.
* Ensure the safety and well-being of patients, staff and visitors to the clinical area.
* Responsible for the supervision and development of junior staff working within the team.
* Able to maintain confidentiality at all times in accordance with the organization.
* Responsible for continuing professional development of self.
* Ensure compliance by self and staff with the organization’s policy on confidentiality.
* To ensure self and staff maintain a constant awareness of health, welfare and safety issues affecting me, colleagues, patients and visitors reporting and accidents or fault in line with the organization’s policy.
* Able to fully participate in health and safety training.
* Taking care of all equipment in particular costly equipment on use with patients.

***EXCELLENT KNOWLEDGE OF BASIC NURSING FUNCTIONAL SKILL TRAINED TO PERFORM THE FOLLOWING PROCEDURE FUNCTIONS***

* Giving Basic Life Support and Advance Cardiac Life Support which include Cardiac Massage and Defibrillation and Emergency Medicine Administration.
* Intravenous Cannulisation, Ryle’s Tube Insertion, Urinary Catheter insertion, Gastric Lavage & Gavage.
* Bladder Irrigation.
* Endotracheal Suctioning & Oral Suctioning Nebulization & Steam Inhalation & Chest Physiotherapy.
* Performing ABG, VBG & CBG.
* Collection of blood, urine, Sputum & Pus for culture & Sensitivity.
* Operating 12 lead ECG, Incentive Spirometry, Enema, Bladder Wash and Bowel Wash, Skin Preparation.
* Minor dressing & removal of sutures.

***TECHNICAL SKILLS***

* Checking vital science hourly and recording it
* Administration of medicines (oral, injection)
* Oxygen Therapy
* Veni Puncture
* Ryle’s Tube Insertion
* Intra venous cannulation
* CPR
* ECG
* ABG Sampling
* Blood Transfusion
* Infusion Therapy
* Bladder Irrigation
* Urinary Catheterization (Male and Female)
* Total parenteral nutrition (TPN)
* Assisting ADL for the patients
* Death Care
* Close monitoring of critical care patients
* Bladder Wash
* Dressing of minor and major wounds
* Assess neurological status (Glasgow Coma Scale)
* Blood sugar and Urine sugar
* Preparation of emergency drugs and emergency trays for use (intubation tray, catheterization tray)
* Asepsis and infection control
* Receiving the patients from other departments
* Raising the slips through computer for medicines investigation and diet
* Care of patients with pre and post cardiac procedures, Angiogram, Angioplasty temporary and permanent pace maker
* Nebulization therapy
* Assisting in Thoracentesis, Lumbar Puncture, Bone marrow aspiration
* Care of Gastrostomy, Colostomy and Tracheostomy
* Care of in situ drains
* Collection of samples
* Removal of sutures
* Use of incentive spirometry
* Pre-operative preparation

***EQUIPMENTS HANDLED***

* BP Apparatus
* Glucometer
* Ambu bag
* ECG Machine
* Stethoscope
* Pulse Oximeter
* Laryngoscope
* Oxygen Flow Meter
* Nebulizer Kit
* Cardiac Monitor
* Infusion pump
* Syringe pump
* Suction apparatus
* Ophthalmoscope
* Oxygen Cylinder
* Thermometer
* Thermal Blanket
* SCD apparatus
* Nimbus bed
* Alpha bed
* BIPAP
* CPAP Machine

***SKILLS PERFORMED DURING MY WORK EXPERIENCE***

* Monitoring vitals
* Monitoring of intake and output balance
* Chest and limb physiotherapy
* Attending the personal requirements of the patients
* Cannulation of peripheral veins
* Phlebotomy
* Open suctioning
* Catheterization
* Care of intercostal drainage
* Care of wound drainage
* Care central line & epidural line
* Care of colostomy and ileostomy pouches
* Maintaining post-operative posture of patient
* Infection control
* Patient safety
* Insertion of Ryle’s tube
* Tracheostomy care
* Giving enemas
* Oxygen administrations
* Ryle’s tube & jejunostomy feeding
* Medication administration
* Preparing patients for surgical procedures
* Care of pre and post-operative patients
* Blood transfusion through the various types of filters
* Demonstrating procedure to nursing students
* Attending doctor’s rounds
* Assisting minor and major dressings
* Involving in the continuing nursing education
* Maintain the ward stock
* Following protocol
* Feedback to higher authorities
* Following reporting system
* Implementation of a complete care
* Patient and family health education

***FUNCTIONAL RESPONSIBILITIES***

* Orientation and job staff training
* Liaison with physician and medical staff
* Patient care regarding medical condition, treatment and long term maintenance rationalized by scientific knowledge
* Preparation of patient report and handover to sister-in-charge
* Resuscitation procedure and infection control

***STRENGTHS***

* Self-confident
* Good analytical and communication skills
* Good in presentation and communication
* Good understanding and leadership
* Creativity and dynamism with hospitality
* Capability and interest in utilizing every learning activities
* Self-dependence and hardworking

***MEAN AND END***

To work in an organization, which will reward dedication, hard work and sincerity.

***HOBBIES***

* Reading books to keep the knowledge updated
* Listening music

***REFERENCE***

Mrs. Sunitha Sr. Alexis C.T.C

Nursing Director Nursing Superintendent

Apollo Hospital, St. Joseph’s Hospital,

Greams Road, Chennai-600 006 Manjummel-683 501

***DECLARATION***

I, Ms. MARY GILSHA FIGARADO, hereby submit these curriculum vitae for your kind consideration and for favourable orders. I assure you Sir, if I am selected I will discharge my duties to the entire satisfaction of my superiors. I declare that the information furnished above is true to the best of my knowledge.

Date:

Place: **MARY GILSHA FIGARADO**





































