

CURRICULUM VITAE

SONIA THOMAS

Palappuzhamattom (House)
Peroor (PO), Kottayam (Dist.)
Kerala (State) -686637
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POST APPLIED FOR : STAFF NURSE (FEMALE)

CARRIER OBJECTIVE:

As a RN-RM to work in professional and challenging environment of nursing utilizing my talent with complete dedication and practice as a Competent and skill full nurse with up to date knowledge and ready to meet challenging situation offered in nursing .

PERSONAL DETAILS:

Name : **SONIA THOMAS**
Husband's Name : Alex John
Date of Birth : 26.12.1991
Sex : Female
Marital Status : Married
Religion : Christian , R.C.S.C.
Nationality : Indian
Languages Known : English, Hindi, Malayalam
Permanent Address :Sonia Thomas
Palappuzhamattom (House)
Peroor (PO), Kottayam (Dist.)
Kerala (State) -686637

PASSPORT DETAILS:

Passport No. : L1385691
Date of Issue : 22.04.2013

Date of Expiry : 21.04.2023
Place of Issue : Cochin

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EDUCATIONAL QUALIFICATIONS:

Exam. Passed	Name & Address of Institution	Board/ University	Year of Passing	%age of Marks
S.S.L.C.	St. Anne's Higher Secondary School, Kottayam, Kerala	Board of Public Examination, Kerala.	2006-2007	85%
Plus Two	St. Anne's Higher Secondary School, Kottayam, Kerala	Board of Higher Secondary Examination, Kerala.	2007- 2009	72%

PROFESSIONAL QUALIFICATION:

Exam. Passed	Name & Location of University	Institution	Year of Passing	%age of Marks
Diploma in General Nursing and Midwifery	Kerala Nurses and Midwives Council Red Cross Road, Trivandrum	Caritas School of Nursing Kottayam, Kerala, India	2009-2013	75%
Post Basic B.Sc. Nursing	Rajiv University of Health Sciences, Bangalore, Karnataka	Laxmi Memorial College of Nursing Mangalore	2013-2015	75%

OTHER QUALIFICATIONS:

- ACLS – Indraprastha Apollo Hospital, New Delhi.
- BLS - Indraprastha Apollo Hospital, New Delhi.

WORK EXPERIENCE

Name of the Hospital	Designation	Department	Duration
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Indraprastha Apollo Hospital, Sarita Vihar, Mathura Road, New Delhi-110076	Staff Nurse	Medical ICU	19.01.2016 to 23.06.2018
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DESCRIPTION OF HOSPITAL:

Name of Hospital : Indraprastha Apollo Hospital
(JCI Accredited) New Delhi.

Size of Hospital : 750 Bedded

Designation : Staff Nurse

Date of Joining : 19th January 2016

Date of Leaving : 23.06.2018

Department : Medical ICU

Capacity : 14 Beds

Nurse Patient Ratio : 1:1

HOSPITAL DEPARTMENTS:

Medical ICU, Surgical ICU, Multi Transplant ICU, Neuro ICU, Stroke ICU, Neonatal ICU, Pediatric ICU, CCU, CTVS ICU, Cardiac Cath Lab, Emergency, General Ward, Labour Room, Oncology, Day Care, High Dependency Unit, Radiology, CT Scan, MRI Nuclear Medicines, ECHO, Cardiac OT, Neuro OT, Ortho OT and General OT.

TYPES OF PATIENTS IN THE UNIT:

- Pneumonia
- Multi organ failure
- Multiple myeloma
- Neurological patients
- Acute angina
- COPD

- ARDS
- CKD
- H1 N1
- CCF
- Cardiac Arrest
- LV Dysfunction

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- Aortic Aneurism
- CVA
- Hypertension
- Hypotension
- Hyperglycaemia
- Pulmonary Embolism
- Pulmonary Edema
- Electrolyte Disorder
- Anaphylactic Shock
- DVT.

EQUIPMENT USED AND FAMILIAR WITH:

- Electro Cardio Graph Machine
- Glucometer
- Nebulizer
- Steam Inhaler
- Suction Apparatus
- Cardiac Monitor
- Defibrillator
- Invasive Transducer for Monitoring B.P.
- Pulse Oxymeter

- Continuous Infusion Pumps
- ABG Machine
- Ventilator
- BIPAP Machine
- Laryngo Scope
- Ambu Bag
- Warmer
- ACT Machine

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PROCEDURES ATTENDED:

- Cardio Pulmonary Resuscitation
- Intubation
- Urinary Catheterization
- CUP Insertion
- Arterial Line Insertion
- Dialysis Catheter Insertion
- Tracheostomy Tube Insertion
- Gastric Lavage
- NG Feeding
- Medical and Surgical Dressing
- Rylestube Insertion

PATIENT CARE & RESPONSIBILITIES:

- Patient care regarding medicals condition, treatment, short and long term maintenance.
- Resuscitation procedure, code blue policy, infection control management.

- Preparation of patient records and handover to sister-in-charge.
- Oxygen administration suctioning endotraheal intubation
- Nursing care of patient in ventilator
- Administering the medication, IV and fluid and blood.
- Patient admission to ICU orientation of patient of ICU.
- Maintenance of good Nurse-Patient Relationship.
- Nursing Assessment – Identifying needs and planning to meet those needs.
- Implementing of the nursing cares to meet the present and potential health problems of the patient.

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- Evaluation of Nursing care implemented and making changes as required.
- Observing, recording and reporting of vital signs, intake and output chart.
- Promotion of health and prevention of infection.
- Keeping the patient safe and secure with good personal hygiene.
- Co-ordinating the patient safe with other members of the health team.
- Check patient vital signs.
- Medication administration oral, intramuscular, subcutaneous, intradermal, intravenous, suppositories.
- Collection of samples of investigations
- Maintenance of Glasco Coma Scale
- Total parental Nutrition
- Care of Bowel and Bladder.
- Insertion of Naso Gastric tube and feeding
- Catheterization, Enema and Colostomy Care
- Assisting procedures like insertion of Central Line, intercostals tube, arterial line pleural tapping, lumbar puncture.

- Gastric Lavage
- Aseptic Dressings
- Physiotherapy chest general measure including spirometry
- Intubation / Extubation
- Management of patient with chest tube
- ABG Reading and Management of external pacemaker
- Care of patient undergoing cardiac interventional procedures like coronary angiogram, PTCA, PPI.
- Management of pre and post operative patients Like CABG, Valve Replacement, TOF correction ASD and VSD Closure
- Isolation techniques and infection control
- Health education to the patient family.

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CONFERENCES ORGANIZED:

1. Regional workshop on “E-Stat with SPSS” on 10th July 2015 organized by PC B.Sc. Students, LMCN.

REFERENCE:

1. **Capt. Usha Banerjee**
Nursing Director
Indraprastha Apollo Hospital
Sarita Vihar, Mathura Road
New Delhi-110076
Phone : 011-26825672
2. **Mrs. Gracy Philip**
Nursing Superintendent
Indraprastha Apollo Hospital

Sarita Vihar, Mathura Road
New Delhi-110076

DECLARATION :

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

Place : Kottayam

Date : _____

[SONIA THOMAS]