**CURRICULUM VITAE**

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**OBJECTIVE**

I am a clearly dedicated individual who has an ambition to succeed in any given environment. Although my recent experience is concentrated towards the nursing practice get along well with others, while also working efficiently on my own. I am seeking a position in the field of nursing practice in your esteemed organization to sharpen my existing skills and be an expert hand to the patients.

**PEESONAL DETAILS**

Name : Ms. Jenny Mariam Thomas

Name of Father : Mr. P M Thomas

Date of Birth : 31st October 1992

Sex : female

Nationality : Indian

Marital Status : Single

Religion : Christian

Permanent Address : Perupunchayil House

Valanjavattom P.O Thiruvalla,

Pathanamthitta (dist.)

Kerala (State)

Pin : 689104

Present Address : Perupunchayil house

Valanjavattom p o Thiruvalla

Pathanamthitta , Kerala Pin : 689104

Contact no. : 8928175305

Email id : [mjennyz619@gmail.com](mailto:mjennyz619@gmail.com)

Passport details : Passport no.C4440769

Date of issue : 8th February 2017

Date of expiry : 7th February 2027

Place of issue : Trivandrum

Language known : English, Malayalam, Hindi, Tamil

Hobbies : Reading, Listening music

**EDUCATIONAL QUALIFICATION:**

|  |  |  |  |
| --- | --- | --- | --- |
| **QUALIFICATION** | **INSTITUTE** | **YEAR OF PASSING** | **PERCENTAGE** |
| B.Sc nursing | SCS College of nursing science | 2010 – 2014 | Ist Year- 68.9%  2nd Year-73.85%  3rd Year-72.35%  4th Year-74.85% |
| PUC | MGMHSS, Thiruvala | 2008– 2010 | 72% |
| SSLC | MGMHSS, Thiruvala | 2007 – 2008 | 82% |

**PROFESSIONAL EXPERIENCE:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **INSTITUTION WORKED** | **TYPE** | **NUMBER OF BEDS** | **DESIGNATION** | **PERIOD** | **AREA** |
| Bombay Hospital and Medical Research Centre | Private | 750 | Staff Nurse | 21/122015 to 28/01/2018 | Medical and surgical ward |
| Kokilaben dhirubahi ambani hospital, Mumbai | Private | 750 | Staff nurse | 05/10/2018 to till date | Medical surgical ward |

**PROFESSIONAL MEMBERSHIP :**

* Karnataka Nursing council
* Maharashtra Nursing council

**JOB DESCRIPTION:**

Name : Ms. Jenny Mariam Thomas

Designation : B.Sc Nurse

Experience Summary: Working as B.Sc nurse in Bombay Hospital (medical & surgical ward) since 21st December 2015 to 31st January 2018 and from October 5th to 14th July 2019.

**GENERAL INFORMATION:**

Bombay hospital is situated in Marine lines in Mumbai, Maharashtra, India. It is a 850 bedded hospital having medical surgical, paediatric, orthopaedic, gynaec, medical & surgical ICU, neuro, neonatal, cardiac ICU, KTR, AKU, PICU, and all types of operation theatres, OPD also with diagnostic departments and consulting rooms.

**DUTIES AND RESPONSIBILITIES**

* Management of patient’s care including admission, transfer and discharge.
* Assessment of patient needs and planning care for their needs.
* Inter personal relation with higher authorities, co-workers, patients & patient’s relatives.
* Management of supplies, equipments & environments.
* Ensuring those ventilators, monitors and other types of medical equipment function properly.
* Responding to life saving situations, using nursing standards and protocols for treatment.
* Keeping reporting and recordings.
* Demonstration of procedures to students & cleaning doubts.
* Health education to patients & relatives.
* Meeting psychological, social, spiritual, and economical & rehabilitation needs of patients.

**MY DUTIES ARE,**

* Giving comprehensive nursing care to the patients who is mainly based on assessment of needs, nursing diagnosis, planning to meet needs, implementation of nursing intervention and evaluation of nursing practice.
* The nursing practice includes receiving patients, checking vital signs, giving bedside nursing by giving bed bath, hair wash, mouth and eye care, care of skin specially in pressure points, bed making, feeding the patients, giving enema, bladder irrigation, application of restraints, injections, intravenous insertion, administering chemotherapy, blood and blood products transfusion.
* Putting peripheral line, female and male catheterization, Ryle’s tube insertion, gastrostomy feeding, catheter care, collection of specimen, wound dressing, giving hot and cold application, and oxygen therapy, nebulisation, maintaining records and reports up to date.
* Administer blood and blood products, monitoring patients for signs and symptoms related to transfusion reactions.
* Care of ventilator patients.
* Care of patients after surgeries.
* Care of patients with heart diseases, diabetes mellitus, and hypertension.
* Meeting the pre and post operative needs of patients.
* Teaching the patients and families to improve health and hygiene, keep the patient’s unit neat and tidy, and encourage mobilization.
* Taking care of dying patients and after death procedures.

**INFECTION CONTROL**

Practicing infection control protocols like:-

* Disinfection of soiled linen.
* Strict aseptic techniques for all sterile procedures.
* Hand washing.
* Sending equipments for autoclaving and gas sterilization.
* Proper disposal of biological and non biological waste materials.
* Isolation and treatment of infected patients.
* Use of gown, mask, cap, goggles.
* Use of antiseptic solution for mopping cleaning etc...

**REFERENCES**

* Mrs.Malati Rao

Deputy Director Nursing

Bombay Hospital

12 New Marine Lines

Mumbai – 400020

* Mrs Juliana D’Sauza

Asst. Matron

Bombay hospital

12 New Marine Lines

Mumbai – 400020

**DECLARATION**

I do hereby declare that all matters furnished above are true and correct to best of my knowledge and belief.

Place: Mumbai

Date:

Ms. Jenny Mariam Thomas