

CURRICULUM VITAE

MANJUMOL P JOSE

Mobile no:919744773950

Email – manjupjose1@gmail.com.



Permanent Address.

Puthenpurackal (H)
Peringulam P.O
Poonjar (via)
Kottayam (Dist)
Kerala (State)
India.

Personnel Data.

Date of Birth-25/10/1985
Sex- Female
Nationality- Indian
Marital Status- Married
Passport No- K 4296251
Place of Issue- Cochin
Date of Issue- 14/09/2012
Date of expiry-13/09/2022

Languages Known.

English, Hindi and Malayalam.

Carrier Objectives.

- ❖ To build a long term career in staff Nurse with opportunities for career growth. Use my skills in the best possible way for achieving the company's goals. To enhance my professional skills in a dynamic and fast paced workplace. Seeking a responsible job with an opportunity for professional challenges.

Highlights of skills.

- ❖ Worked effectively in an interdisciplinary team to provide complete patient care
- ❖ Excellent communication, skills and proven ability to communicate effectively.
- ❖ Possesses contagious enthusiasm towards learning new skills
- ❖ Exhibits and honest work ethic with the ability to excel in fast-faced, time sensitive environment
- ❖ Superior motivate skills
- ❖ Basic computer knowledge and good experience in Electronic Medical Recording system.

Educational Qualification. (Academic)

- ❖ S.S.L.C :St. Augustine's High School, Peringulam. 2001
- ❖ Higher secondary :St. Antony's Higher Secondary School, Poonjar. 2003.

Professional Qualification.

- ❖ Post Basic Bsc Nursing :Kerala university of health sciences , Thrissur September 2018
- ❖ General Nursing & Midwifery: Nursing Council for Nurses and Midwives, Govt. of Andhra Pradesh AUG 2007.

Licenses & Certifications.

- ❖ **BLS-Basic life support:** American Heart Association expires AUG-2023.

Work Experience.

GNM INDIA : 4 Yrs
UAE: 2.5 Yrs
Total :6.5Yrs

PBBSC UAE: 1Yr

Work Experience Summary.

‡ Mediclinic Al Mamora , Abudhabi

September 2020-September 2021

➤ ASSISTANT NURSE- OUTPATIENT DEPARTMENT

- ❖ Deliver quality patient care under the supervision of a Registered Nurse in collaboration with the multi professional team according to set clinical standards and relevant legislation
- ❖ Ensure patient safety by identifying, preventing and managing risks in accordance with appropriate risk policies, procedures and relevant legislation
- ❖ Take active responsibility for positive patient experiences by creating a conducive environment as guided by nursing leadership
- ❖ Contribute to a learning environment that builds employee competence

‡ Universal Hospital, Abu Dhabi

June 2013 – December 2015.

➤ Licensed Practical Nurse- out patient department and maternity ward

- ❖ Provide nursing care to assigned patients in an outpatient clinic
- ❖ Records patient histories ,performs various diagnostic tests ,and administers medications
- ❖ Assist physicians during examinations and procedures
- ❖ Explaining the patients about the disease after doctor examination and directing them to specific treatment they require
- ❖ Arranging all the instruments and equipments needed for the patient examination
- ❖ Assist parents for integrating new baby into their family program
- ❖ Maintain and establish excellent breast feeding routines
- ❖ Provide complete patient and family education on activity ,health maintenance ,hygiene ,nutritional Support etc.
- ❖ Ensure each patient received compassionate care and emotional support

‡ Star Hospital, Hyderabad, India

Jan 2010 - Feb 2012

➤ Staff nurse – Intensive critical care unit.

- ❖ Worked as a staff nurse in 17 bedded I.C.C.U in 130 bedded hospital specialized in cardiac, nephro and neuro.
- ❖ Provide direct patient care to critically ill patients like coronary artery disease ,acute MI, hypertension ,ARDS, acute asthma ,COPD ,seizures, acute and chronic renal failure ,sepsis ,CVA, and surgical patients like CABG angiogram ,angioplasty, valve repair, ASD & VSD closure, craniotomy, aneurysm repair, laminectomy, tracheostomy
- ❖ Assist doctors in performing medical and diagnostic procedures like mechanical intubation , central venous catheterization ,arterial cannulation, chest drain insertion, pleural effusion , Tracheostomy. lumbar puncture
- ❖ Monitor patients' physical status such as vitals and cardiac activity,
- ❖ Perform emergency nursing procedures
- ❖ Assess patients' individual care needs and chart out care plans to meet those needs
- ❖ Take and record vitals in regular intervals
- ❖ Evaluate and interpret diagnostic tests
- ❖ Respond immediately to life saving situations like CPR
- ❖ Administer fluids and injections in accordance to treatment plans
- ❖ Monitor and adjust specialized equipment
- ❖ Make necessary changes in patient care plan in accordance to patient's varying needs
- ❖ Perform necessary physical examinations

- ❖ Educate patients and provide emotional support
- ❖ Assess pain levels of patients to determine need for sedation
- ❖ Collect specimens for laboratory tests
- ❖ Document findings on patients' assessments
- ❖ Reduces the risk of disease transmission by applying standard infection control policies
- ❖ Ensure that all equipment is running smoothly and handle any malfunctions
- ❖ Provide families and patients with information on how to deal with illnesses and injuries
- ❖ Facilitate the discharge procedure by ensuring that all information is relayed to the head nurse and the accounts departments.

■ **Vijay Marie Hospital, Hyderabad**

October 2007 –October 2009.

➤ **Staff nurse – Neonatal intensive care unit.**

- ❖ Assessed new born conditions
- ❖ Serve as the support system for newborn parents
- ❖ Take care of infants in incubators ,ventilators ,and CFL
- ❖ Teach parents about basic child care
- ❖ Helps in treating babies with congenital deformities ,meconium aspiration syndrome, preterm ,respiratory distress syndrome ,IUGR, hypoglycemia ,pneumonia, neonatal jaundice ,sepsis , thrombocytopenia, diaphragmatic hernia etc
- ❖ Independently carried out the procedures like administration of oxygen, iv cannulation ,collection of specimens for investigation , naso gastric tube feeding ,care of wounds and dressing , ryles tube insertion ,nebulization ,transfusion of blood and blood products ,etc
- ❖ Record health status of babies
- ❖ Administration of medications (oral ,intravenous ,intramuscular, intradermal, subcutaneous etc)
- ❖ Implement physician orders for all assigned patients
- ❖ Reduces the risk of disease transmission by applying standard infection control policies
- ❖ Perform admissions ,discharge and transfer procedures

➤ **Staff nurse - Medical and surgical ward.**

- ❖ Develop effective medical and surgical interventions and treatments
- ❖ Develop excellent therapeutic communications with patient and family members
- ❖ Collaborated with various health care professionals to provide excellent patient care
- ❖ Exposed to various interlinked health disorders and physical complications
- ❖ Exposed and practiced medical and surgical treatments and interventions
- ❖ Maintain patient charts
- ❖ Pre and post operative care
- ❖ Preparation of patient for diagnostic procedures
- ❖ Catheterization
- ❖ Active and passive exercises
- ❖ Chest physiotherapy
- ❖ Nebulization and steam inhalations
- ❖ Gastric lavage
- ❖ Surgical wound dressing
- ❖ Administration of medications
- ❖ Reduces the risk of disease transmission by applying standard infection control policies
- ❖ Scheduled patient discharges and admissions.

Declaration.

- ❖ I humbly declare that all the particulars given above are true and correct to the best of my knowledge and belief.

Date : 30 /10/2021

Place : kerala

Mrs. Manjumol P Jose