

CURRICULAM VITAE



PERSONAL DETAILS

Name : **MEREENA THOMAS**

Father's Name : Thomas

Date of Birth : 01/09/1991

Gender : Female

Religion : Christian

Marital Status : Married

Nationality : Indian

Languages Known : English, Hindi, Malayalam & Tamil

E-mail ID : mariyamereena@gmail.com

Contact No : 9820742048, 7025495864

PERMANENT ADDRESS : Kunnumpuram (H)
Kulathur P.O.
Pathanamthitta (District)
Kerala -689588
India

PASSPORT DETAILS:

Passport number :P6993946
Date of Issue :15/02/2017
Date of Expiry :14/02/2027
Place of Issue : COCHIN

Professional Details:

Registration : Andhra Pradesh Nursing Council.
Registration Number :157028
Date of registration : 30 /3/2015

EDUCATIONAL QUALIFICATION:

Course	University/Board/	Year Of Passing	Percentage
S.S.L.C	Board of public examnitaionkerala	2007-2008	60
PLUS TWO	Board of public examnitaionkerala	2008-2010	50

PROFESSIONAL QUALIFICATION

Achievements	Board/University	Year Of Passing	Percentage
GnmNursing	Derectorate of medical education Andhra Pradesh	2010-2014	68

➤ LIFE MEMBERSHIP OF TRAINED NURSES ASSOCIATION OF INDIA

PROFESSIONAL EXPERIENCE

Sujay Hospital, Andheri East, Mumbai	Staff Nurse in Medical Surgical Ward	26/01/2014 to 30/06/2015
Dr. Godbole's Heart Care Centre private limited, Thane, Mumbai	Staff Nurse in ICU	24/12/2015 to 17/09/2018
Madhukar Children Hospital Malaviyanagar, New Delhi	Staff Nurse in PICU	09/01/2019 to 09/01/2020

RESPONSIBILITIES:

STAFF NURSE

- Responsible for patient care in a highly technical and complex hospital
- Pre and post operative preparation for cardio thoracic surgeries
- Receiving patients from operation theatre
- Taking care of Myocardial Infarction Patients, Permanent Pacemaker Patients.
- Take care of patients on mechanical ventilator and perform endotracheal tube, nasal and oral suctioning.
- Monitor central venous pressure (CVP) Glasgocoma scale ABG, vital sign, water seal drainage etc.
- Perform continuous cardiac-output monitoring, extubation of patients, collection of specimens, ABG specimen collection and taking ECG.
- Remove sutures, CVP line, arterial line Swan – Ganz catheter and Urinary catheter.

- Prepare total parenteral nutrition.(TPN)
- Perform Ryles tube insertion, Nasogastric feeding, , wound dressing, back care, mouth care, care of eyes and ears, bathing ,clothing position changing, Bladder wash, enema etc..
- Perform Peritoneal dialysis (P D) in Pediatrics
- Administer IV fluids and medication including antibiotics, TPN and narcotics and care fully monitor for side effects and adverse reactions.
- Perform resuscitation (CPR) procedure, infection control and management of acute emergencies.
- Administer oxygen, steam inhalation and nebulization.
- Apply expertise in data analysis by monitoring laboratory research and follow up lab data, blood work ,urine analysis and perform sterile procedure including surgical dressing changes.
- Leverage compression facilitating pain management and completing described treatment including dosage changes, accuchecks and ambulation.
- Perform clinical skills in accordance with hospital policies and standard of practices
- Employ sharp analytical and problem solving skills in assessing patients for skin integrity, lung sounds bowel sounds and wound and perform dressing changes
- Merge empathy and strong interpersonal skill to delivered emotional support to families and patients.
- Decisively and confidently make judgment on patient condition and call doctors based on decisions.
- Effectively assimilate, interpret and report changing patient data to ensure optimum care.
- Attend CNE(Continues Nurses Education) program and other in service programs as scheduled.
- Demonstrate exemplary documentation skills by sufficient communication among care staff.
- Maintain an up to date and confidential filing system for patients charts and records, medical and surgical files, insurance details.
- Patient care regarding surgical and medical condition, treatment – short and long team maintains.
- Liaison with physicians and medical staff.
- Communicate physician's orders appropriate department .
- Interact with applicable departments regarding patients care.
- Educate patients and family members to health care need, condition and option.

EQUIPMENTS HANDLED AT WORK

- Cardiac Monitor(DATEX- OHMEDA, DRAGER)
- Different Type Of Ventilator(Evita2 Dura ,Vella Baby Log)
- Pacemaker
- Pulse oximeter
- Infusion Pumps
- Syringe Pumps
- ECG Machine
- Defibrillator
- Non invasive ventilator (BIPAP Machine)
- AED Machine
- Oxygen Cylinder
- Suction Apparatus
- Crash Trolley
- Pacing Trolley
- Intubation Trolley
- Continues cardiac output monitor
- Portable pulse Doppler
- Oxygen cylinder
- Ambu bag
- Nebulizer
- Spirometry
- Stem Inhaler (Nelsons Inhaler)
- Oxygen hood
- Suction apparatus
- Glucometer
- Sphygmomanometer
- Thermometer (Clinical, Rectal, Oral)
- Warmer (Adult and Pediatrics)

ASSISTING PROCEDURE LIKE:

- Central venous pressure line insertion & care.
- Lumbar puncture.
- Ascitic tapping
- Pleural tapping
- Intubation & ventilation
- Temporary pacing & care
- Tracheostomy
- Bronchoscopy
- Intercoastal drainage
- Direct Laryngoscope
- Cannulation (catheter and Femoral Line).
- Surgical dressing.

EFFICIENT IN:

- Cardiac Pulmonary Resuscitation.
- Basic life support and care
- Central Venous Pressure monitoring.
- Colostomy Care.
- Tracheostomy Care and Suctioning.
- Catheterization.
- Ryle's Tube Insertion and Feeding.
- Gastric Feeding.
- Total parental nutrition
- Wound Dressing.
- Surgical site Care.
- Starting IV cannulation.
- Monitoring Vital Signs.
- Collection & analysis of arterial blood gas.
- IV administration of Thrombolytic Therapy in MI and Stroke Patients
- Giving all type of Injection (IM, IV, ID, and S\C).
- Care of dead patient.
- Comprehensive Nursing care
- Geriatric care
- In-service education for staff nurse.

DECLARATION

I hereby certify and declare that all the statement made in the above resume are true and correct to the best of my knowledge and belief.

PLACE :DELHI

DATE :

Mrs mereena Thomas