**STEFFY A.S**

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| **PERSONAL PROFILE**  |
|  |  |
| Date of Birth  | : 08 April 1998  |
| Religion  | : Christian, RC  |
| Gender  | : Female  |
| Civil Status  | : Single  |
| Nationality  | : Indian  |
| Father’s Name  | : Saju Joseph  |
| Mother’s Name  | : Saumi Mathew  |
| Hobbies  | : Reading, Listening Music, Watching Movies  |
| Languages known  | : English, Malayalam, Hindi  |

# CAREER OBJECTIVE

Aim is to be associated with the organization that provides me an opportunity to show my skills and improve my knowledge with latest trends and to be the part of the team that works dynamically towards the growth of the organization.

# ACADEMIC QUALIFICATION

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Course**  | **Year**  | **Name of the Institution**  | **University/Board**  | **Percentage**  |
| SSLC  | 2014  | Infant Jesus School Thiruvambady  | Kerala Board Of Public Examination  | 98  |
| HSE  | 2016  | Sacred heart HSS Thiruvambady  | Kerala Board Of Higher Secondary Examination  | 89  |

# PROFESSIONAL QUALIFICATION

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Course**  | **Year**  | **Institution**  | **University**  | **Percentage**  |
| Basic BSc Nursing – First year  | 2016 - 2017  | Little flower College of Nursing, Angamaly  | Kerala University of Health and Science  | 70  |
| Second year  | 2017 - 2018  | Little flower College of Nursing, Angamaly  | Kerala University of Health and Science  | 66  |
| Third year  | 2018 - 2019  | Little flower College of Nursing, Angamaly  | Kerala University of Health and Science  | 73   |
| Fourth year  | 2019 - 2021  | Little flower College of Nursing, Angamaly  | Kerala University of Health and Science  | 72  |

# COURSE ATTENDED

* Quality assurance in nursing education.
* Essential upskilling for nurses on covid- 19 pandemic management.
* Infection prevention in nursing homes.
* Psychological first aid.
* MLHP Initiative.

**PATIENT CARE WHICH I CAN:**

 Maintenance of good nurse patient relationship including orientation of patient to the unit or room and patient family education.

 Patient assessment and reassessment and nurses notes.

 Check the vital signs of the patient every hourly along with date and time including pre and post operative care and documentation.

 Administration of medications on time.

 Hot and cold application.

 Care of patients with transmission based precautions like droplet, airborne contact. Personal hygiene including assist with activities of daily living.

 IV cannulation.

 Collection of specimens.

 Care of pressure sore.

 Prevention of aspiration.

 Colostomy care.

 Steam inhalation.

 Naso Gastric feeding.

 Blood transfusion.

 Management of pain scale.

 Care of invasive catheters ( Eg: IV cannula, Foley’s catheter,)

 Maintenance of physical, social, psychological, spiritual and rehabilitative needs of the patient.

 Maintaining records and reports.

 Supervision and orientation of students.

 Follow -up treatment



# EQUIPMENTS USED

* Pulse oxymeter  Nebulizer  Computer  AMBU
* Suction  Syringe pump  Steam inhaler  Glucometer apparatus
* Humidifier  Cardiac output  ECG

monitor

**PROJECTS**

* Conducted school health programme on adolescent problems.
* Conducted health education on Tuberculosis and AIDS

# RESEARCH ACTIVITIES

“ A descriptive study to access the effect of Premenstrual Symptoms among adolescent girls in Little Flower College of Nursing, Angamaly”

# AREAS OF INTEREST

* Neuro Surgery ICU
* Cardiac ICU
* Pediatric ICU
* Emergency Department
* Neonatal ICU
* Medical Ward
* Surgical Ward
* Pediatric Ward
* Psychiatric Ward

**HOSPITALS TRAINED DURING STUDY COURSE**

* LITTLE FLOWER HOSPITAL AND RESEARCH CENTRE , ANGAMALYo REGIONAL CANCER CENTRE , THIRUVANATHAPURAMo FATHIMA MULTI SPECIALITY HOSPITAL , KOZHIKODE
* BETHSEDA MENTAL HEALTH CENTRE , VENGOLAo DISTRICT HOSPITAL , ALUVA**.** o TALUK HOSPITAL , ANGAMALY**.** o PRIMARY HEALTH CENTRE , THURAVOOR

**COMPUTER SKILLS**

All computer basics with internet knowledge

# STRENGTHS

* Hard working
* Good communication skill
* Helping mentality
* Team building ability
* Positive attitude
* Desire to learn

**REFERNCE:**

Dr. prof. Priya Joseph

Principal

Little Flower College Of Nursing , Angamaly.

PH No: 0484- 2456448

**DECLARATION:**

I here by declare that the above mentioned information are true and correct to the best of my knowledge and belief. I submit my resume for your kind observation and favourable order. Hope my skills are sufficient for your requirement. I humbly request your good self to permit a chance to work in your esteemed hospital.

 Place: Thiruvambady Yours Sincerely,

 Date : 13.11.2021 **Steffy A.S**