

CURRICULUM VITAE

AIRIN POULOSE

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CAREER OBJECTIVE:

Resourceful Health Professional with an experience of **2.8years in nephrology and stroke ward** with specialization in staff nursing, seeking job with a forefront organization in Medical sector to pursue a challenging career.

EXPERIENCE SUMMARY:

From	To	Name & Address Of Hospital	Department	No Of Beds	Job Title
15/02/2018	21/10/2020	St. john's medical college hospital, John Nagar Bangalore	Nephrology and stroke ward	1350	Staff Nurse

WORK HISTORY:

Description of Hospital: NABH accredited 1350 Bedded Private Multispecialty Hospital with a 24 Hours Trauma Care Centre, Out Patient Department, 24 Hours Pharmacy, Dialysis Unit, Operation Theatre, CT scan, Cath Lab and well equipped Laboratory Services with Blood Bank.

Description of Unit: 34 bedded Nephrology ward any 43 bedded stroke unit

PROFESSIONAL QUALIFICATION:

QUALIFICATION/ REGISTRATION	INSTITUTION	PERIOD OF STUDY
B.Sc Nursing		<i>From 2012 To 2016</i>

ACADEMIC QUALIFICATIONS:

QUALIFICATION	INSTITUTION	YEAR OF PASSING
HSC	s.c.g.h.s.s kottakkal ,mala	2013
SSLC	s.c.g.h.s. Kottakkal,mala	2011

ADDITIONAL SKILLS:

Computer basics
Basic Life Support

SOFT SKILLS:

Can be assured from me total commitment to work, dedication and loyalty, I am proactive highly adaptive and motivating.

RESPONSIBILITIES UNDERTAKEN:

Assess Patient for change in status and institute appropriate intervention.

Initiate necessary emergency intervention to stabilize patient.

Provide family centered care by communicating with the family regarding the changing health care needs of their family members.

Assist psychiatrist with complex and therapeutic procedure.

Administration of prescribed drugs and having complex knowledge of each drug, side effects, mode of action and nursing precautions.

Provides a wide range of quality professional nursing care functions using the Nursing Process with emphasis on direct patient care, accuracy, patient safety, comfort, privacy, dignity and culture.

Help with newly assigned nursing staff for orientation and integration into the nursing unit.

Maintain complete confidentiality of medical documents keeping in mind the legal standard of disclosure of confidential patient information to others.

Assist with medical procedure and reports changes in the patient's condition and progress related to plan of care.

Routine contacts with the public through patients, families and visitors.

Assess patient / family discharge planning needs.

Plan and organize patients care activities on a daily basis.

Prepare administer and document the administration of oral, parental, and topical medications as prescribed by the psychiatrist.

Knowledgeable of therapeutic effects, usual dosages, contraindications, side effects and adverse reactions for all drugs and parental fluids administered.

Maintain accountability for narcotics and controlled drugs.

Intervenes appropriately in clinical emergency situations, initiates emergency resuscitative measures and assists with codes.

Set up equipment for and assists physicians with diagnostic and therapeutic procedures.

Maintaining Records and Reports.

PROCEDURES SEEN AND ASSISTED:

- Insertion of I.V. Cannula
- Collection of Blood Specimen
- Assist in Insertion of Arterial Line
- Emergency Resuscitation Procedure
- Assist in Intubations
- Taking Care of Patients on Ventilator
- Endotracheal / Tracheotomy Tube / Oral and Nasal Suctioning.
- Tracheotomy Care
- Insertion of Nasogastric Tube
- Nasogastric Lavage

- Wound Irrigation / Dressing
- Chest Tube Care
- Assist in Lumbar Puncture, Blood Transfusion
- Nebulization
- Taking Care of CVP Lines
- Taking ABG
- Catherization
- Medicine Administration (All Routes)
- Transport of Critical and Non Critical Patients to other Departments and Hospitals.
- Insertion of External Jugular Vein and Arterial Line.
- Echo and Ultrasound
- Pleural Tube and Chest Tube Insertion
- Intubation and Extubation
- Defibrillation, CPR
- Pleural Tapping
- ECT
- Taking ECG and EEG
- Comprehensive Nursing Care of all assigned patients including bed making, checking and recording of vital signs.
- Administration of oral, medications.
- Administration of Injections - Intravenous, Intramuscular, Intradermal and Care of Febrile Patients.
- Tepid Sponging
- IV Infusion according to Fluid Plan.
- Insertion of IV Cannula
- Ryle Tube and NG Tube Feeding
- Steam Inhalation
- Enema
- Insertion of Flatus Tube.
- Care of Patients with Communicable Diseases.
- Care of Bedridden Patients on Water Mattress, Back Care
- Catheterization
- Catheter Care
- Use of Ice Bags, Packs, Hot Water Bags.
- Tracheotomy Care
- Care of Patients with Renal Problems

- Taking Care of Unconscious Patients
- Collection of Arterial and Venous Blood Sample

EQUIPMENTS HANDLED:

- Cardiac Monitor
- Ventilator
- ECT machine
- Defibrillator
- Pulse Oxy Meter
- ECG Machine
- Syringe Pump, Infusion Pump
- Central Venous Catheter
- Gluco Meter
- Nebulizer
- Suction Device, Tympanic Thermometer Sphygmomanometer
- Computer
- High Frequency Nasal Cannula Oxygenation Machine

- CASES HANDLED

- . chronic kidney disease

- . Acute kidney disease

- . Nephrotic syndrome

- . Renal failure

- . hypertension
- . Diabetes mellitus
- . Renal transplantation
- . Nephritis
- . kidney stone
- . stroke
- . epilepsy
- . alzhiemers disease
- . parkinson's disease
- . muscular dystrophy

- **PERSONAL DETAILS**

Name.
: Airin poulose

Father's Name.
:C.T Poulose

Permanent Address.

: Airin Poulose Mala

Changan house Thrissure

P O kuruvilaseery Mala

Age & Date of birth 26 years ,17/06/1995

Marital status	Married
Profession	Registered. B.Sc. Nurse
Nationality	Indian
Languages known	English, Kannada, Malayalam and Hindi

REFERENCE:

1. Sr. Ria Emmanuel

Chief of Nursing Services

St. John's Medical College Hospital, John Nagar,
Bangalore, India.

DECLARATION

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

Type your text

Place: thrissur

Date :10/12/2021

