

RESHMA REGHU

Registered Nurse



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Arackamattathil(H) Kodimatha, Kottayam
South P O Kottayam-686013

PERSONAL DATA

- ❖ Age : 25 Y
- ❖ Gender : Female
- ❖ Marital status : Single
- ❖ Nationality : Indian
- ❖ Religion : Hindu
- ❖ Fathers Name : Reghu P C
- ❖ Mothers Name : Rethy Reghu
- ❖ Blood Group : O^{+ve}

EDUCATION

- ❖ **Bachelor of science in Nursing**
College of Nursing, Malik Deenar
charitable hospital, - 2016
- ❖ **Higher Secondary Examination,
Kerala**
Grade 12 : 2012
- ❖ **Senior secondary school examination**
Grade 10 : 2010

PROFESSIONAL REGISTRATION

- ❖ **Council** : Kerala University of Health
Science, Thrissur

CAREER OBJECTIVE

To work with an organisation which gives me an opportunity to utilize my education and knowledge where I can prove my capabilities for professional growth

WORK EXPERIENCE

Worked at M V Hospital for Diabetes Chennai as Staff Nurse in Podiatry since 4th August 2017 to 18th October 2019. Provided primary care to a diverse group of patients getting treatment for all sort of medical problems. Administered oral medicine doses or vaccines as per the physician's instruction and maintained a chart of the responses obtained. Played the role of relief charge nurse in the unit and took responsibility of attending 20 patients for a shift. Monitoring and caring for post-surgery patients. Implementing plans for patient care by providing 10+critical patients daily. Adhering to safety precautions for complex surgeries and assisting surgeons in the operation theatre.

SKILLS

- Effective communication
- Good listener
- Extreme dedication
- Time management
- Compassionate care
- Critical thinking
- Able to take responsibility both as an individual and in groups

EQUIPMENT HANDLED

- Nebulizer
- Oxygen Supplying Cylinder
- Glucometer
- Pulse Oximeter

RESPONSIBILITIES TOWARDS PATIENT CARE

- Admission and care, check the vitals of patient with date and time (BP, Pulse, Temp, Respiration)
- Assess and do all patient needs.
- Accessing outpatients' procedures wound dressing, wart excision, callus removal, tenotomy
- Assist doctors during daily rounds.
- Maintain clean and safe environment for the patients
- Taking patient consent prior to the surgery
- According to patient health status, encourage them to participate in different dept such as counselling, dietician, health educator, yoga.

TECHNICAL TASKS RELATED TO NURSING CARE

- Performing simple diagnostic procedure like Random blood sugar, doppler.
- Administration of medications.
- Assist doctor for below and above knee amputation.
- Assist doctor for suturing and suture removal.
- Taking patients infected wound images before and after surgery and keep records.
- Monitoring intake and output of patients.
- Care of pressure ulcer (eg. Frequent positioning and back care).
- Maintenance of nutritional status (eg. Oral and NGT feeding).
- Well versed with following procedure like CPR, IV cannulation, Catheterization, Nebulisation, Administering oxygen
- Observation of all patient's condition and take suitable action accordingly.
- Report changes to concerned doctor.
- Gives expert bedside nursing to all patients.
- Aware of patient's rights and responsibilities.
- Maintenance of the ward consumables and equipment stocks.
- Maintains all records and reports.
- Maintains confidentiality.

REFERENCES

Mrs. Shanthi
Nursing supervisor
M V Hospital for Diabetes
Chennai
Ph-9444378411

DECLARATION

I hereby declare that all the details provided above are true to the best of my knowledge and belief at all times. I shall carry myself in a manner that lends dignity to the organisation and worthy enough of the person.

Date :18/11/2021

Place : Kottayam