

## CURRICULUM VITAE

**ALPHONSA MARTIN**  
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### **CAREER OBJECTIVE**

To able to work in hospital that proceeds excellent working condition which will enable me to put into practice my skills or servicing and caring patients in emergency or other ways without prejudice and also able to update myself with latest development in the field of nursing

### **INTER PERSONAL SKILLS**

Self motivated professional with commitment to provide quality nursing, care with strong organisational and communication skill.

### **PERSONAL DETAILS**

Post Applied for	:	Staff Nurse (Post B. Sc.)
Date of Birth	:	01-07-1992
Religion & Caste	:	Christian, Latin Catholic
Sex	:	Female
Name of Husband	:	Jeevan Gilroy
Marital Status	:	Married
Nationality	:	Indian
Languages known	:	English, Hindi & Malayalam
Hobbies	:	Reading Books, Listening Music

### **REGISTRATION DETAILS**

KNC Registration No.	:	84735 GNM- PBBSC- KRL202018024KAR
Enrolment Date	:	20 <sup>th</sup> May 2013
TNAI Registration No.	:	251369/LMT
Enrolment Date	:	31 <sup>st</sup> March 1992

**EDUCATIONAL QUALIFICATION**

Name of Course	Institute/University	Year	% of Marks
S S L C	St. Mary's High School for Girls, Cherthala	March 2007	80
Plus Two	GSMM GHS, Cherthala	March 2009	70

**PROFESSIONAL QUALIFICATION**

Course	Institution	Duration 3½ Years	Subjects	% of Marks
Diploma in General Nursing & Midwifery	S.H.School of Nursing, Green gardens,Cherthala	1 <sup>st</sup> Year	Anatomy & Physiology Physiology & Sociology Community Health Nursing Fundamentals of Nursing	68.6
		2 <sup>nd</sup> Year	Medical Surgical Nursing Mental Health and Psychiatric Nursing	63.6
		3 <sup>rd</sup> Year	Midwifery & Gynaecology Paediatric Nursing Community Health Nursing	79
		4 <sup>th</sup> Year	Education Method Media for teaching in Practice of Nursing Research in Nursing Professional Trends & Adjustments Administration & Ward Management Health Economics Communicative English	69.4

**PROFESSIONAL EXPERIENCE**

Institution	Bed capacity	Position Held	Department	Period of Employment
SH General Hospital Green Gardens Cherthala	250	Staff Nursing	Gynaec & obstetric ward Surgical, Ortho, ENT	1 <sup>st</sup> April 2013 to 31 <sup>st</sup> March 2014

## AREA OF INTEREST

Gynaec & Obstetric Ward ,Ortho, ENT & Surgical

## RESPONSIBILITIES

- ❖ Meet the Physical, Psychological, Spiritual and Nutritional needs of the patient.
- ❖ Responsible for maintaining the highest possible standard of patient at all time.
- ❖ Taking base line vital signs and record.
- ❖ Maintain high standard of nursing care to the patient
- ❖ Provide emergency management and life saving measures to the client.
- ❖ Provide immediate and effective nursing measures equally to patients admitted in.
- ❖ Maintain confidentiality of information regarding patients file.
- ❖ Attending Doctor's rounds and carry out doctor's order accurately and safe.
- ❖ Responsible to assigned patients as primary bed side Nurse.
- ❖ Co-ordinate with all staffs and giving open hand to those staffs that needs help.
- ❖ Send blood and other samples for investigation as per the order of the doctor.
- ❖ Assisting in Nasal Packing, Ear suctioning, Ear piercing.
- ❖ Pre-operative preparation of Mastoidectomy, Thyroidectomy, Tonsillectomy.
- ❖ Provide Pre-operative & post operative care.
- ❖ Assisting in Nasal Packing, Ear suctioning, Ear piercing.
- ❖ Maintaining the high standard of infection control and communication with infection.
- ❖ Maintaining reports and records accurately.
- ❖ Attending in service education.
- ❖ Giving health teaching for preventive and promotive.
- ❖ Working care as team leader in absence of in charge.
- ❖ Supervision of junior staff nurse, nursing assistance and other assistance.
- ❖ Teaching of Students.
- ❖ Maintenance of stock.

## **SKILLS INCLUDE**

- Intravenous Canulization
- Administration of injections through different sites like intra seculare, Avenous, Subcutaneous, Intradermal.
- Administration of Medicine
- Pervaginil examination
- Perrectal examination
- Foetal Heart rate checking with foetoscope and Doppler
- Pre-operative and Post operative of all Gynaec procedures like, Hysterectomy, D & C LSCS, Evacuation, Laprotomy etc.
- Care of newborns including eye care and cord care
- Emergency management of Hypoglycemia.
- Physical examination and Palpation
- Monitoring Vital signs
- Catheterization, Rylestube insertion and feeding.
- Cleaning and Dressing of the wound
- Interpretation of laboratory data.
- Identification of clinical presentation of patients and notifying doctor of abnormality found.
- Admission and discharge procedure.
- Pre-operative Assessment, Pre-operative preparations.
- Assessment of Neurological status and level of consciousness.
- Assessment of Surgical site and wound care.
- Care of patient with Gynaecological problem.
- Care of nee borns.
- Assist to the procedures like I & D, Blood Transfusion, Abdominal paracentesis, Tracheostomy tube insertion, Reserve venous perfusion, Thoracentesis, Pleural effusion and various medical investigative and Therapeutic procedures in the ward.

## **TYPES OF EQUIPNENTS HANDLED**

- ❖ Digital Thermometer
- ❖ Stethoscope and BP Apparatus
- ❖ Suction Apparatus
- ❖ Gluco meter
- ❖ Pulse Oxymeter
- ❖ Nebulizer
- ❖ Steam inhaler

## **TYPES OF EQUIPMENTS HANDLED**

- ✚ Steam inhaler
- ✚ ECG Machine
- ✚ Infusion Pump
- ✚ AMBU Bag
- ✚ Oxygen tool, Knee harmer
- ✚ Code light
- ✚ Laryngoscope With different Size of blade
- ✚ Tracheostomy Tube
- ✚ Foetoscope
- ✚ Protoscope
- ✚ Mucus Extractor
- ✚ Tonge depressor
- ✚ Infant Warmer
- ✚ Oxygen hood
- ✚ Infra Red Light
- ✚ Phototherapy Machine
- ✚ Bipapp

## **PROFESSIONAL ATTITUDE**

- Hard Working and sincere
- Punctual
- Accept Criticism Positive
- Trust Worthy

## **PERSONAL QUALITIES**

- ❖ Social and friendly
- ❖ Optimistic
- ❖ Obedient

## REFERENCE

- ✚ Sr. Preetha Mary Principal of S.H School of Nursing, Cherthala, Ph: 0478-2813438.
- ✚ Sr. Sony Francis Nursing superintendent of S.H General Hospital, Cherthala Ph:9645842439.
- ✚ Mrs.Ansamma Jacob OR & GYNAEC WARDE IN CHARGE S.H General Hospital , Cherthala, Ph:8891641951.

## DECLARATION

I Hereby Declare that the above furnished details are true and correct to the best of my knowledge and belief

Place: Ernakulam

Date:

**ALPHONSA MARTIN**