



Alphonsa Tom

Registered Nurse

Koyikkaparambil (H), Koovappady P.O, Perumbavoor, Ernakulam (District),
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PERSONAL PROFILE

Nationality: Indian

DOB: 24/09/1992

Gender: Female

Religion: Christian, Catholic

Marital Status: Married

Blood Group: B+

LANGUAGES

1. English



2. Malayalam



3. Hindi



SKILLS

1. Empathy



2. Decision Making



3. Demonstration & Communication



4. Organizational



5. Team Work



6. Logical



7. Creativity



OBJECTIVE

To obtain a position of Registered Professional Nurse, where strong personal drive and well developed skills can be utilized, to build excellent holistic care to clients in diverse setting.

ABOUT ME

Registered staff nurse having 6 years of experience with exceptional ability to provide professional nursing service following standard nursing procedures, including evaluating patient's health condition, diagnosing, identifying the problems, and carrying out planning and implementation of the required care on the patient.

EMPLOYMENT HISTORY

School Oral Health Program (Farwaniya, Kuwait)

Staff Nurse (Dental Department) (August 2019-June 2021)

- Assisting dentists and other dental care professionals in the practice.
- Careful sterilizing of dental instruments to ensure sterile conditions.
- Explaining to patients what their treatment entails.
- Assisting dental care professionals with procedures such as filling cavities or performing root canal treatment.
- Having excellent communication skills to reassure patients and create a friendly atmosphere in the dental clinic.
- Able to educate patients on preventative and oral health care.

HOBBIES



SINGING



COOKING



GARDENING



TRAVELLING

PERSONALITY

- ✓ Sincere
- ✓ Self-Starter
- ✓ Communicative
- ✓ Active Listener
- ✓ Open Minded
- ✓ Punctual
- ✓ Organized
- ✓ Emotional Quotient

EQUIPMENTS USED

- ✚ Resuscitation cart with emergency drugs and resuscitation equipments.
- ✚ Thermometers and blood pressure measuring.
- ✚ Cardio respiratory monitors and Pulse oximeters.
- ✚ Backboard for cardiopulmonary resuscitation.
- ✚ Motor-driven nebulizers and electric suction machines.
- ✚ Twenty-four hour access to an electrocardiograph machine.
- ✚ Wheelchairs, crutches, slings, and splints for older age groups.

Dr. Ibrahim Alenzey Medical Center (Riggai, Kuwait)

Staff Nurse (Plastic Surgery Ward)

(June 2018-October 2018)

- Screening patients for surgery.
- Reviewing medical and surgical history.
- Preparing the patients for abdomino plasty, Rhinoplasty, Gastric Baloon, Gastric Sleeve, Liposuction & various other treatments.
- Preparing the procedure/operating room.
- Monitoring patients during and after procedures.
- Educating patients on specific procedures and what to expect before, during, and after treatment.
- Following up with patients after procedures to ensure healing.
- Wound care/surgical site care.

Noble Multispeciality Hospital (Bhopal, India)

Staff Nurse (ICU)

(August 2016-April 2018)

- Monitor and evaluate patient progress.
- Administer treatments.
- Identify changes in a patient's condition and react accordingly.
- Maintain patient records.
- Complete paperwork necessary for patient transfer out of the Intensive Care Unit.
- Head to Toe assessments.
- Wound care.
- Deliver regular updates to Doctors, Patients & their family members.
- Care for patient needs throughout their recovery in the ICU Unit.
- Create and implement effective care plans.

National Hospital (Bhopal, India)

Staff Nurse (General & Private Ward)

(February 2015-July 2016)

- Responsible for giving professional nursing care service to a group of patients or residents.
- Performed continuous and systematic valuation, applying nursing technique to create a complete interdisciplinary plan that is goal directed.

OTHER ACTIVITIES

- Conducted survey on community health nursing field experience
- Attended various international, national and regional conferences.
- Conducted discussion, panel discussion, debate, mock drill, seminars and presentations.

SUPPORT SERVICES USED

- Access to references for drug interaction and drug dosing
- Availability of the following services on an as-needed basis: social work; and respiratory, physical, occupational therapy.

CERTIFICATIONS

- Basic Life Support (BLS) Certificate: Completed Basic Life Support (BLS) Provider Course conducted by Kuwait Medical Training Society (approved by Kuwait Institute for Medical Specialization)

- Communicate and work harmoniously with all the members of the interdisciplinary team, including patients, colleagues, and families to make sure appropriate treatment is given according to the age, abilities, and needs of patient/resident and the unit.
- Performed timely and accurate documentation of relevant information as mandated by the clinic policy, regulation, and process.
- Attend educational events, workshops, and conferences, as well as all compulsory programs, and make use of current industry journals to improve on professional knowledge and skills.
- Promoted good disease preventive practices, and coordinated nursing training programs.
- Performed periodic review of the impact of nursing service to patients and families.
- Performed admission, re-certification, transfer, and discharge for the home care patient, and resumption of care.
- Consulted with the attending physician concerning changes in Patient Care Plans, and checked with the supervisor in charge before making needed changes.
- Supervised patient services.
- Participated in case conferences, and discussed patient's problems with the supervisor and arrived on the best ways to solve them.
- Involved in staff development meetings and programs.
- Assisted patients with limited mobility in all necessary movement.

Fortis Flt Lt. Rajan Dhall Hospital (Vasant Kunj, New Delhi)

Trainee Nurse (Pain Management) (October 2014-January 2015)

- To assess patients to determine the cause and extent of their pain, and then properly administer medication to relieve that pain.
- Members of multidisciplinary teams (Anaesthetist) to help post-operative patients who suffer from chronic pain maximize their quality of life.

- To provide care and advice for both inpatients and outpatients with pain management needs. This includes pain assessment, and provision of advice on the implementation of treatment plans.
- To work collaboratively with the other members of the multi – disciplinary team, to ensure the needs of patients and their carers, are appropriately addressed.
- To assist with patients undergoing interventional pain management procedures in theatre, radiology and out-patient departments.
- To be involved in practice initiatives to develop, evaluate and refine nursing interventions for patients with pain.

*** For a period of 5 months (March 2019-July 2019), I had worked as a Casualty Nurse at Sidra Hospital in Kuwait. Since I worked for a short period, I didn't receive my experience certificate.

ACADEMIC QUALIFICATION

| QUALIFICATION | INSTITUTION | BOARD/UNIVERSITY | YEAR | PERCENTAGE |
|-----------------------------|---------------------------------------|--|-------------|-------------------|
| BACHELORS DEGREE NURSING | P.G COLLEGE OF NURSING | JIWAJI UNIVERSITY, GWALIOR | 2014 | 75 |
| H.S.E | GOVERNMENT HIGHER SECONDARY SCHOOL | BOARD OF HIGHER SECONDARY EXAMINATION KERALA | 2010 | 66 |
| SSLC | GOVERNMENT HIGHER SECONDARY SCHOOL | BOARD OF HIGHER SECONDARY EXAMINATION KERALA | 2008 | 75 |

REFERENCES

- Available on request

DECLARATION

I hereby declare that the information given above is true to the best of my knowledge and belief.

Name & Signature

Date :

Place :

Alphonsa Tom
