

CURRICULUM VITAE

STAFF NURSE

RINSU VARGHESE

Puthenveetil (H)
Thottabagham, Naduroad
Piravom P.O
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CAREER OBJECTIVE

To obtain a challenging and rewarding position with opportunities to continue and develop my skills and best utilize my technical knowledge with your progressive organization as a 'STAFF NURSE'.

EDUCATIONAL QUALIFICATIONS:

Qualification	Institute	Board/University	Year of Passing	% of Marks
B.Sc Nursing	Institute of Nursing Education, School of Medical Education, Manimalakunnu, Ernakulam	M.G University	2020	65.7%
Plus Two	Mount Carmel GHSS, Kanjikuzhy, Kottayam	Board of Higher Secondary Education	2015	78%
S S L C	Mount Carmel GHSS, Kanjikuzhy, Kottayam	Kerala State Board of Public Examination	2013	76%

PROFESSIONAL REGISTRATION

Professional Registration	Kerala Nurses & Midwives Council	2020	Reg. No. KL03202004326
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TRAINING UNDERGONE

- ❖ Government Medical College, Thrissur
- ❖ General Hospital, Ernakulam
- ❖ General Hospital, Muvattupuzha

- ❖ Govt. Mental Hospital, Thrissur

EXPERIENCE DETAILS

Name of the Institution	Position Held	Duration	Areas of Work
VPS Lakeshore Hospital, Ernakulam. Kerala	Staff Nurse	14 th October 2020 to 15 th November 2021	Covid Ward

HOSPITAL DETAILS

VPS Lakeshore is a Multispeciality hospital in Kochi and is a 650- bedded facility with over 30 clinical departments. It is one of the largest tertiary care hospital in the Kerala and is accredited by the National Accredited Board for Hospitals and Healthcare Providers. The hospital has 43 intensive care units and 10 operation theatres.

PROFESSIONAL EXPERIENCE

- One year of Ward experience in Covid Ward

VACCINATION DETAILS

Vaccinated Two dose of COVISHIELD (1st dose on 15.02.2021, 2nd dose 20.03.2021)

DUTIES AND RESPONSIBILITIES

- ❖ Take report on the patient and check all infusions with the outgoing nurse.
- ❖ Do a complete assessment of the patient and documents (Neurobs, auscultating lung, heart and abdominal sounds , skin integrity, peripheral pulses etc.)
- ❖ Blood collection including ABG
- ❖ Insertion of peripheral lines,Ryles's tube,Foley's catheter.
- ❖ Administration of total parenteral nutrition.
- ❖ Preparing patients for MRI,CT scan,X-ray,Endoscopy etc.
- ❖ Document complete assessment and equipment checklists.
- ❖ Check the drug chart and write myself a list of what is due and when.
- ❖ Attend rounds and make any adjustments ordering different nasogastric feeds, changing infusions etc.
- ❖ Re-assesses patient whenever anything significant changes.
 - Wound care/ re-positioning as required.
- ❖ Demonstrate exemplary documentation skills by accurately maintaining nurse's notes and promoting sufficient communication among care staff .
- ❖ Administer iv fluids ,medications, and antibiotics and observe for adverse reactions and side effects.

- ❖ Employ sharp analytical and problem- solving skills in assessing patients for skin integrity, lung sounds, and bowel sounds.
- ❖ Perform catheterization and wound dressing.
- ❖ Provide direct patient care with emphasis on meeting both physical and emotional needs.
- ❖ Substitute for a Head Nurse and can take charge of the clinical floor for a whole shift.
- ❖ Suggest and assist Head Nurse in establishing a good working atmosphere and in making the most effective and efficient deployment of staff and services.
- ❖ Asses, plan, implement, and evaluate nursing care of Medical Trauma Neurological and Surgical problem.
- ❖ Assessment, planning, implementing ,and evaluation of the nursing care requirements of the staff 's allocated patients.
- ❖ Share professional knowledge and skills with all colleagues.
- ❖ Demonstrate nursing procedure and supervise junior nurses, student nurses and Para Nursing Staffs.
- ❖ Organization and management of nursing care.
- ❖ Maintain core values of the nursing of the profession.
- ❖ Efficient recording of all necessary documentation.
- ❖ Ensure that all documents are accurate and legible.
- ❖ Timely identification and communication of any issues to the doctors and head nurses.
- ❖ Maintain an effective interdisciplinary communication process.
- ❖ Attend all mandatory education sessions.
- ❖ Being a preceptor to students and newly appointed staffs.
- ❖ Health education to the patient's relatives.

SPECIALISED PROCEDURES

- ❖ Injections and iv transfusion .
- ❖ Providing CPR.
- ❖ Administration of right medication at right time.
- ❖ IV cannulation .
- ❖ Catheterization
- ❖ Blood transfusion, investigations.
- ❖ Assisting lumbar puncture.
- ❖ Giving all nursing practice to the patients.

DEVICES HANDLED

- ❖ Pulse oxymeter

- ❖ ECG
- ❖ Syringe pump
- ❖ Sphygmomanometer
- ❖ Glucometer
- ❖ Nebulizer and Ambu bag

SEMINAR ATTENDED

- ❖ IV Cannulation
- ❖ Pressure ulcer prevention and care
- ❖ Care of bed ridden patient

PERSONAL DETAILS

Guardian's Name : Rejimon C .V
Date of Birth : 13/05/1997
Gender : Female
Nationality : Indian
Marital Status : Single
Religion : Christian

REFERENCE

Prof. Reny Thomas
(Regional Director)
Centre for professional and Advanced Studies
Institute of Nursing Education, School of Medical Education
Regional Centre, Manimalakunnu
Koothattukulam, Ernakulam
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DECLARATION

I do hereby declare that all above particulars are true to the best of my knowledge and belief.

Place: Kottayam

RINSU VARGHESE

Date: