

## CURRICULUM VITAE



### **RESHMA. R. NAIR**

“RAGAS ”

PARATHODU. P.O

KANJIRAPPALLY

KOTTAYAM

KERALA

INDIA.

**Mob: 8086574494, 9656945277**

**Email: reshunair201@gmail.com**

### **CAREER OBJECTIVE**

Looking for a responsible and challenging position in the field of nursing & to be a part of a progressive organization that give me an opportunity to update my knowledge and skills and lead a team towards the growth of the organization utilizing my experience. To specialize in emergency nursing care & further developing excellent patient care skills.

### **PERSONAL DETAILS**

Full Name	:	Reshma.R.Nair
Date of birth	:	20-07-1989
Father Name	:	P.G.Rajan
Religion	:	Hindu
Marital Status	:	Married

Permanent Address : "Ragas"  
Parathodu. P.O  
Kanjirappally  
Kottayam  
Kerala  
India.

Contact No. : 8086574494, 9656945277  
Email : reshunair201@gmail.com

#### **EDUCATIONAL QUALIFICATION:**

<b>EDUCATIONAL QUALIFICATION</b>	<b>INSTITUTE BOARD/UNIVERSITY</b>	<b>YEAR OF PASSING</b>
Basic B.Sc Nursing	Unity Academy of Education, Mangalore	2013
Plus Two	St. Marys G.H.S.S, Kanjirappally	2007
SSLC	Assumption H.S, Palampra	2005

#### **REGISTRED WITH**

Registered with Karnataka Nursing Council –Reg. No. 059064

Registered with Kerala Nursing Council – Reg. No. : 46599

#### **PROFESSIONAL SUMMARY**

- Worked in Unity Health complex Mangalore from 02.11.11 to 24.4.15 as registered nurse
- Working in KIMS, Trivandrum from 16.09.2015 to 02.07.2019 as a Staff Nurse Grade II
- Working in Gimcare Hospital Kannur from 03.09.2019 to 16.08. 2021 as a senior staff nurse

#### **BEHAVIORAL/ LEADERSHIP COMPETENCIES**

- Empathetic

- Caring attitude
- Time management
- Team spirit

### **EXTRA CURRICULAR ACTIVITIES**

- Reading
- Listening Music
- Social Service

### **DEPARTMENT : NEURO ICU, NEURO SURGICAL ICU & SURGICAL ICU**

<b>Duties Responsibilities</b>	<b>Equipments handled</b>
<ul style="list-style-type: none"> <li>❖ Administration of Medicine</li> <li>❖ To coordinate the patient movement with all Concerned dept. in case of internal shifting and hospital shifting</li> <li>❖ To ensure all the equipments are in proper working condition</li> <li>❖ Patient's management</li> <li>❖ Administration of emergency medicines and evaluation</li> <li>❖ Patient's observation</li> <li>❖ Orientation and training of all staff, Maintaining clean and safe environment</li> <li>❖ Complete hand over/takeover of assigned patients</li> <li>❖ Compliance to of nursing manuals/ protocols at all circumstances while on duty.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Cardiac Monitor</li> <li>❖ ECG machine</li> <li>❖ BP Apparatus</li> <li>❖ Glucometer</li> <li>❖ Ambu Bag</li> <li>❖ Suction apparatus</li> <li>❖ Nebulizer</li> <li>❖ Pulse oxymeter</li> <li>❖ Laryngoscope</li> <li>❖ Defibrillator</li> <li>❖ Ventilator</li> <li>❖ Syringe Pump</li> <li>❖ Infusion Pump</li> </ul>

### **LANGUAGES PROFICIENCY:**

Multi- Lingual: I am fluent in several languages. That makes me very much competent to work any multi-ethnic society.

Languages	Speak	Write	Read
English	✓	✓	✓
Hindi	✓	✓	✓
Malayalam	✓	✓	✓
Kannada	✓		

## **KEY PERSONALITY TRAITS:**

- I am hardworking, sincere, responsible, loyal , compassionate and keen to learn.
- I believe in a multidisciplinary approach and enjoy working in conjunction with my other colleagues as a team
- I know my limitations and do not hesitate to ask for help when needed.

## **ROUTINE FUNCTIONS**

### **FOLLOWING NURSING PROCESS IN ASSESSING, NURSING DIAGNOSIS, PLANNING, IMPLEMENTATION AND EVALUATION**

- ❖ Admission discharge and transfer of the client
- ❖ Assessing the condition of the client
- ❖ Checking vital signs and collecting present complaints
- ❖ Collecting personal, Medical and family history of client
- ❖ Maintain good and healthy interpersonal relationship with all the members of the health team maintain records and reports.
- ❖ Co-ordination and team work
- ❖ Allay the anxiety of the client by proper explanations
- ❖ Monitoring glucose level through gluco meter
- ❖ Maintain all the emergency equipments and medicines
- ❖ Performing 12 lead ECG
- ❖ Calculation and administration of medicines and injections
- ❖ Cleaning and dressing of wounds, stitch removal etc.,
- ❖ Assisting doctors in various procedures like intubation, tracheostomy & all invasive and non invasive procedure
- ❖ Care of patients ventilator
- ❖ Maintaining patent airway
- ❖ IV preparation, IV cannulizations, administration of IV fluids, care of IV sites etc
- ❖ Maintaining asepsis throughout all procedures
- ❖ Care of medications
- ❖ Proper Medical waste Management
- ❖ Assisting the client and significant other to obtain knowledge regarding the disease process and self care through utilization of proper resources.
- ❖ Assessing the Neurological status of the patient.
- ❖ Knowledge of equipments used in Medical and emergency

## REFERENCE:

- Ms. Accamma Abraham  
General Manager of nursing  
KIMS, Anayara, Trivandrum -695029  
Ph: 04713041400
- Dr. Shajahan S  
HOD of Neurosurgery  
KIMS, Anayara  
Trivandrum- 695022
- Dr. Sanjay Shahri  
Intensivist  
Unity Health complex  
P.B.No.535, Mangalore – 575 002.  
Mob: 0934335055
- Mrs. Rosy Leena Rego  
Nursing superintendent  
Unity Health Complex  
Falnir, Mangalore – 575 002  
Ph: 0824-24245555
- Ms. Lt.Col. Usha Kumari P.K.  
Nursing Superintendent  
Gimcare Hospital, Chala Bypass  
Kannur – 670007  
Ph: 04972825555

**DECLARATION:**

I hereby declare that the above furnished information's are true to the best of my knowledge and belief. I am in possession of original certificates and will produce the same on demand.

Thanking you,

Yours faithfully

Date:

Place:

**(RESHMA. R. NAIR)**