

# CURRICULAM VITAE



**SINCY VARGHESE**

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Mob: - 7012195331

## Personal Data: -

Date of Birth : 05/4/1976  
Gender : Female  
Religion : Christian  
Nationality : Indian  
Civil Status : Married

## Passport Details.

Passport No: T8882795  
Place of Issue: Cochin  
Date of Issue: 12/09/2019  
Date of expiry: 11/09/2029

## Career Objective

A dedicated professional, benefiting from experience working effectively as a part of multi disciplinary team in different systems and administration. Resourceful, responsive, to change whilst achieving collective objects in the caring and development of patients. Possessing a developed patient centered philosophy of care through innovative caring skills together with practical clinical skills. Record of managing busy caseloads, promoting services, increasing personal and professional standards. To take up duties and responsibilities including planning, assessing and evaluating patient care; record keeping that will effectively utilize acquired expertise and aptitude. Always willing to go an extra mile for the complete satisfaction of my employer.

## Highest Education

MSc Nursing in Psychiatry 2019 April from Rajiv Gandhi University of Health Sciences, Bengaluru, India.

## Total Work Experience: 9 years of experience in India & Saudi Arabia

- ❖ Ward In-Charge - Medical and Surgical Ward at Bhagwan Mahavir Hospital & Heart Institute, New Delhi. India from 01/11/2003 to 21/04/2007
- ❖ Staff Nurse at MOH in Kingdom of Saudi Arabia from 05/02/2002 to 04/10/2003
- ❖ Staff Nurse at Saroj Hospital and Heart Institute, New Delhi. India from 01/01/1999 to 21/01/2002 in ICU.
- ❖ staff nurse at Sree Sudheendra Mission Hospital. Kochi, Kerala. India from 19/05/1998 to 19/12/1998 in NICU.
- ❖ Staff Nurse at Krishna Nursing Home, Kochi, Kerala. India 02/12/1997 to 10/05/1998
- ❖ Staff Nurse at SN Mission Hospital, Perumbavoor, Kerala. India from 06/08/1997 to 25/10/1997 in Medical and Surgical ward.

## PERSONAL SKILLS

- ❖ Comprehensive problem-solving abilities.
- ❖ Organizing and managing capabilities.
- ❖ High compassionate towards patients
- ❖ Willingness to learn and update myself with new methodologies & technologies.
- ❖ Positive attitude and team spirit.
- ❖ Excellent communication and presentation skill.
- ❖ Dedicated, focused, enthusiastic and hard working.

COURSE NAME	INSTITUTION	BOARD / UNIVERSITY	YEAR
MSc Nursing in Psychiatry	Shanti Dhama College of Nursing, Bengaluru, India.	Rajiv Gandhi University of Health Sciences	2016-2019
Post BSc Nursing	Aruna College of Nursing, Bengaluru. India	Rajiv Gandhi University of Health Sciences	2008-2011
General Nursing & Midwifery	Viswavani School of Nursing, Andhra Pradesh. India	Mahatma Gandhi University	1994-1997

### Languages Known

Fluent in English, Hindi, Malayalam, kannada, Telugu & Basic Arabic

### Professional Registration

QUALIFICATION	NURSING COUNCIL	REGISTRATION NO.	
		RR ANP 2014 590	DATE
MSc Nsg, PBBSn Nsg, GNM	The Karnataka State Nursing Council, India.	PBBSn MSc	27/4/2014 13/11/2019

### Equipments Handled

EQUIPMENT DEALED WITH:-	PROCEDURES KNOWN:-
<ul style="list-style-type: none"> <li>➤ Defibrillator</li> <li>➤ Pulse oxymeter</li> <li>➤ Suction apparatus</li> <li>➤ Nebulizer</li> <li>➤ Closed suction system</li> <li>➤ ECG machine</li> <li>➤ Laryngoscope</li> <li>➤ Syringe pump</li> <li>➤ Steam inhaler</li> <li>➤ Glucometer</li> <li>➤ Computer</li> <li>➤ Oral airway</li> <li>➤ Ambu Bag</li> <li>➤ Surgical equipments</li> <li>➤ Ventilator</li> <li>➤ Temporary and permanent pace maker</li> <li>➤ Infusion pump</li> <li>➤ Bipap and Cpap machine</li> <li>➤ Monitoring (including ABG CVP, Cardiac monitoring pressure)</li> <li>➤ ABG analyzer</li> <li>➤ Air way</li> </ul>	<ul style="list-style-type: none"> <li>➤ Injections</li> <li>➤ IV Cannulation</li> <li>➤ IV Infusions</li> <li>➤ Introducing nasogastric tube</li> <li>➤ Catheterization</li> <li>➤ Bladder irrigation</li> <li>➤ Administration of emergency medication</li> <li>➤ Administration of oxygen</li> <li>➤ Checking vital signs</li> <li>➤ Suture removal</li> <li>➤ Administration of blood and blood product</li> <li>➤ Maintenance of records and reports</li> <li>➤ Plural fluid aspiration</li> <li>➤ Management of Cardiac Emergencies</li> <li>➤ Assessment of Cardiac Vascular status</li> <li>➤ Management of Cardiac Arrhythmias</li> <li>➤ Cardio pulmonary resuscitation</li> <li>➤ ECG</li> <li>➤ Holter monitoring</li> <li>➤ Sample connection</li> <li>➤ Urine analysis</li> <li>➤ ABG analysis</li> <li>➤ Care of non-invasive lines</li> <li>➤ Management of supplies and equipments</li> </ul>

## Duties & Responsibilities

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- To practice nursing with the professional code of ethics
- To take responsibilities for a case load of serve uses and their care.
- To access, plan, implement and evaluate care to the highest professional and ethical standards within the model of nursing practice in that care setting.
- To develop clinical expertise, leadership and teaching skills through evidence based approached to care delivery.
- Responsible and accountable to the nursing superintendent and report to the clinical nurse manager / sister in charge in the area assign to me.
- Follow appropriate lines of authority within the nurse's management structure
- Participate as an inter disciplinary team member in all aspects service uses. Maintain appropriate and accurate return records and reports in accordance with local guide lines.
- Maintain effective interpersonal relationship with uses, visitors and colleagues.
- Report on the condition of patients to nurse in charge to medical staff
- Assisting organizing the admission and the discharge of the patients.
- Administer medicines and controlled drugs according to agreed procedure/ policies. Maintaining custody of drugs, checking and witnessing the administration of drugs and reporting to the nurse in charge.
- To report and record all clinical incidents according to hospital policy.
- Maintain a safe environment for patients, relatives, staff and members of the public informing appropriate personal of risks and take appropriate action.
- Confidentiality- adhere to and be aware of the importance and necessity of maintaining the confidentiality of all matters pertaining to the hospital.
- Set priorities an implement nursing care based on nursing process approach.
- Evaluating the outcome.
- Managing the emergency situation

- Carry out the doctor's order making rounds administer medication, coordinate unit activities, referring patients, explanation of procedures maintenance of therapeutic environment.
- Maintenance of records and reports.

### **Declaration**

I affirm the information given in the application is true & correct. I also fully understand that if any stage it is discovered, that any attempt has been made by me to willfully conceal or misrepresent the fact, my candidature may be summarily be rejected or my employment terminated.

DATE: 30/01/2021

SINCY VARGHESE