

CURRICULAM VITAE

PERSONAL DETAILS:

Name : **LIGI LALAN**

Husband Name : A.P. LALAN

Date of Birth : 01.04.1974

Marital Status : Married

Nationality : Indian

Languages Known : Malayalam, English

Contact Address : Ligi Lalan
Arackal Kudiyil (H)
Kuzhikadu
Ambalamedu P.O
Ernakulam (Dist)
Kerala, Pin – 682 303

Contact Phone NO : 8281225375

Permanent Address : Arackal Kudiyil (H)
Kuzhikadu
Ambalamedu P.O
Ernakulam (Dist)
Kerala, Pin – 682 303

EDUCATIONAL QUALIFICATIONS:

| Course | Name of Institution | Board | Year of Passing |
|---------|-------------------------------------|---------------------------------------|-----------------|
| S S L C | St.Peters High School Kolenchery | Kerala Board of Public Examination | March 1990 |
| PDC | Camebridge College Kolenchery | M.G. University, Kottayam | June 1992 |

NURSING QUALIFICATION:

| Course | Name of Institution | Board | Year of Passing |
|--|------------------------------|------------|-----------------|
| Diploma In General Nursing and Midwifery | Sapthagiri School of Nursing | Govt. A.P. | August 1996 |

CERTIFICATE REGISTRATION:

| Registration No | Registration |
|-----------------|------------------------------------|
| 17455 | Kerala Nurses and Midwives Council |

JOB EXPERIENCE :

| Name of Institution | Year of Passing | Department | Position |
|----------------------------------|--------------------------|--------------------|-------------|
| RCM Hospital Tripunithura | 29.10.1996 to 29.11.1997 | Surgical ICU | Staff Nurse |
| VKM Hospital Tripunithura | 01.01.1998 to 21.12.1998 | Casualty | Staff Nurse |
| MOSCOMM Kolenchery | 01.01.1999 to 30.12.1999 | Medical Ward | Staff Nurse |
| Medical Trust Hospital Ernakulam | 16.09.2002 to 24.10.2005 | MICU | Staff Nurse |
| Varma Hospital Tripunithura | 01.03.2009 to till now | Labour Room and OT | Staff Nurse |

DUTIES AND RESPONSIBILITIES:

Being Nurse in Medical Department; I have been assessing, planning, implementing and evaluating individual patient care in consultation with the nurse-in charge and other health care professionals. Provide safe effective care in accordance with hospital policies and the procedure, perform and at ward observation approximate to the patient condition, inform nurse-in-charge of the patient progress and untoward incidence participate fully as a team member sharing knowledge and information and supporting colleagues to promote cohesive unit team to assist and support student nurse and juniors in achieving their objectives.

JOB DESCRIPTION:

Direct Patient care

- Receiving patient in the unit
- Administering the Antibiotics and other Medications
- Checking Records
- Planning of care according to priorities
- Giving Nebulization, Sponge bath, back care and maintaining intake and output chart.

Basic Nursing Procedures

- Emergency admission and transfer of patients
- Administration of Medication, IV Fluids
- Insertion or Peripheral lines, Ryles Tube and Frolleys Catheter

Assisting

- Intubation, Extubation
- Cardio Pulmonary Resuscitation
- Removal of Drainage Tubes
- Insertion of Central Line
- Transportation of patients for CT Scan, USG, Endoscopy and Colonoscopy

Meeting Elimination Needs

- Bladder wash, Bowel Wash etc
- Maintaining Intake and Output
- Collection of Specimen

Psychology Needs

- Giving emotional support to patients and their relatives

Administrative Responsibilities

- Reporting on Duty (Punching)
- Inventory and Recording
- Maintain Stock for Drugs, Linen and Central Sterile Supply etc.
- Attending rounds with doctors and Senior Nursing Personnel

- Checking the working condition and setting of equipments like Ambo, Ventilator, Monitor, Suction Apparatus, Defibrillators, Inventory of Emergency trolleys and Intending Medicines.

Cases Handled in Labour Room

Labour Cases

GDM, PIH, Eclampsia, Pre. eclapsia

APH. Oligohydraminos, Polyhydraminous

PPH

Assisted Procedures in Labour Room

Normal Delivery, Foreceps Delivery, Vacuum Delivery, Surgical Preparations

Assisted Cases in Operation Theatre

LSCS

Vaginal Hysterectomy

Abdominal Hysterectomy

D & C Polypectomy

Minilap Sterilization

PPS

Laprotomy

Appendicectomy

Hernia Repair

Circumsicion

Breast lump excision

Fistulectomy

Minor case

Assisted in aneasthitist

General Aneasthesia

Spinal Aneasthesia

DECLARATION

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

Place : Ambalamedu

Date :

LIGI LALAN