

CURRICULUM VITAE

(STAFF NURSE)



SANDHYA MATHEW

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CAREER OBJECTIVE: Seeking a reputed position on a well established Nursing Department with major responsibilities that will effectively utilize my professional skills, communication, leadership and organizational skills and which will enhance the hospital's success and there lay my own growth.

Post Applied for	:	Staff Nurse
Total Experience	:	11 Years
Department	:	Operation Theatre

PERSONAL DATA

Name	:	MRS. SANDHYA MATHEW
Age/Date of Birth	:	32 years/23-10-1988
Sex	:	Female
Marital status	:	married
Nationality	:	Indian
Religion	:	Christian, RC
Languages Known	:	English,Hindi, Malayalam
Mother Tongue	:	Malayalam
Hobbies	:	Reading, Listening Music, Writing
Health	:	Excellent
Father's name	:	Mathew

Address : Kochalumckal House
Puthukkara, Amboori PO
Thiruvananthapuram Pin – 695505
Kerala, India

Contact Number : **+918921655541**

E mail : sandhyamathew541@gmail.com

PASSPORT DETAILS

Passport No. : L1527971

Date of Issue : 26-06-2013

Date of Expiry : 25-06-2023

Place of Issue : Cochin

ACADEMIC QUALIFICATION

Qualification	Institution	Board	Duration
PLUS TWO	St. Thomas H S S, Amboori	Board of Higher Secondary Examination	2005-2007
S S L C	St. Thomas H S S, Amboori	Board of Public Examination	2004-2005

PROFESSIONAL QUALIFICATION

Qualification	Institution	Board	Duration
Diploma in General Nursing and Midwifery	St. Thomas School of Nursing,, Chethipuzha, Kerala, India	Kerala Nurses and Midwifery Council	2007-2011

REGISTRATION DETAILS

REGISTERED NURSE AND MIDWIFE IN KERALA NURSES AND MIDWIVES COUNCIL AFFILIATED TO INDIAN NURSING COUNCIL

RM	REGISTER NUMBER	76470
RN	REGISTER NUMBER	76470

WORK EXPERIENCE

Hospital	Period	Designation	Department
St. Thomas Hospital, Chethipuzha, Kottayam,, Kerala, India	09-05-2011 To 21-03-2014	Staff Nurse	Operation Theatre
ADK Hospital, Male, Maldives	13-10-2014 To 3-01-2019	Staff Nurse	Operation Theatre
IGMH Hospital ,Male', Maldives	16 – 6 – 2019 To 17 -07 - 2022	Staff Nurse	Operation Theatre

St. Thomas Hospital is a 450 bedded Multispecialty hospital with departments of General Medicine, Paediatric, Cardiology (Angiogram & Angioplasty), Gastroenterology, Neurology, Nephrology (dialysis unit), Psychiatric medicine, Endocrinology, Dermatology, Naturopathy, General surgery, Orthopaedics, Urology, Dental and faciomaxillary surgery, Anesthesiology, Histopathology, Physiotherapy, Obstetrics and Gynaecology.

ADK Hospital is a 100 bedded Multispecialty hospital situated in Maldives with departments of General Medicine, Paediatric, Cardiology (Angiogram & Angioplasty), Gastroenterology, Neurology, Nephrology (dialysis unit), Psychiatric medicine, Endocrinology, Dermatology, Naturopathy, General surgery, Orthopaedics, Urology, Dental and faciomaxillary surgery, Anesthesiology, Histopathology, Physiotherapy, Obstetrics and Gynaecology.

BRIEF DESCRIPTION ABOUT WORKING EXPERIENCES

OPERATION THEATRE : ROLES AND RESPONSIBILITIES

- Nursing care to an individual who is attempting to adjust the strange environment
- Strict aseptic technique in hand washing, handling the instruments and sterile areas
- Give assistance to the attending anesthesiologist in performing preanesthetic procedures
- Keep ready all emergency drugs in hand
- Check the operation list and table according to surgeons performance card
- Identify the patient name, operation site which is mentioned on his name band
- Position the patient in accordance with the patient
- Hand swabs, instruments, sutures and anticipate the needs of operation and keep count
- Assess cyanosis, bleeding from the site, monitor and record input-output including nature of drainage
- Remove the sharp instruments and proper disposal of waste
- Wash the instruments and prepare for sterilisation

ASSISTING MAINLY THE FOLLOWING TYPES OF SURGERIES

GENERAL SURGERY

Laprotomy, Fistulectomy, Colostomy, Mastectomy, Haemorrhoidectomy, Circumcision, Suprapubic catheterization, Thyroidectomy, Trendelenberg, intercostal chest drainage, Hernioplasty, Appendicectomy, amputation

GYNAECOLOGY

Abdominal and Vaginal Hysterectomy, Myomectomy, Lower segmented caesarian section, Ovarian cystectomy, Dilatation and curettage, Cervical encirclage, Salpingectomy, Oophorectomy

UROLOGY

Transurethral resection of prostate, Cystoscopy, Varicocelelectomy, DJ stenting, Percutaneous Nephrolithotripsy.

ORTHOPAEDIC SURGERY

Open reduction and Internal fixation of ulna, fibula, carpels, tarsals, malleolus. Open reduction and screw fixation of humerus, ulna, radius, fibula, Interlocking nail of tibia, femur, total hip replacement, total knee replacement, dynamic hip screw fixation, shoulder and knee arthroscopy

ENT

Tonsillectomy, functional endoscopy sinus surgery, Tympanoplasty, Septoplasty, Direct laryngoscopy, Tracheostomy

LAPROSCOPIES

Lap appendectomy, Lap cholecystectomy, Lap hernioplasty, Lap sterilization, Lap assisted vaginal hysterectomy

MAJOR HANDLED EQUIPMENTS

- BPL Multipara monitor
- Boyles machine
- Dfibrillator –BPL
- Autoclave machine
- Glucometer
- C-ARM
- Endoscope storz
- Man-man drill
- ECG monitor
- Pulseoximeter
- Diathermy equipment

TRAINED TO PERFORM

- ❖ Oxygen administration
- ❖ Calculation and administration of medicines
- ❖ Thrombolization
- ❖ Defibrillating the patients
- ❖ Arterial blood pressure monitoring
- ❖ Endotracheal and oral suctioning

- ❖ Ryles tube insertion
 - ❖ Urinary Catheterization
 - ❖ Informed consent for procedures
 - ❖ Carotid massage
 - ❖ Cardio Pulmonary resuscitation
 - ❖ Cardiac monitoring
 - ❖ Monitoring neurological status of patients
 - ❖ Applying ambu
 - ❖ ABG analysis
 - ❖ Chest physiotherapy
 - ❖ IV cannulation
 - ❖ Arterial punctuare and venipuncture
 - ❖ Wound dressing – slough removal & burns dressing
 - ❖ Assisting for CVP insertion, Paracentesis
 - ❖ Checking blood sugar
 - ❖ Collection of specimen
 - ❖ Gastric gavage
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DOCUMENTATION

On Operation Theatre flow chart, nursing care plan, medication record, patient teaching record and other record specific to each area.

PERSONAL ATTRIBUTES

- Responsible attitude
 - Strong will to be an advanced healthcare delivery staff
 - Able to work as part of team
 - Able to work under pressure
 - Able to adjust any field of nursing
 - Good interpersonal relationship
 - Interested to learn new procedures and methods
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PERSONAL SKILLS

Self confidence, Communication skill, dedication to profession,

PROFESSIONAL SKILL

Have adequate knowledge, attitude and skills in nursing profession

REFERENCES

1. Lt. Col. (Retd) Mrs. Mercykutty
Nursing Superintendent
St. Thomas Hospital
Chethipuzha, Changanacherry
Kottayam, Kerala
Ph.0481 – 2721797

2. Sr. Electa SD
Incharge of Operation Theatre
St. Thomas Hospital
Chethipuzha, Changanacherry
Kottayam, Kerala
Ph.0481 – 2721797

3. Nazima
Incharge of Operation Theatre
ADK Hospital
Male, Maldives
Ph; +9607950567

4. Nashrath
Nursing director
ADK Hospital
Male, Maldives
PH;+9607983938

5. Fathimath Moosa

Director ,Nursing
Supervisor for Main Operation Theatre
IGMH Hospital , Maldives

6. Asiya Ibrahim
Incharge of Operation Theatre
IGMH Hospital, Maldives

DECLARATION

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

Place: Amboori

Date:10/07/2022

Sandhya Mathew
