



## OBJECTIVES

To obtain a position that would be sensitive to the need and experience nurse I would like to be an employee who is willing to utilize my knowledge and experience as well as my academic accomplishments.

## MY STRENGTH

I am empathetic and self motivated, I can communicate reasonably well. I have a good level of emotional intelligence to get along with different types of patients and colleagues and I can keep myself cool in hard times. I am trained to be proactive.

## PROFESSIONAL QUALIFICATION

Course	Institution	Board / University	Year of Passing	Total %
B.Sc. Nursing	White Memorial College of Nursing, Attoor, TN	Tamil Nadu Dr. MGR Medical Univeristy, Chennai	2014 to 2018	78.3

## GENERAL EDUCATION

Course	Board / University	Year of Passing	Total %
Secondary School	KeralaState secondary Education Board	2012	82
Higher Secondary	Higher secondary Education Board	2014	79

## CLINICAL EXPERIENCE

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### ❖ **Thunga Hospitals, Mumbai, Maharashtra**

Duration : 14 months (14 NOV 2018 – 23 DEC 2019)

Department : MICU

- Ensured the quality patient care and compliance with the legal and regular requirements of the departmental personnel.
- Managed 4 critical patient with ventilator support at a time during triage management
- Worked in a 28 bedded ICU facility.
- Ensured the quality emergency nursing care while at time of code blue
- Dealt with emergency drugs and immediate patient assistance
- Attended NABH audit on duty
- Handled the queries and complaints of patients and attenders.
- Performed post op care ,drain management, dressing,mobilization on CABG patients
- Dealt with tract documentation ,quality nursing care and protocols

### ❖ **KAILASH HOSPITAL LTD ,GREATER NOIDA ,UTTAR PRADESH**

Duration : 2 Years 4 Months ( 9 MARCH 2020 – 06 JULY 2022 )

Department : ICU

- Worked in 18 bedded ICU
- Managed patient with different kinds of multi organ disfunctions
- Provide optimum care for patients having neurological issues and ensured care for patients with 4/15 GCS
- Ensured quality nursing care for post op trauma patients .

- Assisted doctors and residents with CT,MRI,XRAY,USG image reading and dealt with the formations of medical diagnosis
- Observed ECMO Therapy during covid 19 pandemic crisis
- Assisted residents in delivering Thrombolytic therapies
- Managed 1:4 nurse patient ratio(ventilator) during covid 19 crisis duty
- Have thorough knowledge in narcotic drug maintenance, documentation and infusion .
- Managed whole documentation regarding quality nursing ,death procedures and MLC cases .

## CLINICAL EXPERIENCE (DURING COURSE)

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- Govt. Hospital, Thuckalay, TN (Foundation)
- Dr, Jayashekar Memorial Hospital, TN (Medical and Surgical)
- MorisMathiasis Hospital, TN (Medical and Surgical)
- Lister Hospital, Marthandam (Medical and Surgical)
- Ananthapuri Hospital, Trivandrum (Medical and Surgical)
- MosisMathiasis Hospital, TN (Paediatric)
- Govt Mental Assalym, Peroorkada, Trivandrum (Mental Health)
- Retnam Memorial Hospital, TN (Obstetrics and Gynecology)
- Sushrusha Hospital, Nagercoil (Orthopedics)
- MuthuNeuro Hospital, Nagercoil, TN (Neurology)
- Dennis Hospital, Azhakiyamandapam, TN (Obstetrics and Gynecology)

## ORGANIZAITON

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- ❖ Student Nurses Association (Secratory 2014-2018)
- ❖ College Union (President 2016-2018 )
- ❖ Indian Red Cross Association (Joined at 2017 aug )
- ❖ NGO Thiruvananthapuram Unit (kerala) since 2014

- ❖ Indian Nurses Association (2018)

## ACADEMIC EXCELLENCE

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- Topper in all subjects throughout the course 2014-2018.
- Had won the best outgoing student award for academic brilliance (2018)
- Participated in various paper presentations and clinical presentations during course period
- Completed a community health nursing research regarding mortality rate among primi gravida mothers (2018)

## DUTIES AND RESPONSIBILITIES

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- ❖ Total care of patients.
- ❖ Maintaining up-to-date recovery record.
- ❖ Giving medicines and injections as per doctors advice.
- ❖ Monitoring vital signs.
- ❖ Education of patients and relatives regarding the illness.
- ❖ Maintain good IPR among health team personal.
- ❖ Maintain a good rapport with patients and relatives.
- ❖ IV cannulation.
- ❖ Planning, monitoring and preparing total or parental nutrition.
- ❖ Admission, transfer and discharge of the patients.
- ❖ Maintaining records and reports.
- ❖ Emergency Management.
- ❖ Computarisationof patients data.
- ❖ Assessing physical and psychological needs of the patients.
- ❖ Monitoring fluid and electrolyte balance.
- ❖ Psychological Support of patient and family.

## EQUIPMENTS HANDLED

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- ❖ Cardiac Monitor
- ❖ Infusion pump

- ❖ Syringe Pump
- ❖ Defibrillator
- ❖ Pulseoxymeter
- ❖ Gulcometer
- ❖ Nebulizer
- ❖ Steam Inhaler
- ❖ Suction Machine
- ❖ Alpha Bed
- ❖ Central Venous Pressure Scale
- ❖ Triple lumen CVP
- ❖ AV fistulas

## PERSONAL PROFICIENCY

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- ✓ Creative
- ✓ Excellent problem solving skill
- ✓ Public speaker
- ✓ Excellent in team work skills
- ✓ English language fluency
- ✓ Administrative and management quality
- ✓ Excellent communication skills
- ✓ Possess self confidence & good listening
- ✓ Empathetic attitude & good listening
- ✓ Ability to communicate information skillfully & tactfully
- ✓ Full awareness of job
- ✓ Ability to work with others & establish a good rapport
- ✓ Excellent interpersonal skills that has always helped to create a positive work environments.
- ✓ Ambitious
- ✓ Social and Friendly
- ✓ Hard worker

## COMPUTER PROFICIENCY

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- MS Office (Word, Excel , Outlook, Power point )
- Google Drive ( Docs,Sheet,Slides
- Spread Sheets ( Excel , Google sheets ,Open office calc)
- Emails (Mail merge , Filters, Folders )
- Presentations /Slideshows ( Power point , Google Slides , Open office)
- Social Media ( Facebook , Instagram , Twitter )

## INTERESTS HOBBIES & CO CURRICULAR ACTIVITIES

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- Volunteering (community services)
- Writing (short stories ,movie reviews , poem ,travel narration)
- Blogging
- Photography
- Travelling (solo travelogue)
- Chess (won championship in inter nursing college meet 2016,2018)
- Arabic Calligraphy
- Non veg art cooking

## CERTIFICATION AND LICENSE

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- License in Kerala Nurses and Midwives Council under 1953 Act  
**KL04202000345**
- Certified in BLS & ACLS under American Heart Association guidelines for CPR and Emergency Cardiovascular Care (2017)
- Certification in state level conference on innovations in neuroscience (2015)
- Certification of appreciation for volunteering during kerala floods

## PASSPORT DETAILS

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Passport Number : S5178962  
Date of Issue : 02/11/2018  
Date of expiry : 01/11/2028  
Place of issue : TRIVANDRUM

## REFERENCE

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- STELLA NADAR  
Nursing Superintend  
Thunga Hospitals Prvt Ltd  
Mumbai, Maharastra  
Email: nadarstella348@gmail.com
- POONAM SHARMA  
Nursing Superintend  
Kailash Hospital Private Ltd  
Greater Noida , Uttar Pradesh  
Ph No: 8920490695
- PRAVEEN KUMAR  
In charge  
Department of ICU  
Kailash Hospital Private Ltd  
Greater Noida , Uttar Pradesh  
Phn: 8800249329

## PERSONAL DATA

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Sex : Female  
Date of Birth : 18<sup>th</sup> January 1996  
Father's Name : N. Rahim  
Religion & Caste : Islam, Muslim  
Nationality : Indian  
Marital Status : Single  
Languages known : English, Tamil, Malayalam, h  
Communication Address : ShyniManzil  
Kaithakkadu, Kulathupuzha P O  
Kollam Dist., Kerala  
India - 691310

## DECLARATION

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

Place :Kulathupuzha

**ASHNA RAHIM**

Date :