

CURRICULAM VITAE

ATHIRA SAJEEV

MUKKATHKARI(H)

POOTHOTTA P.O

ERNAKULAM DISTRICT

KERALA, INDIA

PIN: 682307

Mob: +91 9074882817

Email ID: athirasajeev2116@gmail.com

OBJECTIVE:

A Nursing graduate with excellent educational credential and hands on patient care experience. Possesses fundamental knowledge of medical terminology, health care policies and patient care. Aspiring to combine the nursing education and experience to acquire a nursing position in dynamic health care settings.

PERSONAL DETAILS

Father's Name	:	Sajeev M S
Date of Birth	:	25/05/2000
Nationality	:	Indian
Sex	:	Female
Profession	:	Nursing
Marital Status	:	Single
Languages known	:	Malayalam ,English & Hindi
Personal Interest	:	Listening to music and drawing

ACADEMIC QUALIFICATIONS:

Examination Passed	Institute	Board/University	Year
S.S.L.C.	KPMHS poothotta	Kerala State Educational Board	2015
Plus two	KPMHSS poothotta	Board of Higher Secondary, Kerala	2017

PROFESSIONAL QUALIFICATIONS:

Examination Passed	Institute	Board/University	Year	Duration
B.Sc. Nursing	Caritas College of Nursing, Thellakom, Kottayam	Kerala University of Health Sciences, Thrissur	2022	4 year

REGISTRATION DETAILS:

- Registration No. KL 03202203082
- Kerala Nurses and midwives Council,kerala
- Valid from :02/09/2027
- Valid up to :01/09/2027

Employment/Work Experience

Date of Employment : 01/08/2021 to 31/01/2022
Name of Hospital : Caritas Hospital, Thellakom, Kottayam,
Kerala – 686630
Bed Capacity of Hospital : 635
Job Title/ Designation : Trainee Nurse
Department/Ward Allocation: Medical Surgical,
obstetrical & Gynecological
Gap in Employment : Nil

Strengths

- Good Communication
- Leadership
- Flexibility
- Optimistic
- Compassion
- Emotional stability

Job Responsibility

- Assisting the client to meet activities of daily living. ➤ Meeting the Hygienic needs of the client ➤ Monitoring of vital parameters.
- Doing wound dressing
- Maintaining asepsis
- Admission and discharge of patient
- Administration of medications
- Attend doctors rounds
- Maintaining records and reports.

Skills & Abilities

- Enable to provide high standard of care to the service users with various types of illness and disabilities.
- Able to motivate people
- Willing to work alone or in a team.
- Enable to give effective and efficient care to service users.
- Good knowledge of basic health care and hygiene standards using appropriate PPE to prevent infection according to local policy and procedure
- Able to manage care, staff and shift pattern.
- Excellent team working skills and ability to use own initiatives.
- Able to plan and implement changes of care planning to the service users.
- Enabling to make decision and problem solving skills as per policy.
□ Better knowledge and use of clinical equipments □ Ready to seek new knowledge and skills.
- Excellent time management skills along with strong interpersonal skills and support team to achieve good outcome.

Project

- Prevalence of dysmenorrhoea among adolescent girls.

Activities and Seminars

- Active participation in mass awareness health education in PHC.
- Active participation in Health Education about Life Style Modifications of People after Cardiac Disease.
- Active participation in Health Education about Antenatal Care.
- Essential up skilling for nursing Student on COVID-19 Pandemic management.

- Has organized the workshop on Quality Assurance in Nursing Education and Patient care in association with the Internal Quality Assurance cell of Caritas College of Nursing.

References:-

1. Prof. Smt. Twinkle Mathew Principal,
Caritas College of Nursing, Thellakom, Kottayam, Kerala.
Mob: 9447216777
Email: twinklemathew@yahoo.com

DECLARATION

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

Place: Kanjiramittom
Date : 1/10/2022

ATHIRA SAJEEV