



TeenaTomy

Registered Nurse

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Idukki (Dist.) Kerala - 685565

Name of the Post Applied : Staff Nurse
Job related skills : Dialysis Unit, Emergency ward, Recovery Unit, General ward, Surgical ward, Pediatric Ward, Stroke unit, I.C.U., Antenatal/Postnatal ward, Medical ward, Labour Room, Neuro Ward, Nephro Ward, Operation Theatre & OPD
Category : Surgical
Sub Category : Nurse / Staff Nurse
Years of Experience : 3 Years, 8 Months & 24 Days,
Gender : Female
Highest Qualification attained : B.Sc. / BSC : Bachelor of Science
Major / Specialization : Nursing

OBJECTIVE :

To work with an enthusiastic health team in order to provide comprehensive patient care and to achieve professional /organizational goals by following all the professional ethics and educational knowledge . I have 3 Years 8 Months & 24 Days experience in medical & surgical ward which enhanced my professional knowledge that in turn helps me to achieve my professional and organizational goals.

EDUCATIONAL QUALIFICATION

Matric (10th) – March 2010 from st. Sebastian’s high school pottankad, Idukki (Government of Kerala board)
Senior Secondary (12th) – March 2012 from St. Augustine’s G.H.S.S School Kothamangalam, (board of higher secondary examination ,Kerala)
Professional Qualification -B.Sc. (N) – Sanjoe College of Nursing,Pulluvazhi,Ernakulam (KUHS : THRISSUR)

CLINICAL TRAINING EXPERIENCE (DURING COURSE) :

B.Sc. 1st year : **Sanjoe Hospital Perumbavoor (Ernakulam) :**

- Medical ward
- Ortho Ward
- Physiotherapy Unit

B.Sc. 2nd year : **Sanjoe Hospital Perumbavoor (Ernakulam) :**

- I.C.U.
- Medical ward
- Surgical ward
- Operation theatre
- O.P.D
- Recovery Unit
- Causality

Taluk Head Quarters Hospital Peumbavoor :

- Medical Ward
- Surgical Ward
- Causality
- O.P.D Ophthalmology

B.Sc. 3 rd year : **Sanjoe Hospital Perumbavoor (Ernakulam) :**

- I.C.U.
- Pediatric Unit
- Emergency ward
- Psychiatry ward
- Surgical ward,
- Oncology Ward
- Burns Unit

Lisie Hospital Ernkulam

- Cardiac operation theatre
- Cardiac Rooms and wards
- ECHO,TMT,ECG,OPD
- Cardiothoracic I.C.U
- Neuro Surgical I.C.U
- Neuro rooms & ward
- Nephro rooms & ward
- Nephro I.C.U
- Dialysis unit

Taluk Head Quarters Hospital Peumbavoor :

- Pediatric Unit
- Emergency ward

B.Sc. (N) 4th year : **Sanjoe Hospital Perumbavoor (Ernakulam.) :**

- Antenatal/Postnatal ward
- Administration in Medical ward
- Administration in Surgical ward
- Labour Room
- Operation Theatre
- N.I.C.U
- O.P.D

:Taluk Head Quarters Hospital Peumbavoor

- Operation Theatre
- Labour Room
- Antenatal/Postnatal ward
- N.I.C.U

: **Dhanya Hospital Chalakkudy**

- Obstetric Posting

Primary Health Centre Rayamangalm :

- Assisting in Clinic

Professional Work Experience

Amala Institute of Medical Science -Thrissur

25-May-2017 To 01-Jan-2020

Department - Surgical department

Comprehensive experience in surgical ward which mainly deals with general surgery, Neuro surgery, Surgical oncology ,Gastro surgery ,Vascular Surgery ,Thoracic surgery & Plastic surgery

Lisie Hospital -Ernakulam

04-Sep-2020 To 20-Oct-2021

Department - Medical &Sungical Urology Ward.

Duties and Responsibilities

- To work as a team in order to provide comprehensive health care to the patient and to improve the quality of health care facility.
- To involve in admission and discharge process for the smooth functioning of the department.
- To provide quality care to the patients by doing immediate assessment and delivering treatment in order to regain their health status.
- To identify the health issues of the patients who underwent various surgical procedures by using appropriate medical parameters such as vital signs, ECG interpretation, bladder scan, spirometry etc.
- To deliver various treatment modalities which includes various intravenous, intramuscular and oral medications according to the protocol and policies of the health care facility.
- To act as a liaison between the patient and other health care team members for the benefit of the patient.
- To involve in the comprehensive patient care by preparing the patient for operation, appropriate handover to and from operation theatre staff in order to fulfill the meaning of continuity of care
- To assist the patient with feeding, mobilization ,dressing and hygienic practice
- To attend ward rounding with various specialty doctors to identify various post surgical issues and management that helps to improve the mutidisiplinary team approach

- Participating in multidisciplinary approach for meeting the comprehensive care which includes admission, in hospital stay, and the discharge of the patient.
- Assessing and identifying various medical emergencies of the patients such as med calls, code blue and its effective management.
- Administration of total parental nutrition, iv antibiotics, narcotic medications (schedule 8), analgesics, blood and blood products according to hospital policies.
- Documentation of various hospital records including observation chart, fluid balance chart, iv therapy, neuro chart, food chart, etc
- Handling of various equipment's and interpretation of diagnostic findings
- To provide psychological support to the patient.

Procedures Experience

- Hernia Repair , Appendectomy, Craniectomy , Laminectomy , WLE + neck dissection , LAR, Whipples surgery , Hemi colectomy , Femuropopletal bypass surgery , Varicose vein surgery , Upper & Lower lung resection , Thyroidectomy , Strictures removal , Reconstructive surgery , Nephrectomy, Cystectomy, TUR-P, TUR-BT, PCNL, URS, RIRS, ESWL & Laparoscopic procedures.

STRENGTHS

Willingness to learn, enthusiasm , dedication to my profession , loyalty to my employer .

To work as a competent health care professional who knows how to develop and maintain excellent working relationship with other health care team members .

Critical thinker who can quickly learn new system and develop expertise and produce significant contribution ,

Ability to deal with pressure and multitask with a positive and flexible attitude

Self motivated, Reliable and Trust worthy.

Good leadership ability

EXTRA CURRICULAR ACTIVITIES

- Dancing
- Sports
- Speech
- Organizer
- Anchor

PERSONAL INFORMATION :

Marital status – Single

Nationality – Indian

Languages Known – English, Malayalam Hindi ,Tamil

DECLARATION :

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

DATE :

PLACE :Idukki