

MARY PAULIN

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Objective

A position as a Registered Nurse in a Health Care facility where I can make the most of my nursing education and training, in addition to my interpersonal skills to provide the highest level of patient care

Experience

Max super speciality hospital Vaishali Utterpradesh

2020 November - 2022 March

Staff Nurse at Medical Intensive Care Unit

- Part of the ICU Staff from the Inception of the ICU Unit.
- Part of the Disaster Management team overlooking External and Internal Disaster.
- Implement patient care for up to 8 patients in the ICU.
- Assess patient status and notify physicians of clinical changes.
- Scheduled patient admissions and discharges.
- Interact with departments regarding patient care
- Provide assistance to Nursing Manager in the supervision of staff nurses.
- Evaluate staffing requirements including floor assignments.
- Maintained patient charts and confidential files.
- Part of the Infection control, safety and quality assurance programs in the unit.
- Conducted training programs for the new joiners.
- Educate patients/families on health care needs, conditions, options etc.
- Assisting Procedures and Equipment's handled:
 - Intubations and ventilation
 - Cardio pulmonary Resuscitation (CPR)
 - Insertion of CVP Catheters (Triple lumen catheter, double and single lumen catheters)
 - Insertion of arterial lines for monitoring of arterial blood pressure.
 - Tracheotomy, ICD insertion.
 - Bedside Bronchoscopy.
 - Bedside Dialysis, Peritoneal Dialysis.
 - Cardiac Monitors.
 - Defibrillators.
 - Syringe pumps, infusion pumps,

● **Primary Health Centre Kodichikanahalli, Bangalore**

2019 -

Student Nurse

- Home visiting
- Health teaching
- Health assessment
- Assisted in survey activities

● **Spandana Mental Health Institution and Research Center Bangalore**

2018 - 2019

Student Nurse

Assisted in,

- Ect
- Recreational Therapy

● **ESI hospital Rajajinagar Bangalore**

2015 - 2018

Student Nurse

- CPR
- Nebulization
- Catheterization
- IV cannulation
- IV administration
- Drug administration
- Nasogastric tube feeding
- Vital sign assignment
- Nasogastric tube insertion
- Assistance in OT



Education

● **Viswasai College of Nursing**

2015 - 2019

Bsc Nursing

72%

● **Kerala State Board of Examination**

2013 - 2015

Plus two

63.3%

● **Kerala State Board of Examination**

2013

SSLC

64%



Skills

● Team Work

● Time Management

● Communication



Achievements & Awards



Basic Life Support



Research - Menstrual Hygiene



Holistic Development



Participation in third National Conference - Current Challenges and innovation in nursing practice - synergising towards excellence



Languages



English



Malayalam



Hindi



Tamil



Kannada



Declaration



I hereby declare that all the above information is correct to the best of my knowledge.



Date.10/08/2022

Mary Paulin