

Akhila Paulose

Parappilly (H)

Malayattoor p.o

Ernakulam

Kerala

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PERSONAL PROFILE

Date of Birth : 09 -01-1999
Religion : Christian
Gender : Female
Civil Status : Single
Nationality : Indian
Father's Name : Poullose P O
Mother's Name : Blessy
Hobbies : Dancing, listening music
Languages Known : Malayalam, English

CAREER OBJECTIVE

Aim is to be associated with the organization that provides me an opportunity to show my skills and improve my knowledge with latest trends and to be the part of the team that works dynamically towards the growth of the organization.

ACADEMIC QUALIFICATION

COURSE	YEAR	NAME OF THE INSTITUTION	UNIVERSITY/ BOARD	PERCENTAGE
SSLC	2015	St.Joseph's Girls H S Chengal	BOARD OF PUBLIC EXAMINATIONS KERALA	93%
HIGHER SECONDARY EXAMINATION	2017	St Thomas HSS Malayattoor	BOARD OF HIGHER SECONDARY EXAMINATION	87%

PROFESSIONAL QUALIFICATION

COURSE	YEAR	INSTITUTION	UNIVERSITY	PERCENTAGE
B A S I C B . s c N U R S - I N G - F I R S T YEAR	2017-2018	LITTLE FLOWER COLLEGE OF NURSING, ANGAMALY	KERALA UNI- VERSITY OF HEALTH AND SCIENCE	59.05%
SECOND YEAR	2018-2019	LITTLE FLOWER COLLEGE OF NURSING, ANGAMALY	KERALA UNI- VERSITY OF HEALTH AND SCIENCE	63.75%
THIRD YEAR	2019-2021	LITTLE FLOWER COLLEGE OF NURSING, ANGAMALY	KERALA UNI- VERSITY OF HEALTH AND SCIENCE	62%
FOURTH YEAR	2021-2022	LITTLE FLOWER COLLEGE OF NURSING, ANGAMALY	KERALA UNI- VERSITY OF HEALTH AND SCIENCE	58.42%

COURSES ATTENDED

- MLHP initiative.
- Quality assurance in nursing education.
- Essential upskilling for nurses on covid- 19 pandemic management.
- Infection prevention in nursing homes.
- Psychological first aid.

PATIENT CARE WHICH I CAN:

- ✚ Maintenance of good nurse patient relationship including orientation of patient to the unit or room and patient family education.
- ✚ Patient assessment and reassessment and nurses notes.
- ✚ Check the vital signs of the patient every hourly along with date and time including pre and post operative care and documentation.
- ✚ Administration of medications on time. ✚ Hot and cold application. ✚ Bladder wash and enema .

- ✚ Care of patients with transmission based precautions like droplet, airborne contact.
- ✚ Personal hygiene including assist with activities of daily living.
- ✚ IV cannulation.
- ✚ Collection of specimens.
- ✚ Care of pressure sore.
- ✚ Prevention of aspiration. Colostomy care.
- ✚ Steam inhalation.
- ✚ Naso Gastric feeding.
- ✚ Blood transfusion.
- ✚ Management of pain scale.
- ✚ Care of invasive catheters (Eg: IV cannula, Foley’s catheter,)

Maintenance of physical, social, psychological, spiritual and rehabilitative needs of the patient.

- ✚ Maintaining records and reports. Supervision and orientation of students. Follow -up treatment.

EQUIPMENTS USED

- | | | | |
|---------------------|------------------|--------------------------|--------------|
| • Pulse oxymeter | • Nebulizer | • Computer | • AMBU |
| • Suction apparatus | • Syringe pump | • Steam inhaler | • Glucometer |
| • Humidifier | • Warmer machine | • Cardiac output monitor | • ECG |

PROJECTS

- ✓ Conducted school health programme on adolescent problems.
- ✓ Conducted health education on Tuberculosis and AIDS.

RESEARCH ACTIVITIES

“A study to assess the knowledge regarding Basic Life Support (BLS)among the General Public of Aluva Taluk.”

AREAS OF INTEREST

- Operation Theatre
- Intensive care unitEmergency department
- Medical ward
- Surgical ward
- OBG Ward
- Child health ward

HOSPITALS TRAINED DURING STUDY COURSE

- LITTLE FLOWER HOSPITAL AND RESEARCH CENTRE , ANGAMALY.
- FATHIMA MULTI SPECIALITY HOSPITAL , KOZHIKODE.
- BETHSEDA MENTAL HEALTH CENTRE , VENGOLA.
- DISTRICT HOSPITAL , ALUVA.
- TALUK HOSPITAL , ANGAMALY.
- PRIMARY HEALTH CENTRE , THURAVOOR.

COMPUTER SKILLS

All computer basics with internet knowledge.

STRENGTHS

- ❖ Hard working
- ❖ Good communication skill
- ❖ Helping mentality
- ❖ Team building ability
- ❖ Positive attitude
- ❖ Desire to learn

REFERENCE:

Dr. prof. Priya Joseph Principal

Little Flower College Of Nursing , Angamaly.

PH No: 0484- 2456448

DECLARATION:

I hereby declare that the above mentioned information are true and correct to the best of my knowledge and belief. I submit my resume for your kind observation and favourable order. Hope my skills are sufficient for your requirement. I humbly request your good self

to permit a chance to work in your esteemed hospital.

Place:Malayattoor

Date :

Yours

Sincerely,

Akhila Paulose