

CURRICULUM VITAE



MONISHA THOMAS
Pottackal House
Randar. P.O.,
Muvattupuzha
Ernakulam DT
Kerala-686673
MOB: 9526922038
Email: monishathomas038@gmail.com

PERSONAL DETAILS

Name : **MONISHA THOMAS**

Age : 29 yrs.

Sex : Female

Date of Birth : 02.12.1991

Marital Status : Married

Father's Name : Thomas George

Religion & Caste : Christian

Nationality : Indian

Blood Group : A +ve

Height : 155 Cm

Weight : 50Kg

Language Known : English, Malayalam, Hindi

Communication Address : Pottackal House,
Randar. P.O.,
Muvattupuzha
Ernakulam DT
Kerala-686673

PASSPORT DETAILS

Passport No : S6938530

Date of Issue : 15-09-2018

Date of Expiry : 14-09-2028

Place of Issue : Cochin

CAREER OBJECTIVE

- To be a part of reputed organization where sincerity, simplicity and hard work are appreciated and ensure furtherance of career for sightedness, determination and hard work.
- To seek an opportunity for the development of my nursing and managerial skill and talents in the field of nursing, with the ultimate aim of becoming a professional nursing staff, used to the society and the hospital in which I am serving.

EDUCATIONAL CREDENTIAL:

Course	Institution	University / Board	Year of Passing	score
GNM	School of Nursing, Marian Medical Center pala	Kerala Nursing Council	2009 to 2013	First class
Plus Two	St. Mary's Higher Secondary School, Arappuzha	Kerala State	2009	Second Class
S.S.L.C.	St. Augustine's Girls Higher School, Muvattupuzha	Board of Public Examination, Kerala	2007	First class

STRENGTHS

- Desire to learn
- Hard working
- Positive attitude
- Good Listener
- Problem solving Capability
- A Good team Player

PROFESSIONAL EXPERIENCE

HOSPITAL	DEPARTMENT	DESIGNATION	DURATION
Marian Medical Center, Pala	Ortho Surgical Ward	Staff Nurse	19.04.2013 to 31.01.2014
Little Family Hospital, Adimali	Surgical Ward	Staff Nurse	01.04.2014 to 02.04.2017
Medical Trust Hospital, Ernakulam	Ortho Surgical Ward	Staff Nurse	05.09.2017 to 17.09.2020
Specialized Medical Center, Riyadh	Cathlab	Staff Nurse	06.11.2020 still continuing

REGISTRATION HISTORY

Registration Authority	Registration Number	Validity	Date of Registration
The Kerala Nurses & Midwives Council	87373	Life Membership	05.06.2023

HOSPITAL INFORMATION

The Medical Trust Hospital, Kochi is a multi-Super-Specialty hospital with 750 beds and all disciplines of modern medicine. It has been a major referred center for serious and critically ill patients from all over Kerala. The hospital has been pioneer in open heart surgery, renal transplantation, heart transplantation as well as the trauma care center in private sector. The hospital presently cares for all modern treatments in various departments. It has the recognition by the national board of examination for postgraduate medical course. It also had full time course in Nursing and other paramedical subjects.

DUTIES AND RESPONSIBILITIES

1. Aware & Understand the Nursing policies & Procedure of the hospital
2. Ensures proper use of all Hospital Equipment's
3. Responsibilities to the head nurse
4. Identify patient needs
5. Ensures safety & comfort of patient at all time
6. Pre and post care of all major general surgery cases
7. Attend in service educational programmers
8. Giving health education to each patient individually
9. Promote own professional growth
10. Has good knowledge of emergency drugs, their dosage and infusion rates.
11. Removal of centralize, jugular catheters, epidural catheters, drain and sutures.
12. Encouraging the patients for debreathing and coughing exercise by giving steam inhalation, Chest physiotherapy, Nebulization and Intensive Spirometry
13. Good communication with team members
14. Maintaining records and reports of the patients up to date
15. Scrubbing, hand washing and isolation precautions

CAN BE ABLE TO DO THE FOLLOWING PROCEDURES

- IV Cannulation
- NG tube insertion and feeding
- Urinary Bladder Catheterization
- Blood Transfusion
- Nebulization
- Cardio pulmonary resuscitation
- Collection of samples including ABG
- Administration of medicines (Oral/injections)
- Steam Inhalation

- ET Suctioning
- O2 administration
- ECG taking
- Vital signs checking
- Assisted bed bath
- Mouth care
- Ambulating of patient
- Bladder and Bowel irrigation

EXPERIENCE IN HANDLING MEDICAL EQUIPMENTS

- ECG Machine
- Humidifier
- Infusion Pumps/ Syringe Pumps
- Suction Apparatus
- Pulse Oxymeter
- Ambu bag
- Glucometer
- Laryngoscope
- Endotracheal tube
- Nebulizer
- Vitals Articles
- Emergency Trolley
- Defibrillator
- Ventilator

SKILLS

- Administration of Cardiac Drugs
- Administration of Insulin & insulin drip
- Administration of I.V Fluid and electrolytes
- Cardio Pulmonary resuscitation

- Cardiac Monitoring & assessment
- Ryle's Tube insertion
- Intravenous Access Insertion with Aseptic technique
- Collection of Blood Sample like ABG
- Sterile Dressing
- Administers injections
- Care of bed ridden patients
- Catheterization
- Endotracheal and oral suctioning
- Tracheostomy Care
- Oxygen Therapy
- ECG Analysis
- Diabetic Wound Care
- Monitor Central Venous Pressure
- Emergency Trolley maintenance
- Interpretation of investigations
- Blood & Blood Component Transfusion
- Assist in Diagnostic and Therapeutic Procedures like ET intubation LP
Central line insertion pleural tapping
- Emergency ICU shift
- Care of Old age
- Health Education
- Removal of Sutures
- Gastric lavage
- Bladder Wash
- Resuscitation procedure and infection control

TYPES OF EQUIPMENT USED

- ✓ Suction Machine
- ✓ Infusion pump
- ✓ Laryngoscope
- ✓ Cardiac Monitor
- ✓ Ventilator
- ✓ Ambu bag
- ✓ Nebulizer Machine

- ✓ Sphygmo manometer
- ✓ Multi paramonitor
- ✓ Defibrillator
- ✓ Console
- ✓ Glucometer
- ✓ Pulse oxy meter
- ✓ Oxygenator
- ✓ Urinometers
- ✓ ECG

OTHER EXPERIENCE

- ✓ Nurse specialist
- ✓ Complete BLS on 2020
- ✓ Complete ACLS on 2021

REFERENCE

1. Principal, school of Nursing Marian
Medical Centre, PalaKottayam,
Kerala
Ph: 0482 2215519
2. The Nursing Superintendent Medical
Trust Hospital Ernakulam
Ph: 0484 2358001
3. Ala saffouri,
Nursing manager,
Cathlab,
Specialized medical center
Riyadh, Saudi Arabia.

DECLARATION

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

Place : Ernakulam

Date :

MONISHA THOMAS