

# CURRICULUM VITAE



**NAME:** ANAKHA T

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## CAREER OBJECTIVE

Seeking a growth oriented and challenging carrier in nursing and patient care in professional reputed hospital where I can apply my knowledge and skills to the best of my abilities.

## PERSONAL DETAILS

Name :Anakha T

Father's Name :Thomas M J

Gender :Female

Marital Status :Single

Date of Birth :25-12-1992

Nationality :Indian

Mother Tongue :Malayalam

Religion & Caste :Christian, Roman Catholic

Permanent Address :Maniyangattu House  
Mount Seenai Hospital  
Near ICICI Bank, Perumbavoor,  
Ernakulam, Kerala State, India

Languages Known :English, Hindi, Malayalam

Hobbies :Journeys, bike & car riding, bike racing, painting

## Passport Details

Passport Number :P4004376

Place of Issue :Cochin

Date of Issue :10<sup>th</sup> August 2016

Date of Expiry :09<sup>th</sup> August 2026

## MY STRENGTH

I am empathetic and self-motivated. I can communicate reasonably well. I have good level of emotional intelligence to get along with different types of patients and colleagues. I can keep myself cool in hard to me. I am trained to be proactive.

## EDUCATIONAL QUALIFICATION

Course/ Exam passed	Board/University	Institution	Period of study	Percentage of marks
S S L C	Board of public examination, Kerala	Queen Mary's HSS Mudickal, Ernakulam, Kerala	2009 - 2010	76 %
PLUS TWO	Board of Higher Secondary Examination, Kerala	MGM HSS, Kuruppampadi, Ernakulam, Kerala	2010 - 2012	68.9%
BSC Nursing	Kerala University of Health Sciences	Crescent College Of Nursing, Alathur, Palakkad, Kerala	2012- 2016	61.05%

## ADDITIONAL QUALIFICATION

Basic Life Support (BLS)	15th January 2020
Advanced Cardiovascular Life support PALS	17th January 2020
Pediatrics Advanced life Support (PALS)	28th January 2020

## ACHIEVEMENTS

- One contract hour of Corona Virus (Covid-19) for Nursing Professionals by Inteylcare
- Certificate of Participation in Disaster preparedness workshop conducted by Emergency medicine association on November 30th 2020
- Certification of participation in state conference of emergency medicine association on December 1st 2019
- Online preparation certificates Health emergencies programs under open WHO topic:
- Severe Acute Respiratory Infection (SARI)
- Covid-19 operational planning guidelines and Covid-19 Partners Platform to support country preparedness and response.
- As part of HH. Sheikh Muhammad Bin Rashid University of Medicine and health Science (MBRU) topic 'Lets break the Chain of Covid-19 Infection'

## EXPERIENCE SUMMARY

SL NO	Hospital	Designation	Area of exposure	Duration
1	Mount Seenai Mission Hospital, Perumbavoor, Ernakulam, Kerala	Staff Nurse	Medical Surgical Ward	05/02/2017-09/06/2017
2	MIMS Thanal Dialysis Centre, Vadakara, Kozhikode, Kerala	Staff Nurse	Dialysis Department	12/06/2017 – 31 december

				2019
3	National Health mission Ernakulam, Kerala	Staff nurse	Corona Ward	4 august 2020 - Still working

### REGISTRATION DETAILS

Name of Nursing Council	Registration No	Registration date
Kerala Nurses and Midwives Council	KL03201700368	31-01-2017

### EQUIPMENTS KNOWN TO HANDLE

Pulse Oximeter, Suction apparatus, Steam inhaler, Nebulizer, Infusion pump, Multi parameter monitor, AMBU bag, Glucometer, Syringe pump with IV Line, Laryngoscope, Sphygmomanometer, Defibrillator, ECG Machine, Mechanical Ventilator, Cardiac monitor, BI PAP, CPAP, Dialysis Machine.

### SKILLS

Vital signs assessment Positioning of patients Hygienic care, bed bath, Hair care Hot & Cold application Cardiac monitoring & assessments Oxygen therapy Cardio Pulmonary Resuscitation	Administration of injections and emergency drugs Administration of insulin and insulin drip Administration of IV fluids and electrolytes Blood and Blood component transfusion	Care of patient in ventilator Care of dead & dying patient Preparation of patients for various diagnostic procedures Administration of enemas Care of bed ridden
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Maintain intake and output chart Collection of blood samples including ABG Intravenous access insertion with aseptic technique Ryle's tube insertion Hemodialysis	Removal of sutures Continuous cardiac monitoring with five lead ECG Endotracheal intubation Tracheostomy care Care of drains And & sterile dressing	Patients and old age Interpretation of investigations ECG analysis X-ray findings Catheterization
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### PROCEDURE ASSISTED IN

Endotracheal tube intubation, Lumbar puncture, Thoracentesis, Bone marrow aspiration, Tracheostomy, Endoscopy, Colonoscopy, Sigmoidoscopy, Peritoneal centesis, Hemodialysis catheter insertion (internal jugular venous catheter and femoral catheter), hemodialysis (including

fistula needle insertion)

## DUTIES AND RESPONSIBILITIES

Administration of medications Preparation of patient care unit Receive patient & orientation to the ward routines Assessment of patients Physical examination Sending blood for investigations Assisting doctors in medical routines Communicating with patients Filling patients' documents, transfer of patients to other departments Reference of patients Communicate with higher authorities Assisting doctors in procedures Carrying out doctors' prescriptions Fluid calculation and administration Maintain intake and output chart Proper hand washing before and after procedure Assist in Hemodialysis Procedure	Hand and takes over the patient's equipment and supply Maintain safety of the equipment's Prepare and check supplies routinely Maintain public relation patient relatives and other departments Maintain trolley, inventory Communicate with higher authority Cleanliness of the ward Assisting medical rounds Maintain nursing rounds Emergency management Reporting to the ward in charge about patient and ICU after night duty staff	Providing health education to patients Teaching students regarding ward routines Orienting new staff to ward routines Client education Incidental and planned teaching to students Supervising junior staff nurse and hospital aids, cleaners during the performance of their duties
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## REFERENCE

PROF. G THIALAGAVATHY ROY  
AL SHIFA COLLEGE OF NURSING,  
PERINTHALMANNA,  
MALAPPURAM DIST  
PHONE: +91-8300909790

MRS. NIMMY FRANCIS  
ADMINISTRATOR  
THANAL DAYA REHABILITATION TRUST  
VADAKARA, REG NUMBER 09/08  
PHONE: +91-9497022314

## DECLARATION

I hereby declare the Curriculum vitae above is true and correct to the best of my Knowledge.

Sign:

Name: Anakha T.

Date: 04 jan 2021