

RESUME

Reshma Viresh

Registered Nurse

Mob:- 8848653851

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PERSONAL INFORMATON

Name of the candidate	:	Reshma Viresh
Age	:	32
Sex	:	female
Husband Name	:	Viresh P V
Date of Birth	:	05//05/1988
Contact Number	:	8848653851
Nationality	:	Indian
Marital Status	:	Married
Religion	:	Hindu
Profession	:	Registered Nurse and Midwife
Language Known	:	English, Malayalam, Hindi, Tamil

PASSPORT DETAILS

Passport No	:	N8591839
Date of Issue	:	10/03/2016
Date of Expiry	:	09/03/2026
Place of Issue	:	Cochin

EDUCATIONAL QUALIFICATION

Course Study	Year of Passing	Institute	University/Council
SSLC	March 2003		Board of Public Examination Kerala
Plus Two	March 2005		Board of Higher Secondary examination Kerala

PROFESSTIONAL QUALIFICATION

Course Name	Year of Passing	Course duration	Institute	class
Bsc Nursing	2005-2009	4 yrs	Sree Mookambika college of Nursing Kulasekharam kanyakumari Tamilnadu under Tamilnadu Nurses & Midwives Council	First class
Quality & infectional control	MARCH 2020	6 months	NHCA singapore	

CURRENT REGISTRATION STATUS

CERTIFICATE	NURSING COUNCIL	CERTIFICATE REGISTRATION NUMBER
Certificate of Registration for Nurse	Tamil Nadu Nurses & midwives Council	100578
Certificate registration for	Tamil Nadu Nurses &	104629

Midwife	midwives Council	
Kerala registration	Kerala Nurses and Midwives Council	16200

WORK EXPERIENCE

Period of the Employment	Job Title	HRS WORKED/WEEK	Area	Name of the Hospital
05-10-2009 to 05-10-2010	Clinical Instructor	48 hrs	Obstetrics & Gynaecology	Sreemookambika Institute of Medical Sciences Hospital Kamyakumari Dist
05-01-2011 to 15-01-2014	Staff Nurse	48 hrs	Department of labour room	Caritas Hospital Kottayam
17-02-2014 to 23-08-2014	Staff Nurse	48 hrs	Labour room	General Hospital Neyyanttinkara
01-10-2014 to 05-03-2017	Staff Nurse	48 hrs	Department of labour room	West fort Hi-Tech Hospital thrissur
06-12-2019 to 24-06-2021	Registered Nurse	48 hrs	Department of labour room	Fortis Hospital Bannerghatta Bangalore
06-09-2021 to still continuning	Head nurse	48	Department of labour room	Parco Hospital

DUTIES AND RESPONSIBILITIES AS A STAFF NURSE

Clinical Duties

- † Render evidence based comprehensive nursing care to the patient
- † Be knowledgeable about the layout of the unit ,number of patients,types of patients and their requirements
- † Efficiently prepare daily nursing care plan as advised by the physician and provide care accordingly.
- † Recognize and handle emergency situations and complications effectively during the course of treatment. † Accompany the consultants during hospital rounds and assist in diagnostic and therapeutic studies .
- † Competently administer all medications following seven rights.
- † Monitor the patient and timely report deterioration of patient's health conditions.
- † Arrange and transfuse blood and blood products appropriately.
- † Provide personal hygiene to the patient.
- † Meet the nutritional requirement of the patients.
- † Meet elimination needs of the patients.
- † Evaluate effectiveness of nursing care on patient condition and record and report it to the concerned Doctor timely
- † Ensure shift change report at patient bed side in each shift.
- † Give accurate report to the team leader / head nurse / supervisor as required. † Actively participate in the disaster management process (identified codes) in the hospitals.
- † Initiate code blue as when required
- † Follow strictly infection control practices and care bundles at all times.
- † Timely collections and dispatching of various samples.
- † Ensure safety,comfort,confidentiality and privacy of the patients
- † Provide end of life &last office care as it is required † Provide patient and family education as per hospital protocol.
- † Explain patient rights and responsibilities to the patients.
- † Ensure proper cleaning and disinfections of the equipment.
- † Ensure availability, working conditions and effective use of equipment in the unit. † Ensure smooth admission,transfer,and discharge & death process † Escort patients to and from various departments.
- † Take proper care of patient's belongings.
- † Perform all special assignments that are rostered for a quality patient care.
- † Ensure neat ,clean and noise free environment to the patient and family.
- † Report any untoward incident immediately to head nurse/supervisor and submit the written statement in the same shift.

- † Report immediately any safety and security issues at the work place to the concerned head of the dept./supervisor.
- † Appropriately delegate tasks to other health care assistants as and when required.
- † Provide mentorship to the new joiners.

Other responsibilities

- Utilize resources effectively and efficiently.
- Utilize effective communication (verbal and written) to provide continuity of care.
- Maintain all registers in the unit.
- Accurate knowledge about hospital/dep. Policies and procedures, forms and formats.
- Adhere to the grooming standards laid down by the hospital.
- Be punctual and diligently carry out the duties.
- Work collaboratively and support efforts of team members.
- Maintain liaison between patients, patient's relatives, doctor's and other supportive services.
- Take responsibilities and accountability in professional advancement.
- Attend all relevant in-service education and on the job training given within hospital.
- Ensure all mandatory and refresher trainings are attended.
- Actively participate in the unit staff meeting & weekly meeting with nursing leadership.
- Actively participate in the hospital quality improvement activities.
- Work in accordance with the accreditation standards
- Maintain professional license and Nursing registration up to date.
- Take over any other responsibilities assigned by the superiors from time to time.

Specialty specific

- Demonstrate excellent skills in CTG monitoring and fetal monitoring.
- Monitor progress of labour appropriately.
- Identify any complications of labour .
- Be knowledgeable and skillful in induction, preparations for labour and assisting in deliveries.
- Assist effectively in all types of delivery.
- Demonstrate excellent skills in breast care and perineal care.
- Demonstrate excellent skills in care of new born babies
- Demonstrate excellent skills in breast feeding and formula feeding.
- Be knowledgeable in handling patients with pre-eclampsia and eclampsia.
- Be knowledgeable in recognizing and providing nursing care of patient with antepartum haemorrhage and post-partum haemorrhage.
- Take over any other responsibilities assigned by thr superiors from time to time.

Awareness on

- Hospitals mission, vision & values
- Nursing policies & protocols
- Nursing manual
- Medication management & use
- High risk medication policy
- Monitoring protocols
- Spill management policy
- HAZMAT policy
- HAI bundles (care bundles)
- Medico legal case policy
- Patient safety program
- Training policy
- BLS (Basic life support)
- Quality & accreditation standers
- Fire & safety guidelines
- Hospital emergency codes
- Infection control practices
- Radiation safety practices

DECLARATION

I do hereby declare that above said information given in the CV is accurate and fair
Reelection of my ability.

Place:- MATTOM

Mrs. Reshma Viresh

Date:- 23-05-2023