

Dedicated and compassionate Registered Nurse (RN) with progressive career history in direct patient care, triage and care coordination in fast-paced environment. Proven to remain calm under pressure and skillfully handle difficult patients and high-stress situations. Consistently developing strong relationships with patients and families through empathetic communication, respectful attitude and excellent customer service. Hardworking Registered Nurse with success providing individualized patient care. Committed to delivering best-in-class patient care through effective education and counseling. Proven leadership focused on increasing and enhancing patient care and satisfaction. Streamline safety protocols for comprehensive patient care. Compassionate Registered Nurse with experience offering comprehensive patient care in outpatient environments. Works well with diverse patient populations and fosters trusting relationships to improve outcomes. Efficiently coordinate with healthcare professionals to advance patient care. To seek and maintain full-time position that offers professional challenges utilizing interpersonal skills, excellent time management and problem-solving skills. Detail-oriented team player with strong organizational skills. Ability to handle multiple projects simultaneously with a high degree of accuracy.

Work History

2017-03 -
2022-02

Registered Nurse

Military Nursing Service

- Educated mothers and families on pregnancy-related topics to inform and prepare for pregnancy, childbirth and newborn care.
- Watched vital signs, checked for comfort levels and monitored emotional states of mothers before, during, and after labor.
- Checked general and mental health and overall comfort of mothers in prenatal appointments.
- Kept accurate medical records by documenting patient prenatal care, labor and delivery and postpartum care.
- Followed professional standards and guidelines by adhering to ethical and legal guidelines and maintaining continued education certifications.



NAMITHA SUNNY

Registered Nurse

Contact

Address

ERNAKULAM, India 686672

Phone

+919149580019

E-mail

namithasunny255@gmail.com

Skills

Preventive health

Patient and family
advocacy

Intravenous therapy

Family Education

Fluent in English

Feeding assistance

Family planning services
education

Infant vitals monitoring

- Performed neonatal assessments by checking baby's vital signs and performing physical exams to determine overall health at birth.
- Administered pain medication during deliveries to keep mothers comfortable and safe during delivery.
- Promoted benefits of breastfeeding and offered education on proper positioning, latching and breast care.
- Managed fetal distress and delivery complications calmly to provide safety to mothers and babies.
- Assisted in over 20 successful births and provided post-partum counseling for struggling families to increase happiness and health of newborns and mothers.
- Participated in over 10 successful births.
- Advocated for mothers' rights and choices to make informed decisions about care by respecting human autonomy.
- Provided prenatal care by monitoring mother and baby health, identifying potential health concerns and providing advice to support mothers.
- Administered medications and treatments to pediatric patients to manage symptoms and promote healing.
- Monitored pediatric patient conditions to identify changes and respond promptly.
- Educated patients and families on health topics, medications and treatments to increase understanding and improve health outcomes.
- Responded to emergencies and critical situations to provide prompt and appropriate care.
- Utilized nursing process to assess, plan, implement and evaluate care.
- Documented pediatric patient care to maintain accurate and complete medical records.
- Administered immunizations and other preventative care measures to promote health and prevent disease.

Performing EKGs

Medication Administration

Health screening

IV setup

Medical evaluation

Administering immunizations

Breastfeeding education

Vaccine administration

Collecting vitals

Medical recordkeeping

Family advocacy

Direct Patient Care

Emergency Procedures

Medical laboratory procedures

Proper catheter insertion/removal

Appointment Scheduling

Professional bedside manner

Care Plan Development

Procedure preparations

Patient discharge

- Implemented care plans for patient treatment after assessing physician medical regimens.
- Educated family members and caregivers on patient care instructions.
- Conducted ongoing monitoring and evaluations of behaviors and conditions, and updated clinical supervisors with current information.
- Facilitated therapeutic communication, conflict resolution and crisis intervention by redirecting negative behaviors and helping patients regain or improve coping abilities.
- Equipped patients with tools and knowledge needed for speedy and sustained recovery.
- Communicated with healthcare team members to plan, implement and enhance treatment strategies.
- Documented treatments delivered, medications and IVs administered, discharge instructions, and follow-up care.
- Promoted patient and family comfort during challenging recoveries to enhance healing and eliminate non-compliance problems.
- Managed patients recovering from medical or surgical procedures.
- Investigated and resolved issues affecting hospital operations and patient care.
- Recorded details regarding therapies to keep patient charts updated.
- Monitored patient reactions after administering medications and IV therapies.
- Evaluated patient histories, complaints, and current symptoms.
- Used first-hand knowledge and clinical expertise to advocate for patients under care and enacted prescribed treatment strategies.
- Provided exceptional care to high-acute patients needing complex care such as ventilator management, extensive wound care and rehabilitation.

High level of autonomy

Infection control measures

Critical care

Newborn care

Oxygen saturation standards

At-risk patient care

Chest pain management

Tracheostomy Care

Patient counseling

Postpartum counseling

Data Collection

Prenatal nutrition

Insulin medication assistance

Medical Records Management

Physical assessments

Evaluations

Lab result interpretation

Patient Management

Patient Assessments

- Provided skilled, timely and level-headed emergency response to critically-ill patients.
- Educated patients and families on medical-surgical procedures, therapeutic regimens, and pain management techniques.
- Managed pre-op and post-operative patient care by stocking medical supplies and preparing operating rooms.
- Assessed patient status during procedures to communicate abnormalities to physicians.
- Monitored patients before, during and after surgical operations to evaluate patient care.
- Recorded and measured patients' weight, temperature, respiration, and blood pressure.
- Inserted catheters and completed tracheostomy for patients.
- Educated patients and families on illnesses, medications and treatment plans.
- Provided high level of individualized care to adult patients across multiple medical specialties.
- Managed patients' pain by implementing pharmacological and non-pharmacological pain management interventions.
- Started intravenous fluids, administered medications, and documented patient charts by recording food and fluid output and intake.
- Monitored and managed pain levels of post-surgical patients to reduce unnecessary opiate usage.
- Collaborated with interdisciplinary team members to facilitate comprehensive patient-centered care.
- Performed nursing assessments and developed patient-specific treatment plans to deliver comprehensive care.
- Provided patient-centered discharge planning and education to reduce complications and readmissions.
- Administered blood products and monitored vital signs to address immediate concerns.
- Administered IV medications, monitoring and documenting patient responses to address complications.

Trauma recovery

Foley catheters

Women's health exams

Call triaging

Removing sutures

Diabetes and nutrition education

Languages

English

Advanced (C1)

Software

Computer applications

- Assisted with wound care, dressing changes and NG tube placement to maintain stable patient conditions.
- Educated patients and families on disease diagnosis, prognosis and post-operative care.
- Provided inpatient care to diverse population of adult medical and surgical patients.

Education

2020-09 - 2023-06	<p>Post Basic Bsc Nursing : Nursing Education</p> <p><i>Navaneetham College of Nursing - Bangalore,India</i></p> <p>It is an undergraduate program equivalent to Bachelor of Science Nursing, which is done after a Nurse obtained General Nursing and Midwifery Certificate.</p>
2013-10 - 2017-02	<p>General Nursing And Midwifery : Nursing Education</p> <p><i>College of Nursing, Command Hospital - Lucknow,India</i></p>

Certifications

2022-08	ACLS - Advanced Cardiac Life Support ,AHA
2022-08	BLS - Basic Life Support ,AHA
2021-06	Pediatric Nursing Update Course (03 months) ,Command Hospital, Lucknow,India
2021-02	Emergency and Trauma Nursing Management (06 months online course from National Health Care Academy, Singapore
2020-10	Quality and Infection Control Management (03 months online course from NHCA , Singapore)

Nursing Registration

- Nursing Council of Jamaica , Registered General Nurse,Reg No:24039 valid upto 01 February 2024.
- Kerala Nursing Council, Reg no:KL02202300304 valid upto 23 April 2028.

Worked Organisation

Armed Forces Medical Services

- Command Hospital, Jammu and Kashmir,India
- Military Hospital,Ranikhet,India

Reference

Lt.Col. Darsana Rani
General Duty Matron
Military Hospital Ranikhet, India
Contact no: +91 9591964488
email id: darsana_rani@yahoo.com

Permanent Address

Namitha Sunny
Parakkunnel House
Arakuzha Post, Muvattupuzha
Ernakulam, Kerala,India
Pin:686672