



CV of Sonamol Valiyaparambil Jose

[Well experienced BSc. Nurse]

Contact information

Valiyaparambil House
Elenthikkara P O
Keezhupadam
Ernakulam District
Kerala – 683 594, India

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Personal details

Gender: Female
Date of Birth: 15 Aug 1997
Nationality: Indian
Marital Status: Single
Passport No: W1705522
Place of Issue: Cochin
Date of Issue: 27/05/2022
Date of Expiry: 26/05/2032

Professional Qualification

BSc. Nursing - Kerala University of Health Sciences (Canossa College of Nursing, Kannur), India

Kerala Nurses & Midwives Council
Register Number **KL03202106134**

PROFILE SUMMARY

Highly qualified and well experienced BSc. Nurse with over 2½ years of experience in patient care, seeking a reputed position in an esteemed institution where I can expose my experience and abilities in my profession, in addition to improving my skills and learning new technologies.

PROFESSIONAL QUALIFICATION

Course	BSc. Nursing
Institution	Canossa College of Nursing, Kannur), India; 2020
Board	Kerala University of Health Sciences
Period	2015-2019

ACADEMIC QUALIFICATIONS

Course	Plus Two
Institution	GHSS, Iranikulam
Board	Kerala Board of Higher Secondary
Period	2014-2015

Course	SSLC (10th)
Institution	Elenthikkara High School
Board	Kerala Board of Public Examinations
Period	2012-2013

PROFESSIONAL REGISTRATION DETAILS

Kerala Nursing & Midwives Council Reg. No. **KL03202106134**

Core strengths

- Sound knowledge of medical terminology
- Ability to handle emergency situations
- Can conduct training and educational sessions
- Knowledge of general nursing care
- Profound ability to diagnose and treat patients in serious conditions
- Strong critical thinking and qualitative decision-making ability
- Possess strong communication skills - verbal and written
- Pre and post OP care
- Coordination of nursing activities
- Assigning and delegation of duties and responsibilities
- Training of junior staff, nursing aides, etc
- Storing, labeling and cataloguing dangerous drugs
- Stock maintenance
- Reporting, recording and documenting intervention and procedures

Languages

English - Speak, Read and write

Hindi - Speak, Read and write

Malayalam - Speak, Read and write

WORK EXPERIENCE

Nahas Hospital, Parapanangady, India

Position: **Staff Nurse** (Medical, Obstetrics & Gynaecology Ward) -
From 10 Jan 2021 till 31 July 2023.

EXPERIENCE HIGHLIGHTS

Work experience during nursing course (2015-2019):

Experience in the clinical area during the nursing course includes training in nursing care in real life situation in hospital wards under the close supervision and guidance in clinical faculty. The work ranges from basic nursing care like meeting hygienic needs of patients and administering medications to advance monitoring and highly skilled nursing intervention in a variety of situations.

Post qualification experience

- Admission and discharge procedures, nursing assessments
- Monitoring vital signs
- Rendering direct nursing care
- Drawing blood samples, starting IV line, inserting NG tube, Foleys Catheter and blood transfusions.
- Giving steam inhalation and chest physiotherapy
- Oxygen administration and nebulization
- Assisting procedures like endotracheal intubation, central venous line insertion, tracheostomy, lumbar puncture, PV examination, suturing
- Drug calculations, preparation and administration of drugs
- Maintaining intake and output
- Infection control
- Taking care of trauma patients
- Fetal heart sound monitoring
- Assisting in new-born resuscitation
- Ambulation and health education
- Carrying out doctors' orders
- Follow-up, discharge, teaching and counseling patients and relatives
- Preparing patients report and handing over to the next staff

TRAINING AND WORKSHOPS ATTENDED

- Infection control workshop
- Policies & procedures and protocol
- Fire & Safety

EQUIPMENTS HANDLED

- Thermometer
- Sphygmo manometer
- Pulse oxymeter
- Oxygen cylinder and flow meters
- ECG monitor and cardiac monitor
- Defibrillator
- Ambu Bag
- Suction apparatus
- Nebulizer
- Laryngoscope
- Infusion pump
- Syringe pump
- Intubation tray
- Ventilator
- Glucometer
- Feto scope
- Doppler
- Resuscitation unit - newborn
- Stethoscope

REFERENCES

1. Sr. Annie Nalloor
Principal, Canossa College of Nursing, Kannur
Ph.

DECLARATION

I hereby declare that the above information is true to the best of my knowledge and belief.

Place: Elenthikkara

Date:

SONAMOL VALIYAPARAMBIL
