



## GOPIKA MANI

Date of Birth: **06/07/2000** | Nationality: **Indian** | Gender: **Female**

Phone: **+91 7736181330**

E-mail: [gopikamnairnambilli@gmail.com](mailto:gopikamnairnambilli@gmail.com)

Address: Nambilli House, Elambakappilly P.O., Padickalapara, Aimury, Perumbavoor, PIN : 683544, Ernakulam District, Kerala State, India

### CAREER OBJECTIVE

Aim is to be associated with the organization that provides me an opportunity to prove my skills and improve my knowledge with latest trends and to be the part of the team that works dynamically towards the growth of the organization.

### PROFESSIONAL QUALIFICATION

COURSE	YEAR	INSTITUTION	UNIVERSITY	PER-CENT AGE
B.Sc. Nursing First Year	2018-2019	Sree Sudheendra College of Nursing, Ambalamedu	KERALA UNIVERSITY OF HEALTH SCIENCES	62%
B.Sc. Nursing Second Year	2019-2021			73%
B.Sc. Nursing Third Year	2021-2022			70%
B.Sc. Nursing Fourth Year	2022-2023			74.5%

### ACADEMIC QUALIFICATION

COURSE	YEAR	INSTITUTION	UNIVERSITY/BOARD	PERCENT AGE
SSLC	2016	GHSS Perumbavoor	Board of Public Examination, Kerala	90.12%
Higher Secondary Examination	2018	NSS Higher Secondary School Manickamangalam	Board Of Higher Secondary Examination, Kerala State	80%

### PROFESSIONAL REGISTRATION

Registration under the Kerala Nurses and Midwives Council Registration

Number: **KL03202304386**

## **COURSES ATTENDED**

- Quality Assurance in Nursing Education.
- Essential Upskilling for Nurses on Covid- 19 Pandemic Management.
- Infection Prevention in Nursing Homes.
- Therapeutic Communication.
- Neonatal Resuscitation programme.
- Biomedical Waste Management in Hospital

## **PATIENT CARE WHICH I CAN:**

- Maintenance of good nurse patient relationship including orientation of patient to the unit or room and patient family education.
- Patient assessment, reassessment and nurses' notes.
- Check the vital signs of the patient every hourly along with date and time including pre and post-operative care and documentation.
- Bladder wash and enema.
- IV cannulation.
- Hot and cold application.
- Administration of medications on time.
- Care of patients with transmission-based precautions like droplet, airborne contact
- Personal hygiene including assist with activities of daily living.
- Steam inhalation.
- Collection of specimens.
- Colostomy care.
- Care of pressure sore.
- Prevention of aspiration.
- Nasogastric feeding.
- Blood transfusion.
- Management of pain scale.
- Care of invasive catheters (E.g.: IV cannula, Foley's catheter)
- Maintenance of physical, social, psychological, spiritual and rehabilitative needs of the patient.
- Maintaining re orientation of students cords and reports.
- Supervision and orientation of students.
- Follow-up treatment.

## **DUTIES AND RESPONSIBILITIES**

- Coordinate with physicians and other multidisciplinary healthcare professionals for creating and evaluating individualized care plans for patients.
- Address emotional and psychological needs of patients and their families, to create a harmonious working environment.
- Analyze patient's symptoms correctly, diagnose the disease accurately and take imperative steps for his/her active recovery.
- Maintain records and reports of patient's medical histories, and monitor developments in their health conditions.
- Be alert and observant on every aspect of patient care including diet, physical activities and psychosocial interactions.
- Educate patients and their families on health maintenance and disease prevention as required.
- Administer medications and treatments as prescribed.
- Review medications and treatments of patients as indicated by their general health conditions and response to treatment.
- Take part in discussions with pharmacists and physicians while dealing with critical situations.
- Provide immediate and advanced care during medical emergencies, like accidents, burns, cardiac arrest, stroke etc.

## **RESEARCH ACTIVITIES**

A Study to explore the lived experience of health care professionals while on PPE during covid 19 pandemic situation.

## **ACHIEVEMENTS**

- Best out going student
- SNA Representative

## **AREAS OF INTERESTS**

- Emergency Department
- Operation Theater
- Coronary care unit
- CTVS
- Medical ICU
- Surgical ICU
- Neonatal ICU
- Pediatric Ward
- Medical ward
- Cardiac ICU
- Cath Lab
- Neuro Medical ICU
- Psychiatric ward

## **EXTRA CURRICULAR ACTIVITIES**

- Actively participated in college, zonal level arts competition
- Actively participated in research studies
- Conducted school health programmes
- Special day programmes
- Outstanding performance in extracurricular activities in school and college

## **HOSPITALS TRAINED DURING STUDY COURSE**

- SREE SUDHEENDRA MEDICAL MISSION HOSPITAL , KACHERIPADY
- GENERAL HOSPITAL , ERNAKULAM
- RAJAGIRI HOSPITAL , ALUVA
- KUSUMAGIRI MENTAL HEALTH CENTRE , KAKKANAD
- COMMUNITY HEALTH CENTRE , VADAVUCODE
- URBAN FAMILY HEALTH CENTRE , UFHC , IRUMPANAM

## STRENGTHS

- Hardworking
- Helping mentality
- Empathetic
- Good communication skill
- Patience
- Leadership Skills
- Critical thinking Skills
- Active Lisening
- Desire to learn
- Positive attitude
- Observational skill

## LANGUAGES

Malayalam | English | Hindi

## PERSONAL PROFILE

Nationality. : Indian  
Civil Status : Single  
Religion : Hindu  
Father's Name. : Mani R  
Mother's Name : Suseela N

## HOBBIES

Dancing/ Reading / Listening to Music / Watching Movies

## PROFESSION EXPERIENCE

Equipments used clinical posting along with 4 years of study.

- Vital Signs monitors
- Cardiac Monitors
- Infusion Pumps
- Pulse oximeter
- Suction apparatus
- Nebulizer
- Ophthalmoscope
- Incentive Spirometry
- BIPAP Machine
- Glucometer
- ECG Machine
- Laryngoscope
- Ambu Ventilation
- Central Supply of Oxygen
- Phototherapy

## REFERENCE

- Prof. Dr. Sindhu Devi M  
Principal  
Sree Sudheendra College of Nursing , Ambalamedu  
Mob:9447700943

## **ADDITIONAL INFORMATION**

I am highly motivated individual and committed worker with focused goals in the life and capable of handling more than one task simultaneously and can contribute to perform well even under pressure.

## **DECLARATION**

I declare that the above mentioned details are known to my conscience and are true. If my personal details are found eligible to your requirements, kindly grant me an opportunity to serve in your organization. I assure you the best of my performance.

**GOPIKA MANI**