

CURRICULUM VITAE



PERSONAL DETAILS

Name : **NEETHU C KRISHNAN**

Father's Name : C V KRISHNAN

Sex : Female

Age & Date of Birth : 32yrs, 31/03/1990

Nationality : Indian

Permanent Address : Chandrapurackal (H)
Mulakkulam (s)po
Kottayam 686610

Temporary Address : International House,
9th Street,
Venkateswara Colony,
Ambikapuram PO,
Palakkad – 678 011

Phone number : 7034437222

Email ID : ckrishnanneethu@gmail.com

Marital status : Married

Religion : Hindu

Languages Known : Malayalam, English, Hindi.

Profession : Registered Nurse and midwife (RN)

Hobbies : Reading

OBJECTIVE

To work in a healthy environment and try to sustain in the service making the best use of my potential. To work at a place where I can fully utilize to develop my nursing skills and experience that may contribute to the maximum achievement of the long term goals of the organization. To render competent and dedicated nursing service to all patients and to inculcate efficiency to keep in pace with advancing nursing trends.

ACADEMIC QUALIFICATIONS

COURSE	INSTITUTION	MONTH & YEAR	BOARD/ UNIVERSITY
10 th	GOVT.H S S for girls perumbavoor	June-2005	Trivandrum examination board, Kerala
12 th	GOVT Higher secondary school Piravom.	March - 2007	Board of Higher secondary examination Kerala

PROFESSIONAL QUALIFICATION

GNM Nursing (2007-2011)

Name of Institution	School of Nursing Medical Trust Hospital, Ernakulam
Register Number	73489
Year of Passing	2011
Certificate issuing Authority	Board Exam, Kerala Nurses and Midwives Council

Name of Hospital	Position	Duration	Capacity of Hospital	Nature of duties
Medical Trust Hospital, Cochin	Staff Nurse	2011 April 6 th - 2016 November 30 th	750 Bedded	Care of cardiac patients and patients undergone Cardiac Surgery.
Lotus Eye hospital and Institute. Cochin.	Nursing HOD/ NAVH Coordinator	Dec - 2020 to Aug - 2022	20 Bedded	OPD and Ward Supervision.
Ahalia Foundation Eye Hospital Palakkad.	Nursing superintendent/ Infection Control Head (ICM)	Aug 2022 to -Still working	90 Bedded	Supervision of All nursing staff & Diploma in ophthalmic nursing student.

DUTIES AND RESPONSIBILITIES

- Bed making
- Careful observation and assessment of vital signs & general appearance of the patient.
- Observe any rise and drop in vitals
- Do physical assessment and recording the condition, attending doctor's order, sending blood investigations.
- Establishing and maintaining good interpersonal relationship.
- Prepare the patient for investigation e.g.: various Endoscopies, X-Rays, MRI, CT scan, U.S.G etc...
- Administer medicine as per doctor's order
- Close observation of the intake and output of patients with fluid electrolyte imbalance
- Maintenance of fluid electrolyte balance
- Weight checking
- To give O2 either by catheter depending on the degree of disease.
- Position the patient appropriately. In the case of hypotension, place the patient in trendelenburg position (Head low position)
- Maintenance of an adequate airway in case of unconscious patients.
Provides skin, mouth, eye & Ear care for bed ridden patient

SURGICAL

- To keep the patients family well informed and explain each procedure and examination.
- To provide every opportunity to ask questions and clear the doubts.
- Reassure the patient especially regarding the competency of the operating room staff and the measures that will be taken to assist in recovery.
- To collect a written consent for the surgical procedure from the patient and his/ her close relatives.
- Make all the arrangement physiologic and coughing exercise
- To follow pre-operative orders (sedative, Diet, bowel preparation, skin preparation and pre- anesthetic medication)
- Transportation of the patient to and from the operating room and immediate post operative care
- Receive the patient from the recovery room
- Take measure to prevent pooling of secretion, turning and changing
- Assessment of patient status (respiratory, circulatory & neurological status, wound, drainage tubes, comfort & safety).
- Implementation of the patient care according to the type of surgery.
- Teach post operative exercise and early ambulation
- Take measures to prevent all type of complications related with surgery.
- Perform a team work in rehabilitation
- Perform cleaning and dressing under aseptic conditions

SPECIAL DUTIES

- Supervision on students and non professional workers
- Maintaining inventory articles
- Receiving required stationary items
- Attending rounds
- Teaching using various methods
- Post operative care- specific post- op care according to the surgery done.

- Preparing the patients for various investigation such as MRI, Angiography CT scan, Doppler studies, Echocardiography, Angiogram, Nuclear studies, FNCA
- Sample collection for various investigations like: Hemogram, Liver function test, renal function test, blood and urine, culture and sensitivity, routine microscopy, urea creatinine level's serum albumin, cardiac enzyme level, etc
- Supervision of proper waste management as per part of infection control

TYPES OF EQUIPMENT USED

- Thermometer
- BP Apparatus
- Glucometer
- Nebulizer machine
- Nelson's inhaler
- Pulse oxymeter
- Suction apparatus
- Ambu bag, oxygen mask, ventury mask
- Ventillator
- Defibrilator
- Cardiac monitor
- Pacing box
- IABP Machine
- Humidifier
- ECG machine
- Laryngoscope

ASSISTING DOCTORS PROCEDURES

- Chest tube insertion and removal
- Post operative dressing
- Emergency cardiac care
- Suturing of wounds
- Intubation
- Extubation

- Arterial line insertion
- CPR
- central line insertion
- IABP insertion
- IABP removal

PROCEDURES PERFORMED

- Tracheostomy suctioning and care of tubes
- Catheterization
- Ryle's tube insertion
- surgical skin preparation
- Sterile dressing
- Removal of sutures
- removal of central line and arterial line
- Blood and blood products transfusion
- Medicine administration (all routes)
- Administration of Total Parenteral Nutrition
- Nasogastric / Gastrostomy/ jejunostomy tube feeding
- IV cannula insertion
- Bladder irrigation, Enema, bowel wash
- Colostomy care
- Electrocardiogram
- Monitoring of vital signs
- Bed making
- Sponge bath, mouth care and back care
- Care of surgical drains sites and drain removal
- Extubation
- Assisting intubation
- CPR
- Use of Defibrillator

CAREER ACHIEVEMENTS

- Basic Life Support
- Attend infection control and fire and safety awareness classes

- NABH Classes

PASSPORT

Number : P6740145
Date of Issue : 02-02-2017
Date of Expiry : 01-02-2027
Place of Issue : Cochin

REFERENCES

1.Mrs.Icy Thomas

Nursing Superintendent

Medical Trust Hospital Hospital

Kochi-16

Ph: 0484-2358001

2.Mrs Elizebath.

HR,Lotus Eye

Hospital.Cochin

Mob:9995728118.

DECLARAION

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

NEETHU C KRISHNAN.
