

NIMISHA P POULOSE



CONTACT

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📞 05-05-2001

OBJECTIVE

As a passionate fresher nurse, my objective is to provide compassionate care, foster trust, and promote patient empowerment. I aim to contribute to a collaborative healthcare team, continuously learn, and uphold ethical standards. My goal is to create a nurturing environment, considering the physical, emotional, and cultural needs of each patient. I am committed to lifelong learning, embracing new technologies, and actively engaging in interdisciplinary collaboration. Overall, I aspire to make a positive impact on the lives of patients while growing both personally and professionally.

SKILLS

- patient care
- organized
- empathetic
- iv management
- patient triage
- confidence
- communication skills
- patience
- Responsibility
- time management
- leadership
- material management

LANGUAGE

- ✓ Malayalam
- ✓ English
- ✓ Tamil

EDUCATION

PSG college of nursing bachelor of nursing	2019-2023
Nirmal Jyothi college twelfth	2017-2019
Naipunya public school tenth	2017

INTERNSHIP

I successfully completed a comprehensive internship, spending two months in each area: the operation theatre, intensive care unit, obstetrics and gynaecology, and neurosurgery ward. This experience allowed me to develop a diverse skill set and gain valuable knowledge in multiple specialties.

•OPERATION THEATRE:- I have gained valuable experience in the medical field, specifically in surgical procedures. My knowledge includes proficiency in handling surgical instruments, providing pre-operative and post-operative patient care, and assisting in a variety of cases, both minor and major.

•INTENSIVE CARE UNIT:-I have gained proficiency in handling critical care patients, including the use of ventilator machines, NG tube feeding, suctioning, medication administration, and IV cannulation. My ICU posting has enhanced my communication skills and expanded my knowledge in managing diverse disease conditions within a single area.

•OBSTETRICS AND GYNAECOLOGY:- During my posting, I successfully managed antenatal and postnatal care for mothers, providing guidance on breastfeeding techniques. I became proficient in explaining antenatal and postnatal exercises, diet, and hygienic practices. Additionally, I gained experience in operating the non-stress test machine and significantly improved my communication skills, cannulation abilities, empathy, and confidence in patient care.

•NEURO SURGERY WARD:-Through my posting, I have gained extensive knowledge in neuro conditions and honed my skills in providing pre- and post-operative care to patients. I have also developed expertise in administering high-risk medications, proficiently tying bandages, managing medications, and ensuring proper patient positioning to prevent bedsores.

CERTIFICATION

Laerdal Basic Life Support course attendee

National Conference on infection control and prevention

National conference innovative alley in research "The power of nursing science"

state level seminar in New horizons in pediatrics - psg college of nursing

Obstetrics and gynaecology value added course on breastfeeding

fire and safety

DECLARATION

I hereby submit this curriculum vitae for your kind consideration and favorable orders. I declare that the information stated above is true to the best of my knowledge

Signature: _____

Nimisha P Poullose