

## RESUME

Ashitha Remesh

Padathuputhenthara

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KNMC Registration No: KL03201502295 dated 12th March 2015

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### Career Objective

Indent to build a career with leading hospital/ medical institute of Hi-Tech environment with committed and dedicated people, which will help me to explore myself fully willing to work as a key player in a challenging and creative environment.

### Qualification

- SSLC : Lisieux English Medium School, Vaikom  
Board of Public Examination  
Govt of Kerala, March 2008
- Higher secondary : Govt. Girls Higher Secondary School, Vaikom  
Board of higher secondary Examination  
Govt of Kerala, March 2010
- B.Sc. Nursing : Crescent College of Nursing,  
Kerala University of Health  
Sciences, September 2014

### Work experience

- ❖ Two-year experience AS staff nurse in **Sree Sudheendhra Medical Mission Kacheripady, Kochi** in medical surgical & gastroenterology departments.
- ❖ 15-05-2021 to 31-07-2021 Worked as staff nurse for covid related activity of **National health mission arogyakeralam, Ernakulam**.
- ❖ One year experience as a staff nurse in **Aster MIMS kottakkal** in Labour room under the department of nursing.

## **Experience during the course in Duties and responsibilities as a nurse**

- ❖ Applies knowledge and perform independent, competent skills and judgment in giving
- ❖ Perform professional nursing duties related to the treatment and welfare of the patients
- ❖ Foster good nurse – patient relationship.
- ❖ Accompanies attending doctors on rounds and implement treatment at required.
- ❖ Monitor and evaluate nursing care plan.
- ❖ Maintain patient's record and respect patient privacy and confidentiality.
- ❖ Assessment of patient's physical needs.
- ❖ Prepare and monitoring patients diet record.
- ❖ Attending lectures and seminars.
- ❖ Administering IV fluids, giving blood transfusion and collecting samples for ABG.
- ❖ Use of computer in health care management activities, MS office.

## **Clinical experience during course**

Medical surgical nursing	: Pariyaram Medical College Kannur
Child health nursing	: Govt. Taluk & Co-Operative Hospital, Payyanur
Mental health nursing	: Vettam Rehabilitation Centre, Malappuram
Maternity and gynecological nursing:	Govt. Taluk Hospital Payyanur and : Co Operative Hospital Payyanur

## **Experience during the course in Ward management**

- ❖ Hand over and take over the patients and ward equipment and supply.
- ❖ Keep the unit neat and tidy.
- ❖ Maintenance safety of biomedical equipment.
- ❖ Prepare and check unit supplies and consumptions  Taking care and meeting needs of the patients.

## **Reference**

- ❖ Prof. James Chacko  
Principal  
Crescent College of Nursing  
Ramapuram, Pazhangadi PO, Kannur

## **Highlights**

Belief in teamwork, initiative, hard work,  
sincerity and the will to carry out assignment in the specified time limit.

## **Personal Information**

Name : Ashitha Remesh  
Father's Name : K. N Remesan  
Mother's Name : Sethu Remesh  
Nationality : Indian  
Date of Birth : 12-02-1993  
Gender : Female  
Religion : Hindu  
Marital Status : Single

## **Languages Known**

To Speak : English, Malayalam  
To Write : English, Hindi & Malayalam  
To Read : English, Hindi & Malayalam

## **DECLARATION**

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

Place: Vaikom

Date:

**ASHITHA REMESH**