Sneha Varghese

**Email :** snehavarghese7736@gmail.com

**Tel no : 7736135989**

**Registered Nurse**

# Summary

Patient-focused nursing professional trained in optimum care, safety standards and documentation requirements. Confident in delivering treatments and conducting assessments to promote patient wellbeing and encourage recovery. Works great with colleagues and outside departments to coordinate safe, successful care.

# Experience

Sneha Varghese | A. J Hospital | Manglore , India \ 06/2022 – 03/ 2023 | Medical and Surgical ward

* Assessed patients’ overall health, identified needs and goals for treatment and connected them with ideal practitioners and treatments.
* Delivered excellent care and management of acute and chronic pain.
* Observed and reported patient reactions and improvements or deteriorations.
* Performed blood and blood product transfusions and intravenous infusions. Reached out to patients to convey lab results and provide care instructions.
* Maintained patient charts and confidential files.
* Assessed patient conditions and treated quickly.
* Counselled patients and caregivers, providing emotional, psychological and spiritual support.
* Informed patients of resources for sustained recovery and health.
* Assisted patients with multiple chronic diagnoses including COPD and asthma.
* Provided behavioural/emotional support and supervision for those with dementia and Alzheimer’s.
* Provided education to patients on detox and withdrawal, medications, addiction, recovery, coping skills and community resources.
* Coordinated allocation of surgical supplies and nursing supplies.
* Recorded patients’ medical history, vital statistics and test results in medical records.
* Cleaned and sterilised instruments and disposed of contaminated supplies.

# education

* B. S. C. Nursing ( Sep 2016 – Dec 2020 )

Alvas college of Nursing, Manglore

* Scores

First year – Second Class

Second year – First class

Third year – First class

Fourth year – First class

* Highher Secondary ( September 2014 – 2016 March )
* High School ( June 2013 – March 2014 )

# Skills

* Ward Management
* Clinical Leadership
* Acute and Rehabilitative Care
* Medication and IV Administration
* Diabetes Management
* Active Listening
* Computerised Charting Specialist
* Care Planning
* Catheter and Wound Care
* Patient Education
* Taking Vitals
* Maintained Feeding Pumps.
* Medication Administration