

CURRICULAM VITAE

Mrs. Anumol Thomas

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OBJECTIVE

To obtain a position that would be sensitive to the needs of an experienced nurse I would like to get and employer who is willing to utilize my knowledge and experience well as my academic

MY STRENGTH

I am self motivated. I can communicate reasonable well. I have a good level of emotional intelligence to get along with different type of patients and I can keep myself cooling hard times. I am trained to be proactive.

PERSONAL PROFILE

Name	:	Anumol Thomas
Father's Name	:	Mr. Thomas
Date of Birth	:	16-05-1986
Age	:	35
Sex	:	Female
Marital status	:	Married
Husband's Name	:	Mr. Dennis Thomas
Religion & Caste	:	Christian, Roman Catholic
Nationality	:	Indian
Mother tongue	:	Malayalam
Year of Experience	:	8 years 10 month + 8 days.
Registration	:	Andhra Pradesh State Nursing CouncilKerala State Nursing Council
Hobbies	:	Cooking, Reading, Gardening, Listening to Music
Languages known	:	English, Hindi, Malayalam, Telugu

EDUCATIONAL & PROFESSIONAL QUALIFICATIONS

Academic

SSLC : March 2001
Plus Two : March 2003

Professional

Diploma in General Nursing & Midwifery : July 2006

EXPERIENCE

- APOLLO Hospital at Bilaspure - Medical ICU – 15/09/2006 to 08/10/2008.(2 yrs +23 days)
- SARO Hospital at Kattappana - Medical Ward ICU – 01/11/2008 to 30/11/2009.
(1yr + 29 days)
- MAHAJUBILEE Memorial hospital at Edathua - ICU & Casualty – 01/01/2010 to 10/05/2012. (2yrs 4 months + 9days)
- ROYAL Hospital at Kunnankulam - Medical ICU – 20/08/2012 to 30/09/2013.(1yr 1month)
- WOMEN & CHILDREN Government Hospital at Ponnani – 20/02/2019 to 17/06/2021.
(2 yrs 3months+ 27 days)
- Edappal Hospitals Pvt.Ltd, Edappal- 24/06/2021 to till working .

BRIEF DETAILS OF NATURE OF JOB

- Care of the Ventilated Patients with Endotracheal Tube A Tracheotomy tube
- Assisting in Endotracheal tube Intubation and Extubation
- Suctioning
- Tracheotomy Care
- Responsible for planning and executing – Nursing Care of Patients
- Performs Therapeutics Measures , Delegated by the medical authority and progressand by taking the vital signs
- Maintaining records of patients condition, medication and treatment given
- Assist the patients towards early rehabilitation
- Promotion of Physical and mental health by teaching and demonstrating
- Teaching and demonstration non-professional Nursing personnel in the execution of their tasks
- Assists the doctors during round and in any procedure done
- Assist with Vacuum Extraction and forceps delivery
- Giving Medication as prescribed by the Doctor
- Assist the Physician with Examination and cleanliness of the Hospital

NURSING CARE

- Admission of the patient, obtaining history, observing, examining, planning nursing care etc.
- Keeping patients surrounding clean and tidy, provide a pleasant atmosphere
- Assessment of the patient, general examination and taking necessary remedial steps
- Personal Hygiene of patients. ie. Sponge, bath, eye and mouth care, bck care pediculosis control etc.
- Checking Vital signs i.e, B.P, T.P.R, temperature
- Medications
- Injection – subcutaneous, intradermal, IM, IV
- Feeding –Rypes tube feeding, J J feeding
- Wound – surgical and infected dressing
- Setting up and infusing of intravenous drugs
- Gastric Lavage
- Bladder irrigation
- Tracheotomy Care
- Assisted peritoneal tapping
- Chest physiotherapy, Colostomy care, bowel wash
- Care of burn patient
- Assisting for peritoneal dialysis, femoral cauterization
- Assisting patients undergoing procedures like lumbar puncture, thoracentesis, Arterial puncture, Endotracheal incubation, etc
- Administering oxygen by face mask, ventury mask, Nasal canula, E.T Tube
- T. Piece with adapter and by manual rescitation bag
- Administering Nebulizer therapy

- Administering Enema
- Postural Drainage for Adult and children
- Pre operative care – skin preparations, obtaining consent, keeping lab result ready, pre medications psychological support.
- Post operative care for different kinds of surgeries
- Managing patients with inter chest drainage
- Collecting and sending blood urine and stool samples of lab
- Blood glucose and urine glucose monitoring
- Catheterization of urinary bladder
- Cardiac pulmonary resuscitation
- Assisting for using spirometer
- Psychological preparation of antenatal mother for safe delivery, assisting the general condition of the mother and foetus.
- Checking the foetal heart sound by using inwards foetoscope and stethoscope
- Planning preparing for discharge
- Death care

IN THE DUTIES

- Respecting seniors
- Giving all the care to patients
- Psychological support to the patients family members
- Health education
- Infection control
- Taking responsibilities to all equipment and medicines

MACHINES, DEVICES AND EQUIPMENT HANDLED

- Defibrillators
- Infusion and syringe pumps
- Ventilators
- Multipara meter patient Monitor
- Glucometer
- Pulse Oxymeter
- Nebulizer
- Wall type and portable Suction Machines
- ECG Machines
- Doppler

HEALTH PROGRAMMES ATTENDED

- Aid Program
- Hepatitis Program
- Immunization Program infection
- Control Program

DECLARATION

do hereby declare that all the information given above are true and correct to the best myknowledge and belief.

Place : Kattapana

Date :



ANUMOL THOMAS