

PAVITHRA VIJAYAN

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KOLLAM KERALA INDIA

EXPERIENCE

01/2019 - Current

ICU Nurse

People Tree Hospitals | Bengaluru

- 1. Patient Monitoring: Monitor patients' vital signs, including heart rate, blood pressure, oxygen saturation, and respiratory rate, using advanced monitoring equipment. Assess and interpret the data to identify any signs of deterioration or changes in the patient's condition.
- 2. Administer Medications: Administer medications as prescribed by physicians, including intravenous medications, vasoactive drugs, and antiarrhythmics. Ensure accurate dosage, timing, and proper administration techniques.
- 3. Perform Interventions: Carry out advanced nursing interventions such as inserting and managing central venous catheters, arterial lines, and other invasive monitoring devices. Assist with procedures like chest tube insertion and management, defibrillation, and cardioversion.
- 4. Collaborate with the Healthcare Team: Work closely with physicians, respiratory therapists, pharmacists, and other members of the healthcare team to provide comprehensive care to patients. Communicate patient updates, changes in condition, and collaborate on treatment plans.
- 5. Emergency Response: Respond promptly to emergencies and assist in resuscitation efforts, such as cardiopulmonary resuscitation (CPR), defibrillation, and advanced life support techniques. Stay updated on the latest resuscitation guidelines and maintain certification in Basic Life Support (BLS) and Advanced Cardiovascular Life Support (ACLS).
- 6. Patient Assessment: Conduct thorough assessments of patients upon admission and throughout their stay in the ICU. Perform physical examinations, assess cardiovascular status, and identify any signs of distress or complications. Document and communicate findings to the healthcare team.
- 7. Patient Education: Educate patients and their families about their condition, treatment options, and self-care after discharge. Provide instructions on medications, lifestyle modifications, and follow-up appointments. Address any concerns or questions raised by patients and their families.
- 8. Care Coordination: Coordinate care for CV patients in collaboration with the interdisciplinary team. Monitor patient progress, adjust treatment plans as necessary, and facilitate transitions to other units or healthcare facilities, such as step-down units or cardiac rehabilitation programs.

PROFESSIONAL SUMMARY

Dedicated ICU Nurse with expertise in cardiovascular nursing, known for delivering compassionate and evidence-based care. Skilled in monitoring hemodynamic parameters, interpreting cardiac rhythms, and implementing complex treatment plans. Adept at collaborating with healthcare teams to optimize patient outcomes.

CORE QUALIFICATIONS

- Hospitality
- Hardworking
- Emotional support and companionship
- Confident
- Team coordination
- Positive attitude
- Time management
- Quick learner

PASSPORT DETAILS

COUNTRY OF ISSUE: INDIA
• PASSPORT NUMBER: X7181041
• DATE OF ISSUE: 23/03/2023 • DATE OF EXPIRY: 22/03/2033
PLACE OF ISSUE: TRIVANDRUM

HOBBIES

- CLASSICAL DANCER
- CRICKET
- ARTIST(PAINTING)

9. Documentation and Record Keeping: Maintain accurate and up-to-date patient records, documenting assessments, interventions, medications administered, and the patient's response to treatment. Adhere to hospital policies and regulatory guidelines regarding documentation and record-keeping practices.

10. Emotional Support: Provide emotional support and compassion to patients and their families during challenging times. Foster a therapeutic environment and help alleviate anxiety and stress through effective communication and empathy.

EDUCATION

06/2014 05/2018

Kerala University of Health & Science

BSC: Nursing

REGISTRATION UNDER: **KERALA NURSES AND MIDWIVES COUNCIL**

REGISTER NUMBER: **KL03202200619**