



**ANU K THOMAS**

BSc Nursing

### **CONTACT DETAILS**

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### **PERSONAL INFORMATION**

Nationality- Indian

Date of Birth- 02/04/2000

Gender- Female

Marital Status- Single

Languages known- English, Malayalam,

Hindi, Kannada, Tamil

### **OBJECTIVE**

To work with an organization which gives me an opportunity to utilize my education & knowledge where I can prove my capabilities for professional growth.

### **SKILLS**

- Assessing physical, psychological and psychosocial needs of the patient.
  - Evaluating daily individual patient care.
  - Monitoring vital signs of the client.
  - Administering drugs
- Meeting nutritional and elimination needs.
- Dressing (bed sore, surgical wounds, etc.)
  - Care of patient on ventilator.
  - Emergency patient care.
  - Performing admission, discharge and transfer of the patient.
  - Maintaining records and reports.
  - Compassion for family and patient, comfortable answering queries and giving instructions to patient and family.

## **STRENGTHS**

- Self-confident.
- Quick learner.
- Possess leadership qualities.
- Ability to accustom in the new environment.
- Ability to work as team as well as individually

## **WORK EXPERIENCE**

Internship - Cardiology ward

Completed 3 months of internship in cardiac ward, AJ Institute of Health and Science, Karnataka

*Bed capacity* : 1200

*No.of beds in cardiac ward* : 30

NABH Accredited hospital

## **PROJECTS**

A study to assess the effectiveness of music therapy on anxiety among patients undergoing cardiac catheterization in selected hospital at Mangalore.

A group research done in 2023

## **EDUCATION BACKGROUND**

*2019-2023*

### **Bachelor of science (BSc) Nursing**

Rajiv Gandhi University of Health and Science, Karnataka

*2017-2019*

### **Higher Secondary Education**

Govt. Boys Higher Secondary School, Haripad

*2017*

### **SSLC**

Govt. Girls Higher Secondary School, Haripad

## **ACHIEVEMENTS**

**06 February 2020-** Attended one day workshop on DESIGN YOURSELF conducted by Laxmi Memorial College of Nursing.

**03 April-06 April 2023-** Attended jeevaRaksha, Emergency Nursing and Life Support (ENLS) Course conducted by Rajiv Gandhi University of Health Sciences and Swami Vivekananda Youth Movement's Initiative.

**26 July 2023-** Attended (EUDAIMONIA) Embracing a better outlook towards Nurse Wellbeing and Client Safety conducted by Laxmi Memorial college of nursing.

**14th and 15th September 2023-** Attended South Region workshop on Untangle the Threads of CLINICAL NURSING RESEARCH for better health care conducted by Nursing Research Society Of India

## **DECLARATION**

I here by declare that all the statements given here are true and correct to the best of my knowledge and belief.

Place: Haripad  
Date: 26/04/2024

Yours faithfully,  
Anu K Thomas