

ADHARSHA K R



A patient - focused empathetic registered with 1 year of experience who is committed to provide a safe, quality and holistic care to the clients. Bringing clinical experience, extensive knowledge, great communication skills and team oriented mind set to elevate patient wellbeing and support the growth of the organization. Looking forward to starting a new chapter in the professional life

Profile

Date of Birth
11th March, 2000

Nationality
Indian

Marital Status
Single

Address
karimbil (H)
Moolavattam P O,
Kottayam

EDUCATION

General Nursing And
Midwifery (GNM) 2018-2021

Web Designing and
Publishing Assistant 2018

Plus Two 2017



SSLC 2015

PROFESSIONAL REGISTRATIONS

KarnatakaNursingcouncil, India
Delhi Nursing Council, indian

LANGUAGES

Malayalam 
English 
Tamil 
Kannada 

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WORK EXPERIENCES

Saket Delhi Max Super Speciality hospital
2022-2023

- ✔ Work as clinical preceptor.
- ✔ Provide acute emergency care.
- ✔ Administration of medicines.
- ✔ Apply appropriate decision making.
- ✔ Monitor vitals manually as well as by apparatus.
- ✔ Offer healthcare education to patients and their relatives.
- ✔ Maintain records.
- ✔ Attend professional development programs.
- ✔ Receive clients.
- ✔ Take care of the nutritional requirements.
- ✔ Ensure correct manual handling techniques are applied.
- ✔ Make sure dignity and privacy of the patients is maintained, always.
- ✔ Maintain good relationship with patients.
- ✔ Identify possible hazards and report them.
- ✔ Provide a safe environment for the patients.
Complete documents in a timely manner.

On-job trainings attended

- ✔ Healthcare quality management
- ✔ Wound care
- ✔ Quality assurance
- ✔ Line care management
- ✔ Care of patients under anesthesia
- ✔ Intra operative assessment
- ✔ Pre operative care
- ✔ Basic nursing skills
- ✔ Infection Control

SKILLS

- ✔ Ophthalmoscope
- ✔ Ambu bag with mask
- ✔ Reporting and compliance.
- ✔ Leadership ability
- ✔ Time management and prioritization
- ✔ Patient education
- ✔ Team player
- ✔ Self motivation

- ✔ Interpersonal skills
- ✔ Workes well in Multicultural settings
- ✔ Observation skill
- ✔ Proper documentation
- ✔ Organization of care plan
- ✔ Strong work ethics
- ✔ Knowledge of nutritional diet
- ✔ Basic IT skills
- ✔ Knowledge electronic Healthcare systems