



Riya Roy

Nationality: Indian **Date of birth:** 06/09/1998 **Gender:** Female

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ABOUT ME

I'm a skilled and dedicated nurse who has completed my nursing education at KIMS College of Nursing in Trivandrum. I have a strong foundation in nursing principles and practices, which equips me with the knowledge and expertise to provide excellent patient care. My time at college has helped me develop strong critical thinking and problem-solving skills, allowing me to make quick and effective decisions in high-pressure situations. My compassionate nature and ability to connect with patients on a personal level make me a valuable asset to any healthcare team. I'm committed to ongoing professional development and strive to stay updated with the latest advancements in the nursing field. My passion for helping others and your unwavering dedication make me a standout candidate.

EDUCATION AND TRAINING

Bsc nursing

KIMS College of nursing [08/10/2018 – 04/07/2023]

City: Trivandrum | Country: India | Website: www.kimscon.com

LANGUAGE SKILLS

Mother tongue(s): Malayalam

Other language(s):

English

LISTENING C2 READING C2 WRITING C2

SPOKEN PRODUCTION C2 SPOKEN INTERACTION C2

German

LISTENING B2 READING B2 WRITING B2

SPOKEN PRODUCTION B2 SPOKEN INTERACTION B2

Hindi

LISTENING C2 READING C2 WRITING C2

SPOKEN PRODUCTION C2 SPOKEN INTERACTION C2

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

COMMUNICATION AND INTERPERSONAL SKILLS

Caring, Compassion and empathetic As a nurse, I possess exceptional communication and interpersonal skills that enable me to establish strong rapport with patients and their families. I actively listen to their concerns, empathize with their emotions, and provide clear explanations about their healthcare plans. I am skilled in delivering information in a compassionate and understandable manner, ensuring that patients and their families feel heard and involved in their care. Additionally, I excel in collaborating with interdisciplinary healthcare teams, effectively communicating patient updates, and coordinating care plans. I am adept at maintaining open lines of communication with doctors, nurses, and other healthcare professionals, fostering a collaborative and efficient work environment. My strong interpersonal skills allow me to build trusting relationships with patients, creating a supportive and comforting atmosphere.

VOLUNTEERING

Trivandrum

COVID warrior - Volunteered as a COVID warrior during the global pandemic, actively supporting efforts to combat the spread of COVID-19 in the community.

- Assisted in implementing and enforcing safety protocols, such as social distancing measures, mask-wearing, and hand hygiene practices, in public spaces and events.
- Educated community members about the importance of following health guidelines and provided information on COVID-19 prevention measures.
- Collaborated with healthcare professionals and local authorities to distribute essential supplies, including personal protective equipment (PPE), sanitizers, and hygiene kits.
- Engaged in contact tracing efforts, assisting in identifying and notifying individuals who may have been exposed to the virus.
- Supported vaccination drives by providing logistical assistance, registration support, and ensuring a smooth flow of operations.
- Demonstrated resilience and adaptability in navigating the challenges posed by the pandemic and maintaining a positive and supportive attitude.

Trivandrum

Flood relief - Actively participated in a local flood relief initiative, providing assistance and support to affected communities during a recent flood event.

- Assisted in the distribution of emergency supplies, such as food, water, and clothing, to individuals and families in need.
- Collaborated with a team of volunteers to set up and manage temporary shelters, ensuring the safety and comfort of displaced residents.
- Engaged in compassionate and empathetic communication with flood victims, offering emotional support and reassurance during a challenging time.
- Helped in the cleanup and restoration efforts, including debris removal, sanitization, and rebuilding damaged structures.
- Demonstrated adaptability and flexibility in responding to changing needs and priorities in a fast-paced and high-pressure environment.
- Worked closely with local authorities and organizations to coordinate relief efforts and ensure efficient distribution of resources.

SOCIAL AND POLITICAL ACTIVITIES

KIMS HOSPITAL Trivandrum

Breast Cancer awareness - Actively participated in Breast Cancer Awareness Week, a campaign aimed at raising awareness about breast cancer and promoting early detection.

- Assisted in organizing and promoting various events and activities, such as fundraisers, educational workshops, and awareness walks.
- Engaged in community outreach efforts, distributing informational materials and resources to increase knowledge about breast cancer prevention, symptoms, and screening options.
- Collaborated with healthcare professionals and advocacy organizations to provide support and resources to individuals affected by breast cancer.
- Demonstrated empathy and compassion when interacting with survivors, patients, and their families, offering emotional support and connecting them with relevant support services.

- Played a vital role in spreading the message of early detection and the importance of regular self-examinations and mammograms.
- Helped create a supportive and inclusive environment by fostering open conversations about breast health and encouraging individuals to prioritize their well-being.

AIDS Day campaign - Actively participated in the AIDS Day campaign, a global initiative to raise awareness about HIV/AIDS and combat stigma surrounding the disease.

- Assisted in organizing and promoting various events and activities, such as educational workshops, testing drives, and awareness campaigns.
- Engaged in community outreach efforts, distributing informational materials and resources to increase knowledge about HIV prevention, testing, and treatment options.
- Collaborated with healthcare professionals and advocacy organizations to provide support and resources to individuals living with HIV/AIDS and their families.
- Demonstrated empathy and understanding when interacting with individuals affected by HIV/AIDS, offering non-judgmental support and connecting them with relevant services.
- Played a crucial role in spreading awareness about safe sex practices, the importance of regular testing, and the availability of antiretroviral therapy.
- Helped create a supportive and inclusive environment by challenging misconceptions and promoting acceptance and understanding.

PUBLICATIONS

[2022]

A study to assess the knowledge on ill effects of self medication practices among parents of understanding five children

The use of medication without a physician's prescription to treat a self- recognized or well-known ailment or symptoms is a phenomenon of public health importance globally. This practice is otherwise called self-medication. Studies have indicated different issues related to self-medication such as the increased risk of adverse reaction, drug-drug interaction, drug resistance, and even sudden demise in specific cases. In most homes, the first response to childhood illness is the use of non-prescribed drugs, but when this continued unabated there could be a risk to the life of the child.

RECOMMENDATIONS

Name: Soni P S | Professor

"Riya's dedication and desire to help others make her a standout nurse. She is highly talented and have a good knowledge in patient care. I highly recommend her for any healthcare team."

Phone number: (+91) 9446177536

Name: Jessy Thomas | Vice Principal

"Riya was an outstanding student both in curricular and extracurricular activities. Her dedication to patient care is truly remarkable. I wholeheartedly recommend her for any nursing position."

Phone number: (+91) 9447411537

I am dedicated to making a positive impact in the lives of patients and their families through compassionate and evidence-based nursing care. With a strong foundation in clinical skills, a genuine empathy for others, and a continuous drive for learning and professional growth, I am eager to contribute to a healthcare team that shares the same commitment to excellence.

Trivandrum , 01/05/2024