

HONEY ELSA VARGHESE

Registered Nurse

Present Address: Rolla, Sharjah-U.A.E.
Mobile: +971-543975799
Email: honeyelsavarghese96@gmail.com



CAREER OBJECTIVE:

Registered Nurse with almost 3 years of experience seeking to get a good position as a nurse in the best hospital where I can implement my skills and knowledge for the patient care and the development of the institution. To work in a challenging environment, which maintains high professional standards, fosters personal growth and provides opportunities for continuous learning.

PROFESSIONAL EXPERIENCE:

- BD Petit Parsee General Hospital, Mumbai, India (August 09, 2021 to September 12, 2023) Staff Nurse - Operation Theatre.
- St. Mary's Hospital, Kottayam, India (September 14, 2020 to April 30, 2021) Staff Nurse - Medical Surgical Ward.
- Nithya Clinic, Kooroppada, Kottayam, Kerala, India (October 02, 2023 to April 20, 2024) Staff -Nurse.

DUTIES & RESPONSIBILITIES:

- Apply aseptic and sterile techniques to medical instruments and equipment before, during, and after surgery
- Alleviate patients concerns by answering questions and providing postoperative care instructions
- Assist surgeon during procedures with duties such as passing medical equipment and monitoring patients' vital signs
- Prepare patients for surgery by disinfecting their skin at the operation site and positioning them on the operating table
- Update patient files and medical records
- Cannula Placement, Catheterization, Blood Transfusion, Nebulization, Steam Inhalation, CVP Monitoring, Suctioning, Oxygen Administration.
- Maintenance of Good Nurse-Patient Relationship

- Check the patient Vital Signs every hour along with date and time (Blood pressure, Temperature, Pulse and Respiration).
- Maintenance of intake output chart. (E.g.Urine Output, RT Feeding, Intercostals Drainage).
- Collection of specimens (E.g.Serum, Arterial Blood, Urine, Sputum etc.)
- Management of Intravenous fluid.
- Administration of medication at right time as per doctor's advice
- Hot & Cold Application
- Personal Hygiene (Nail Care, Hair Care, Bowel, Bladder Care)
- Care of pre & post operative Cases
- Care of pressure sore (Frequent Back Care and Positioning)
- Adhere to all relevant health and safety standards
- Maintenance of Physical, Social and Spiritual needs of the patient.

RELEVANT SKILLS:

- In-depth knowledge of surgical operation procedures
- Ability to collaborate with surgeons and other healthcare professionals
- Monitoring vital signs, BP, GCS and cardiac monitoring
- IV line insertion and IV fusion
- Medicine Administration by veins, muscles, dermal, subcutaneous, oral and inhalation
- Admission of patients and orientation of unit
- Ryle's tube insertion and feeding
- Catheterization and catheter care Bed making and bedside care
- Highly skilled at assessing patients prior to surgery and providing them with perioperative care
- Wound dressing, CPR and ambu, Stomach wash, preventing patient from bed sore, Ward management, Back care, Blood transfusion, ECG monitoring, monitoring saturation, Suture Removal, Bladder wash, Maintain intake and output chart, Discharge procedure, Suturing, Ryle's tube insertion, Bladder catheterization, Incision & Drainage
- Interpersonal Skills: Ability to rapidly build relationship and set up trust, Confident and Determined, Ability to cope up with different situations.

EDUCATION:

Bachelor of Nursing (2019)
 City College of Nursing, Mangalore
 Rajiv Gandhi University of Health Science, Bangalore, Karnataka.

PROFESSIONAL CERTIFICATION:

Name of the Nursing Council: KARNATAKA NURSING COUNCIL.

Registration Number: 104195

Date of Registration: 10TH FEBRUARY 2020.

Name of the Nursing Council: KERALA NURSES AND MIDWIVES COUNCIL.

Registration Number: KL04202002010

Date of Registration: SEPTEMBER 16, 2020.

Name of the Nursing Council: MAHARASHTRA NURSING COUNCIL.

Registration Number: XVII -33194

Date of Registration: SEPTEMBER 09,2021

The DHA exam has been successfully passed, and the eligibility letter issued.

REFERENCE:

- 1) LT Col Kiran Sankat (Retd.)
Chief Nursing Superintendent
B.D Petit Parsee General Hospital
Mumbai, Maharashtra
Email-ID: cns@bdppgh.org
Phone No: +919322890122
- 2) Ms. Ruth Waghmare
OT In charge
B.D Petit Nursing General Hospital
Mumbai, Maharashtra
Email-ID: bdppgh@mtnl.net.in
Phone No: +919867031370

PERSONAL PROFILE:

Date of Birth :11/04/1996
Husband Name : Arun John Eappen
Marital Status : Married
Nationality : Indian
Visa Type : Husband Visa
Passport Number : S9001093
Language : English, Hindi, Malayalam and Kannada.