

Sheena Joseph

Florence, SC 29501

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Desire the position of Senior Registered Nurse in a competitive healthcare facility where my vast experience and skills will be utilized in determining the psychosocial, biophysical, self-care and learning requirements of the patients, families, and other stakeholders to create, implement, and evaluate the plan of care.

Total 19 Years of experience as a Staff Nurse in various hospitals. Possessing a strong patient centered philosophy of care acquired through working as part of multi-disciplinary teams. Areas of expertise include Care Management/Administration, Cardiac Thoracic Unit, Medical ICU, Medical Ward, PCU etc. Above all is a good Team Leader.

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Bachelors in Nursing & Midwifery (B.Sc.) from Punjab Nursing Council, studied & trained at Christian Medical College and Hospital (CMCH) Ludhiana, Punjab, India during 1999 to 2003.

Work Experience

Poyanil Hospital - Kozhencherry

January 2009 to January 2009

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Asian Heart Institute & Research Centre - Mumbai, Maharashtra

September 2004 to December 2005

Modern Equipments and Procedures Handled in Intensive Care Units Like:

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Ventilators - Servo 300, Servo 900 , Siemens, Drager , Newport, Respirationics

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Monitors (Philips, Drager, Dash)

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Pulse Oxy meter

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Arterial Blood gas Machine.

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Infusion pumps (B-Brown, plum A)

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Glucometer

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ECG Machine

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Pacemaker

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Defibrillator

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IABP Machine(Intra Aortic Balloon Pump)

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Blood Warmer

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Portable Suction Machine

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Doppler

Job Description:

Medical Ward / PCU;

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Basic Nursing procedure performed in critical care unit.

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Admission, transfer and discharge of patients.

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Personal hygiene and care.

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Mobilisation of patients in and out of bed.

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Care of the unit – bed making, checking Oxygen, Suction pressure, working of electrical appliances and bedside drugs.

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Meeting nutritional needs of the patients – Ryles Tube Feed, Total Parenteral Nutrition.

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Eliminational need of the:Patients.

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Observation, Reporting and Recording:- a. Blood Pressure, Temperature, Pulse, Respiratory & Cardiac Monitoring b. Neuro Vital Chart, Diabetic Chart, Medication Chart, Nursing Kardex, Nursing Notes. c. Maintaining Record of Admission, Death and Transfer out.

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Hot Application – Hot Water Bag and Steam Inhalation.

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Cold Application like Ice Caps, Tepid Sponge, Cold Compress.

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Administration of Oxygen through Nasal Cannula, Plain Mask and Venturi Mask, Thermovent and Ambu Bagging.

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Use and administration of Drugs and Fluids – Oral, Sublingual, Intravenous, Intra Dermal, Intra Muscular, Subcutaneous Routes, Blood Products Transfusion.

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Performing Diagnostic Tests – Urine Analysis using Multi Stick, Blood Sugar using Glucometer, Electro-Cardiogram, Blood collection through Arterial Line for Arterial Blood Gas and Central Line for other investigation, collection of specimen for routine and Culture-Urine, Faeces, Sputum, Wound Swab and various Catheter tips.

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Jaison Jubin Chacko

Sheena Mary Joseph

Date of Birth : 15 th June 1981

Nationality : Indian

Religion : Christian

Languages Spoken : English, Hindi, Arabic & Malayalam

Academic Qualifications:

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ICSE from Board of Examinations, New Delhi in 1997.

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Currently Working

PCU of McLeod Regional Medical Centre - Florence, SC

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ACI

Worked in Adult Male Medical Ward of Sultan Qaboos University Hospital, Muscat, Sultanate of Oman since 2009 February till 2021 April. It is a 650 bedded ISO, ACI accredited university hospital.

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St. Gregorios Cardio – Vascular Centre

Parumala (200 bedded) for the period January 2006 to August 2007.

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Preparation/Assisting for Diagnostic Tests – Abdominal Paracentesis, Thoracocentesis, Cerebrospinal Fluid Collection.

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Surgical Nursing care- Surgical Dressing (Major and Minor), Nasogastric Tube Insertion, Gastric Lavage, Colostomy Care, Bowel Wash, Bladder Catheterization, Bladder Wash and Care of Patients.

➤

Ganz

Care of the Dead and Dying – Psychological Support and Guidance to the Relative.

Assisting For Various Procedures:

1. CRITICAL CARE SETTINGS;

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Endotracheal Intubation / Extubation.

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Percutaneous Tracheostomy

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Central Venous Catheter and Arterial Line Insertion – Preparation and Zeroing of the Transducer.

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Swan – Ganz Catheter Insertion, Balloon Catheter Insertion, Temporary Trans Venous Intra Cardiac Pacemaker Electrode Insertion, Insertion and removal of Intercostal Drains, Insertion of Haemo Dialysis Catheter, Insertion of Supra Pubic Catheter.

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Follow the Guidelines specific for case of the Ventilated Patients – Tracheostomy Care, Maintain a Patent Airway, Ventilatory Support, Suctioning and Nebulisation and Anti-Embolic Thrombosis Measures.

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Cardio Pulmonary Resuscitation – Basic and Advance / Defibrillation and Cardio Version, member of the hospital CPR team.

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Care of the Cardiac Surgical cases like Post CABG, Post Valve Replacement Patients.

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Follow Universal Precautions and Infection Control Protocols.

2. ADMINISTRATIVE RESPONSIBILITIES;

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Co-ordination of nursing activities.

➤
Assigning and delegating duties and responsibilities.

➤
Orientation of nursing students and new staff.

➤
Supervision of junior staff, nursing aids and domestic staff.

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Storing of High Alert Medications

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Maintaining stock – linen, central store stock supplies and drugs at all times.

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Repairs and Replacements.

➤
Inventories and Recording.

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Education

Bachelor's degree in Nursing

Christian Medical College and Hospital - Ludhiana, Punjab
June 1999 to July 2003

Skills

- BLS
- ACLS
- PCCN certified.
- Critical Care Experience

Certifications and Licenses

RN License

ACLS Certification

CPR Certification

BLS Certification