




**TINCY
PUNNOOSE**

DATE OF BIRTH:
14/05/1986

CONTACT

Nationality: Indian

Gender: Female

 VAYALUMELPURAM
,VECHOOCHIRA P.O
,VECHOOCHIRA,PATHANAMTH
ITTA,
KERALA, India

ABOUT ME

To obtain a position in a Health Care Facility where I can utilize my skills, knowledge and experience to provide quality health care.

WORK EXPERIENCE

14/01/2008 - 29/12/2009

Staff Nurse

Narayan Medical College ,Andra Pradesh

- Management and supervision of **sterilisation services**;
- Preparation of the theatre for operations and organisation of the work of the national team in theatre;
- **Direct participation in surgical procedures**;
- Assistance in clinical research and record keeping as required by the scientific programmes of the specialist sector of the Medical Division of EMERGENCY.

10/03/2009 - 02/01/2011

Staff Nurse

Dr. L.H Hiranandani Hospital

- Assess patients condition before surgery
- Ensure that the Operating Room is prepared with all necessary supplies, implants, instrumentation, and equipment
- Keep the operating room sterilized
- Position the patient on operating table
- Pass medical instruments to the surgeons during operation
- Monitor patient's vital signs
- Evaluate postoperative patients
- Reviews charts for completeness, in accordance with documentation protocols prior to and after the surgical procedure
- Adhere to all relevant health and safety standards
- Communicate with patients, teammates, and physicians to ensure continuity of care

16/05/2014 - CURRENT

Staff Nurse

Ministry of Social Affairs Kuwait

- Possesses the specialized knowledge and clinical skills necessary to provide care for people with physical disability and chronic illness
- Coordinates educational activities and uses appropriate resources to develop and implement an individualized teaching and discharge plan with clients and their families
- Performs hands-on nursing care by utilizing the nursing process to achieve quality outcomes for clients
- Provides direction and supervision of ancillary nursing personnel, demonstrates professional judgment, uses problem solving techniques and time-management principles, and delegates appropriately
- Coordinates nursing care activities in collaboration with other members of the interdisciplinary rehabilitation team to facilitate achievement of overall goals



- Coordinates a holistic approach to meeting patient's medical, vocational, educational, and environmental needs
- Demonstrates effective oral and written communication skills to develop a rapport with clients, their families, and health team members and to ensure the fulfilment of requirements for legal documentation and reimbursement
- Acts as a resource and a role model for nursing staff and students and participates in activities such as nursing committees and professional organizations that promote the improvement of nursing care and the advancement of professional rehabilitation nursing
- Encourages others to become CRRN certified, obtain advance degrees, participate on committees, and/or join professional organizations
- Facilitates community education regarding acceptance of people with disabilities
- Actively engages in legislative Initiatives affecting the practice of rehabilitation nursing or the people in their care
- Applies nursing research to clinical practice and participates in nursing research studies

EDUCATION AND TRAINING

2001 - 2002

● **SECONDARY SCHOOL LEAVING CERTIFICATE**

2002 - 2004

● **Board of Higher Secondary Examination**

Vocational Higher Secondary

2007

● **Diploma in General Nurse and Midwifery**

Dileef School of nursing



LANGUAGE SKILLS

MOTHER TONGUE(S): Malayalam

OTHER LANGUAGE(S):

English

Listening
B1

Reading
B1

**Spoken
production**
B1

**Spoken
interaction**
B1

Writing
B1

Hindi

Listening
A1

Reading
A1

**Spoken
production**
A1

**Spoken
interaction**
A1

Writing
A1

Arabic

Listening
A1

Reading

**Spoken
production**
A1

**Spoken
interaction**
A1

Writing

CASES HANDLED

Cases

- Hypertension
- Hypotension
- Septic Shock
- Daibetic mellitus
- Seizure disorder
- Meningitis
- Encephalopathy
- Respiratory Disorder
- COPD
- Cirrhosis of liver
- Pheмония



EQUIPMENTS

Equipments

- Defibrillators
- Ambubag
- Laryngoscope Nebulizer
- Stethoscope
- ECG Machine
- Ophthalmoscope
- Cardia
- Monitors
- Infusion Pump
- Glucometer
- BIPAP
- Ventilators
- Oxygen
- Suction
- Oxymeter
- Sphymomanometer

PASSPORT DETAILS

Passport

Passport Number: M6103423

Date of Issue : 19/04/2015

Date of Expiry :18/04/2025

PERSONAL DECLARATION

Declaration

I solemnly **declare** that all the information furnished in this document is free of errors to the best of my knowledge.

TINCY PUNNOSE