

# ANCY THOMAS

## Registered Nurse

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## Professional Summary

Dedicated and compassionate Registered Nurse (RN) with over 12 years of experience in Medical Units - Surgical Units in Hospital Settings and as a Public Health Nurse in Community Settings. Proven ability to deliver high-quality care in fast-paced environments, effectively manage complex cases, and maintain professionalism under pressure. Renowned for fostering strong patient relationships through empathetic communication and a patient - centered approach. Experience in providing health education, interdisciplinary team collaboration, and promoting community health and well-being.

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## Professional Licenses

- **Nursing and Midwifery Board, AHPRA (Australia):** Registration No. NMW0002882678 (Valid till 31 May 2025)
  - **Nursing Council of New Zealand (APC):** Registration No. 353062 (Valid till 30 September 2025)
  - **Kerala Nurses and Midwives Council:** Registration No. KL04202300201 (Valid till 19 January 2028)
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## Certifications

1. Internationally Qualified Nurses (IQN) Orientation & OSCE, NCNZ (30 October 2024)
  2. Ngā Paerewa Te Tiriti Module 1 & 2 by NCNZ (Online) (December 2023)
  3. Foundations in Cultural Competence (Online) by NCNZ (December 2023)
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## Skills

### Core Competencies :

- **Medication and IV Administration :** Skilled in accurate dosage calculations, IV insertion, and monitoring.
- **Direct Patient and Critical Care :** Proficient in providing high-quality care to patients in critical conditions.
- **Compassion and Empathy :** Dedicated to delivering patient-centered care with understanding and support.

## Technical Proficiencies :

- **Data Collection, Documentation, and Charting** : Experienced in maintaining accurate and thorough patient records.
- **Team Coordination** : Effectively collaborates with multidisciplinary teams to ensure optimal patient outcomes.
- **Infection Control Measures** : Adept at implementing and monitoring infection prevention protocols.
- **Nursing Staff Leadership** : Capable of mentoring and supervising nursing teams to achieve organizational goals.

## Patient-Centered Care:

- **Patient Assessments and Management**: Skilled in conducting comprehensive assessments and creating tailored care plans.
- **Patient Education and Counseling**: Focused on educating patients and families about treatments, procedures, and health maintenance.
- **Public Health Expertise**: Knowledgeable in promoting community health initiatives and preventive care.
- **Relationship Building**: Strong interpersonal skills to build trust and rapport with patients, families, and colleagues.

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## Equipment Proficiency

**Respiratory Support**: Ventilators, Ambu Bags

**Cardiac Tools**: Electrocardiogram (ECG) Machine, Defibrillator

**Infusion Devices**: Syringe Pumps, Infusion Pumps

**Other Equipment**: Sphygmomanometer, Mobility Aids, Infantometer, Nebulizers, Suction Apparatus, Central Venous Catheter, Laryngoscope

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## Work Experience

**MGM Hospital, Ernakulam, Kerala, India**

**Registered Nurse – Medical and Surgical Units**

(February 2020 – March 2023)

- **Administered prescribed medications**, including IV infusions, while ensuring strict adherence to medical protocols.
- **Assisted with diagnostic procedures** such as blood draws, specimen collection, and preparing patients for imaging and other procedures.
- **Maintained accurate and comprehensive patient records** using both electronic and manual systems.
- **Collaborated effectively** with physicians, specialists, and other healthcare professionals to provide holistic care.
- **Delivered health education and emotional support** to patients and families on treatments, medications, and self-care strategies.

- **Trained and mentored** new nurses, students, and other healthcare personnel.
  - **Adhered to hospital policies**, nursing standards, and regulatory requirements to ensure high-quality patient care.
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## **Primary Health Centre, North & Middle Andaman, Andaman & Nicobar Islands, India**

### **Public Health Nurse (National Health Mission)**

(February 2011 – August 2019)

- **Conducted comprehensive surveys and studies** to assess the health status, needs, and risks of populations, providing critical data to inform health programs and interventions.
  - **Performed routine health screenings**, including blood pressure checks, immunization assessments, and chronic disease monitoring to ensure early detection and management of health conditions.
  - **Developed and delivered health education programs and awareness campaigns** on topics such as disease prevention, nutrition, hygiene, and mental health, aiming to promote healthier lifestyles across the community.
  - **Provided personalized guidance** on lifestyle modifications, chronic disease management (e.g., diabetes, hypertension, asthma), and preventive health strategies to improve individual and community well-being.
  - **Administered vaccines** to prevent the spread of infectious diseases, ensuring high vaccination coverage and addressing community concerns about vaccine safety.
  - **Assisted individuals** with managing chronic illnesses by providing education, support, and follow-up care to improve health outcomes and reduce complications.
  - **Collaborated with local governments, non-governmental organizations (NGOs), and community groups** to implement health initiatives and enhance the effectiveness of public health programs.
  - **Educated the community** on essential topics like sanitation, hygiene, and safe water practices to prevent the spread of diseases and promote overall public health.
  - **Led responses** to health emergencies, including pandemics and natural disasters, by organizing community support, coordinating resources, and ensuring access to care for vulnerable populations.
  - **Maintained accurate and up-to-date documentation** of patient interactions, health assessments, and interventions, providing reports to public health authorities to inform policy decisions.
  - **Supervised and mentored** community health workers and volunteers, offering guidance, training, and support to strengthen the workforce and improve program delivery.
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## **Pillar Health Centre, Port Blair, Andaman & Nicobar Islands, India**

### **Registered Nurse – Medical-Surgical Units**

(December 2009 – January 2011)

- **Collaborated with interdisciplinary teams** to ensure optimal patient care, facilitating seamless communication among healthcare providers.
  - **Maintained accurate documentation** of patient assessments, interventions, and outcomes in compliance with regulatory requirements.
  - **Educated patients and families** about medical-surgical procedures, therapeutic regimens, and pain management techniques to promote recovery and well-being.
  - **Administered intravenous fluids** and medications, and meticulously documented patient charts, including food and fluid intake/output.
  - **Monitored vital signs** regularly, performing thorough condition assessments to identify any changes in patient health.
  - **Managed pain relief and sedation**, providing both pharmacological and non-pharmacological interventions to ensure patient comfort.
  - **Cared for patients recovering** from medical or surgical procedures, supporting their physical and emotional healing processes.
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## Education

### Bachelor of Science in Nursing

Bangalore City College of Nursing, Rajiv Gandhi University of Health Sciences, Bangalore, Karnataka, India (2005–2009)

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## References

1) **Dr. Shiny Varghese**

Chief Medical Officer (NMSG), Directorate of Health Service, Port Blair, Andaman & Nicobar Islands, India

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2) **Manju Shaji**

Nursing Superintendent, MGM Hospital, Ernakulam, Kerala, India

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## Declaration

I hereby declare that the above-mentioned information is accurate to the best of my knowledge.

**Ancy Thomas**

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