

# SRUTHY THOMAS

Cherumadathil House, Maikkad P.O, Ernakulam District, Kerala-683589, India  
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## PERSONAL PROFILE

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I am a professional, honest, enthusiastic, hardworking, and reliable person who has gained invaluable experience in the healthcare industry. I have a positive and caring nature, and I believe I can bring a number of excellent skills and attributes to your organisation in the role of health care assistant. I am able to work equally well on my own or as part of a team.

In my previous roles as a nurse, I was trained to understand that nothing is more important than the patient's needs. I have demonstrated this for a number of years in my current position, serving a diverse range of patients from different cultures and backgrounds. I understand that following rules, procedures, and legislation is vital to the success and safety of our patients, which must be paramount. I have excellent communication skills and am able to remain calm in pressurised situations. I can also stay focused for long periods of time.

I am a quick learner with the ability to retain information presented to me, and I have a keen eye for detail along with good concentration skills. Overall, I take pride in everything that I set out to achieve, ensuring that it is completed to a high personal standard within given timeframes and according to the correct procedure. I understand that the position is a safety-critical role, where it is vital that you follow operating procedures and safety policy at all times, and I truly feel that my previous employment and university days have taught me the importance of this, and this is reflected below.

## SKILLS AND ACHIEVEMENTS

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### TECHNOLOGY AND EQUIPMENT

- Knowledge in the Microsoft Office software suite and similar programmes in both the academic and work environments.
- Successful training in the use of a variety of medical equipment, such as blood pressure monitors, temperature monitors, intravenous drips, heart rate monitors, oxygen lines, pulse oximeters, closed circuit suction, laryngoscopes, infusion pumps, nebulizer machines, Ambu bags, and glucometers, is obtained.
- Proven ability to complete all patient charts, medical records, and changeover reports.
- Perform admission and discharge procedures.
- Perform procedures like catheterization, IV cannulation, IV fluid therapy, blood extraction, suctioning, insertion of Foley's catheter, care of the drainage tube, administration of blood products, initiating CPR during cardiopulmonary arrest, and wound dressing.
- Administer oral and IV drugs as ordered by the doctor

### **PATIENT CARE EXPERIENCE**

- Developed patient care skills through working in healthcare environments requiring face-to-face, telephone, and written communication with customers, ensuring the patient always comes first.
- Experience working with patients in a one-to-one environment, providing service where needed, following organisation guidelines and procedures, and maintaining confidentiality at all times.
- Strong ability to communicate in a persuasive and confident manner with patients and family members.
- Proven ability to think quickly on my feet and respond to complex issues under pressure.
- Infectious disease care, as well as pre- and post-radiation care.

### **EFFECTIVE COMMUNICATION & TEAMWORK**

- Good communication skills with the ability to adjust my communication to show the required levels of empathy and compassion as per the situation.
- Effective communication with people from different social and cultural backgrounds developed while travelling to many places around the world.
- Strong listening skills come from paying careful attention to what I am being told, so I can provide the best level of care to my patients.
- Strong multidisciplinary teamwork skills as a result of experience working with a diverse range of people in a variety of settings, including hospitals and health centres.

### **EMPLOYMENT HISTORY**

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**05/01/2021 – 31/03/2023**

**Staff Nurse**

The House of Divine Providence Hospital,  
Kottayam, Kerala

Specialized Areas:

Emergency & Casualty department

**03/12/2015 – 31/07/2017**

**Staff Nurse**

Medi Heaven Hospital, Aluva, Kerala

Specialized Areas:

Gynae wards, Post-operative ICU, and Labour room

**04/07/2011 – 30/04/2014**

**Staff Nurse**

Orbit Super Specialty Hospital & Accident Centre,  
Thane, Maharashtra

Specialized Areas:

Medical & Surgical ward

**02/02/2010 – 10/06/2011**

**Staff Nurse**

City Hospital PVT. LTD, Cochin, Kerala

Specialized Areas:

Casualty and Medical & Surgical ward

**10/08/2009 – 31/01/2010**

**Staff Nurse**

St. Philomina's Mission Hospital, Kerala

Specialized Areas:

Medical & Surgical ward

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## EMPLOYMENT BREAKS

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**05/2014 – 11/2015**

I became the primary caretaker for my children.

**08/2017 – 12/2020**

I became the primary caretaker for a sick family member from August 2017 to August 2018. During this time, I worked closely with a medical team. This allowed me to hone my communication, teamwork, and organisational skills. And later, I joined for post-graduation from September 2018 to December 2020.

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## EDUCATION

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**09/2018 – 12/2020**

**Post Basic BSC Nursing**

Banasawadi College of Nursing, Bangalore, India

**08/2004 – 07/2008**

**Diploma in General Nursing & Midwifery**

Murali Krishna School of Nursing, Nellore, India

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## PROFESSIONAL LICENSE

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**Kerala Nurses & Midwives Council, Thiruvananthapuram, India**

License Number: RN -70417

Registered on 02 August 2011

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## REFERENCES

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- **Mrs. Arya P. A**  
Nursing Superintendent  
[aryaa.anilkumar93@gmail.com](mailto:aryaa.anilkumar93@gmail.com)
- **Mr. Jomon Alias**  
Ward In-Charge  
[jomonkannappilly@gmail.com](mailto:jomonkannappilly@gmail.com)