

Name: **SURESH KUMAR .M**

Profession: **Registered Nurse (RN) & Registered Ophthalmic Nurse**

Civil status: Civilian -INDIAN

Date of birth: 29.09.1978

Summary:

I am nurse with 8+ years experience from working in two of the highest respected private hospitals in Delhi. (**Indraprastha Apollo Hospitals-JCI Accredited**) I have specialised within Emergency and believe to have acquired highly valued skills that are applicable to any hospital in the world that seeks qualified and motivated staff. I am very motivated to work in Denmark. My reasons are primarily the opportunity to gain experience from work in a different culture and to become even better as a professional nurse.

Work experience (always in reverse chronological order):

Indraprastha Apollo Hospitals, New Delhi, Emergency Department

Apollo is India's largest hospital within its field and JCI Accredited. Annually the hospital carries out more than 30,000 heart surgeries and possesses world class expertise. Apollo is a 750 bed facility with more than 65,000 patients passing through annually. Nurses who work at Apollo are highly sought after in India, due to the quality of their work and humane approach to nursing as a field of work.

2007 – Till date

- Tasks carried in the ward by:
- Departmental rounds with nursing and medical team
- Staff assignment and making duty register
- Co-ordinating with team members during mass casualties and disaster
- Stock maintenance,
- MLC management, departmental planning towards the developmental goal.

Cardiac/Circulatory

- Basic Life Support
- Advanced Life Support including defibrillation
- Resuscitation documentation
- Adult cardiovascular assessment
- Cardiac monitoring
- Recording an ECG
- ECG interpretation
- Management of cardiac chest pain
- Venipuncture
- Adult IV cannulation
- paediatric IV cannulation

- Assist with insertion of Intraosseous access
- Assist with insertion / management of central venous catheter (CVC)
- Preparation and calculation of all cardiac drugs/ thrombolytic drugs

Equipments handled:

- Maquttee Defibrillator Monitor
- **Dash 3000/4000 with NIBP**
- Oxylog 2000 With ABP/CVP
- CPAP
- BiPAP
- **Syringe driver/pump**
- Infusion Pump
- Glucometer
- **Breathanalyser**
- **Ambulance trolley, scoop, & transfer equipment**
- Portable Ventilator,
- Suction Machines,
- ECG Machines,
- Temporary PaceMaker and pacing paddles

2005-2007 Nobel Medical College, Nepal (largest Private medical College in Nepal)-Cardiac Emergency Department

- Planning and implementation of advanced Cardiac Emergency and Trauma department in the new hospital project at Nepal, in Co-Ordination with the hospital committee.
- Departmental policy making and Recruitment of nurses by conducting exams& interview.
- Training of nurses and promotion of holistic nursing care to the patients
- Planning of nursing duties to the nursing staffs
- Co-Ordination with the hospital committee in purchasing of equipments and supplies
- Organization of disaster management and co-ordinatig with the Disaster committee (Trauma & Non-Trauma)
- Nursing Care of patients with traumatic head injury, Blunt abdominal injury, Gunshot injury, crush injury of extremities, Chest injury & Poly trauma
- Management of patients with MI, Congenital anomalies ect
- Substance abuse management

(i.e. Alcohol & narcotic dependence)

- Equipments handled-BPL Monitors and defibrillator

2004-2005 KIMS,Trivandrum ,Kerala (ISO Certified) Emergency Department

Clients Handled: Trauma

- Assess & manage patient utilizing 'Primary Survey'
- Assess & manage patient utilizing ' Secondary Survey'
- Spinal precautions
- Splinting and fracture immobilisation
- Assisting with plaster application
- Assisting with suturing
- Insertion of sutures
- Neurovascular observations
- Wound dressings
- Cardiac clients with unstable angina,extensive MI

Genitourinary / Renal

- Care of patient with a fistula
- Care of a patient with a vascular access device.
- Insertion of indwelling catheter (female)
- Insertion of indwelling catheter (male)
- Assisting with suprapubic catheterization

Gastrointestinal / Endocrine

- Assessment of a dehydrated child
- Insertion and management of a nasogastric tube
- Management of an altered blood sugar level

Neurological

- Adult neurological assessment
- Visual acuity
- Seizure Management
- Management of patient with altered level of consciousness
- Assist with lumbar puncture

Respiratory

- Adult respiratory assessment
- Paediatric respiratory assessment
- Oxygen therapy
- Nasal suctioning
- Peak flow and Vitalograph recordings
- Arterial Blood Gas interpretation
- Assist with chest drain insertion
- Management of intercostal tube and U.W.S.D.
- Management of mechanical ventilation
- Continuous Positive Airway Pressure (CPAP)
- Biphase Positive Airway Pressure (BiPAP)
- Assist with insertion of tracheostomy
- Experiences in ambulance service with advanced cardiac life support system to longer distance/Pick up of sick international patients from airports.
- Actively participated in the Tsunami Relief camp /Sports medical camp.

2003-2004 Christian Medical College(CMC),Vellore,Tamilnadu,India (UROLOGY)

Clients Handled:

- Pediatric Urological Cases like epispadiasis and Hypospadiasis
- Cancers of prostate, bladder and penis
- Urinary calculi
- Benign Prostate Hypertrophy and bladder outlet obstruction.
- Erectile dysfunction.

- Renal failure / renal cancer and post operative transplant cases
- Urethral stricture and post operative urethral reconstruction

Duties Included:

- Giving health teaching for preventive and promotive care
- Assisting the doctors in Cystoscopy Stent removal, orchidectomy, Hydrocoelectomy, Urethral dilatation, cystometrogram, supra pubic puncture and catheterization, per rectal examination, Bladder wash and cavanas corporum injection.
- Changing of suprapubic and urethral catheters
- Handling of vacume erection device and patient teaching
- Self calibration teaching for the post operative urethroplasty clients

Special Duties :

- Assisting the ward sister during her absence
- Supervision of Junior Staff, Nurse assistant and fourth class workers.
- Teaching of students
- Maintenance of supply ,steriles stock
- Prevention of infection

Equipments Uses :

Cystoscope :

Rigid , Flexible (STORZ company)

Cysto Metro gram machine:

DANTEC Company

2002-2003 Christian Medical College(CMC),Vellore,Tamilnadu,India (ACCIDENT & EMERGENCY)

Cases Handled:

- Medico Legal Cases like Road Traffic Accidents, Hanging, Assaults, Poisoning Cracker Burst, Burns.
- Cardiac Clients such as Chest pain, Left Ventricular Failure, Myocardial Infarction, Chest Injury, Cardiac Tamponade ect..
- Medical , Surgical, Pediatric, Obstetric Emergency, Neurological & Cardiac, Hematological Emergency Cases
- Medical Oncology Cases
- Dermatological Conditions and ENT Cases

Duties Include :

- Triaging the Patients as Priority I, priority II, Priority III,
- Assisting Procedures the Endo Tracheal Intubation, Central Venous line insertion blood culture, blood transfusion, Tracheostomy, Intercostal drainage, Lumber Puncture, Thoracentesis, Abdominal tapping, Incision & Drainage, per rectal examination, supra public catheterization, suturing, plaster of paris application, male catheterization, fresh wound scrub.
- Rendering direct nursing care
- Drug calculation, preparation and administration
- Starting Intra Venous line, inserting NG tube and Female Urinary Catheterization.
- Taking care of patients with chest drainage, ventilator and tracheotomy.
- Attend in-service education
- Infection control

- Preparation of patients report and handing over to next staff.
- Taking care of Trauma Patients.

Special Equipments used :

- Pulse Oxymeter – NELCOR
- Glucometer, Otoscope & Ophthalmoscope
- Non invasive Blood Pressure Monitor
- Cardiac Monitor , Radiant Warmer

Ventilator – BENNET and Defibrillator

2001-2002 Christian Medical College(CMC),Vellore,Tamilnadu,India (PHYSICAL MEDICINE & REHABILITATION-NEURO/ORTHO)

Cases Handled:

- Spinal cord injury with paraplegia (traumatic)
- Severe head injury with cervical cord compression.
- Care of patients with continuous bladder drainage, intermittent clean catheterization, percutaneous entero gastrostomy feedings, digital evacuation.

Duties Includes :

- Meeting the physical, psychological, social and spiritual needs of the patient.
- Giving sponge bath, back care, mouth wash, catheter care,
- Prevention of bed sores by changing positions
- Naso gastric feedings and percutaneous entero gastrostomy feedings
- Care of patients with bed sores.
- Starting Intra venous infusion and blood transfusion.
- Pre operative preparation and post-operative care
- Assisting the doctor for the application of Nerve stimulator, passive limb movement exercises and POP application.
- Giving active and passive exercise.
- Rehabilitative care for the physically disabled clients with encouragement and appreciation
- Dulcolax suppositories insertion and digital evacuation.

Special Equipments Used:

- Nerve stimulator
- Tilt Table
- Air mattress and water mattress
- Passive limb movement device

2000-2001 Christian Medical College(CMC),Vellore,Tamilnadu,India (OPHTHALMIC OPERATION THEATRE)

TYPES OF SURGERY ASSISTED:

- Cataract Extraction & Intra Ocular Lens Implant (ECLX, Blue menthol procedure, ICLX, Phaco emulsification)
- Dacrocysto Rhinostomy & Punctal Probing
- Squint Corrections
- Evisceration, Exentration & Enucleation With Silicon Ball Implant.
- Retinal Detachment Surgery

- Scleral buckling & encircling band.
- Silicon Oil Implant.
- Cryo application.
- Trabaculectomy (Congenital & Acquired Glaucoma)
- Lid Tear Suturing & Corneal Tear Suturing

Duties Includes:

- Pre-Operative check up (Dilatation of Pupil) and Vital signs maintenance.
- Assisting in mobility of patients to the Anaesthesia Room.
- Assisting the Doctor for local & General anaesthesia.
- Cleaning & Safe handing of microscopes, Phaco machines, Vitrectomy machines & fine Instruments.
- Assisting the Surgeons in scrubbing gowning, glowing & Draping.
- Maintain a Sterile environment around the Surgical field.
- Scrubbing & Assisting the Surgeons for the successful surgery.

Equipments used in Operating Room :

- ZEISS – 35 Microscope
- ZEISS – 38, 34 Microscope
- WILD Beerbrugy Microscope
- Visu 2000 Microscope
- Phacomachine

Legacy – Series 2000

Universall II Series

- Series 10000 Ocutome, DORC Machine
- Visu Laser Diode II
- Ellman Surgitron , Mira Diathermy
- Indirect & Direct Ophthalmoscope
- Perkin's and Schiotz Tonometers
- Zeiss, Keeler & Heine Loopes with light source

Retinoscope, Portable Slit Lamp

- Like above

Education

Academic Qualifications

Qualification	Institution	Year	Remark
Matriculation Examination (Board Of Matriculation Examinations Tamilnadu)	The Salvation Army Matriculation Higher Secondary School, Vetoornimadam, Nagercoil, Kaniyakumari Dist. South India	Mar 1995	65%
Higher Secondary (Board Of Higher Secondary Examinations Tamilnadu)	The Salvation Army Matriculation Higher Secondary School, Vetoornimadam, Nagercoil, Kaniyakumari Dist ,	Apr1997	65%

South India

Professional Qualifications & Registrations

Qualification& Regn	Institution	Year	Remark
Diploma in General Nursing and Ophthalmic Nursing Programme (The Board Of Nursing Education of the “Nurses League” CMAI. South India Branch)	College of Nursing, Christian Medical College, (CMC) Ida Scudder Road, Vellore.SouthIndia (WHO Collaborating Centre for Nursing &Midwifery Development)	26 Jun 1997 To 4 Jul 2000	69.75 %
Professional Registration.	Tamilnadu Nursing Council (Affiliated to Indian Nursing Council) Kerala Nursing Council (Affiliated to Indian Nursing Council)	June 2001 Jan2005 	R:No: 50063 R:No: 39616, 40477

Nepal Nursing Council

Nursing school

College of Nursing,
Christian Medical College, (CMC)
Ida Scudder Road, Vellore.SouthIndia

(WHO Collaborating Centre for Nursing &Midwifery Development)

1997-2000

Attended the following courses:

Important Courses passed

Course	Institution	Year
Advanced cardiac Life Support Course(ACLS) (American Heart Association)	Kerala Institute Of Medical Science, Trivandrum, Kerala, S.India	Jan 2005 (Card Holder)

Assessment Of Traumatic Brain
Injury

Christian Medical College (CMC),
Vellore, Tamilnadu, S.India

2002(80%)

IELTS (Speaking: 7.0 ,Listening :
6.5 ,Writing :6.0,Reading : 4.5,
Overall : 6.0)

British Council

2006 October

Passed with a mark of...69.75%