sCURRICULUM VITAE

NAME : Tenzin Tsomo

ADRESS : Camp no.4, House no.49, P.O.Tibetan Colony Mundgod, District Karwar, 58141

TELEPHONE NO : i)9148200586 ii)

EMAIL ADDRESS : i)tenzintsomo51@gmail.com ii)

Skype ID :Nil

NATIONALITY : Indian

Current Location :Bengaluru

DATE OF BIRTH : 30/08/1994

Father’s Name :Ngodup

Passport No. : Y0173514

Place of Issue Passport: Delhi

Date of Expiry : 23/08/2030

Current NMBI status on your application : Decision Letter holder

IELTS Academic or OET Status:

|  |  |
| --- | --- |
| Listening | B |
| Reading | C+ |
| Writing | B |
| Speaking | B |

IELTS / OET valid till : Example 23-Nov-2021

**EDUCATION:**

|  |  |  |  |
| --- | --- | --- | --- |
| Qualification Obtained | Name of the Institution | Year of Passing | Percentage |
| B.Sc.Nursing | St.Johns Medical College and Hospital |  2013-2017 |  First Class |
|  |  |  |  |
|  |  |  |  |

**SUMMARY OF EMPLOYMENT HISTORY**

|  |  |  |
| --- | --- | --- |
| HOSPITAL | JOB TITLE | DATES |
| St.Johns Medical College and Hospital | Registered Staff Nurse | 1-02-2018 – 06-06-2023 |
|  |  |  |
|  |  |  |

DETAILED EMPLOYMENT HISTORY ( 5 Years and 3 Months)

HOSPITAL NAME & ACCREDATION IF ANY: St.Johns Medical College and Hospital (NABH Accreditation)

TOTAL NO. OF BEDS IN HOSPITAL : 1350

Type Of hospital : Multispecialty

DATE : 01-02-2018 to 06-06-2023

JOB TITLE : Full time Registered nurse

Unit (Ward) : Medical Surgical ward, Medicine ITU, Neurology

NO. OF BEDS IN THE UNIT : Medical Surgical ward : 30

Medicine ITU : 8

Neurology : 30

NO. OF VENTILATORS (If Applicable) : Nil

Nurse patient Ratio :Medical Surgical and Neurology ward : 1:6

Medicine ITU : 1:2

**Duties and Responsibilities:**

➢ Admission, discharge, transfer-in and transfer-out procedure

➢ Assessment and documentation

➢ Monitoring vital signs and GCS score

➢ Maintaining patent airway and suctioning (oral, endotracheal and tracheostomy) as required

➢ Transport of critically ill patient

➢ Intravenous cannulation and intravenous fluid administration and blood transfusion

➢ Monitoring fluid-electrolyte balance and maintaining adequate record of intake and output

➢ Administering drugs- oral, sublingual, subcutaneous, intradermal, intramuscular, intravenous

➢ Blood sample collection including ABG

➢ Checking RBS with glucometer

➢ Ryle’s tube insertion and Ryle’s tube feeding

➢ Insertion of foley’s catheter

➢ Burns dressing

➢ Oxygen therapy, nebulization and steam inhalation

➢ Wound dressing

➢ Tracheostomy care

➢ Enema

➢ Bladder irrigation, Infusion pump, Syringe pump and BIPAP , CPAP

➢ Care of drains

➢ Suture removal

➢ Care of patient on ventilator

➢ Death care

**Cases Handled**:

 Medical Cases - Dengue, COPD, Asthma and Covid .

 Neuro Cases - Stroke, CVA, Encephalopathy and Paraplegia.

 General Surgery Cases - Laparoscopic cholecystectomy, Hernia mesh repair and Appendectomy.

**Equipment Used** :

* Tracheostomy set
* Defibrillator
* Cardiac monitor with arterial BP monitoring
* BIPAP machine
* CPAP machine
* Infusion pump, Syringe pump
* DVT machine
* Glucometer
* Pulse oximeter
* Nebuliser machine
* Suction apparatus
* Bone marrow set
* Lumbar puncture set
* Oxygen supply
* HFNC machine
* ECG machine

**HOSPITAL NAME & ACCREDITATION IF ANY: St.Johns Medical College and hospital (NABH accredited)**

Type Of hospital : Multispecialty

TOTAL NO. OF BEDS IN HOSPITAL : 1350

DATE (From- To) :01/02/2018 to 06-06-2023

JOB TITLE : Full time Registered nurse

Unit : Medical Surgical ward, Medicine ITU, Neurology, Physical medical Rehabilitation

NO. OF BEDS IN UNIT : Medical surgical and Neurology : 30

Medicine ITU : 8

Nurse patient Ratio : Medical Surgical and Neurology : 1:6

Medicine ITU : 1:2

**Duties and Responsibilities:**

Admission, discharge, transfer-in and transfer-out procedure

Assessment and documentation

Monitoring vital signs and GCS score Maintaining patent airway and suctioning (oral,

endotracheal and tracheostomy) as required Transport of critically ill patient

Intravenous cannulation and intravenous fluid

administration and blood transfusion

Monitoring fluid-electrolyte balance and maintaining

adequate record of intake and output Administering drugs- oral, sublingual,

subcutaneous, intradermal, intramuscular,

intravenous

Blood sample collection including ABG Checking RBS with glucometer

Ryle’s tube insertion and Ryle’s tube feeding Insertion of foley’s catheter

Burns dressing

Oxygen therapy, nebulization and steam inhalation Wound dressing

Tracheostomy care

 Enema

Bladder irrigation

Care of drains

Suture removal

Care of patient on ventilator

 Death care

**Cases Handled:**

* Medical cases : Fever with thombocytopenia, Asthma, Pneumonia , Dengue and Covid
* Surgical Cases : Appendicitis, Laparoscopic cholecystectomy, Hernia mesh repair
* Neuro cases: Stroke, Paraplegia, Quadriplegia, Multiple Sclerosis

**Equipment Used:**

* BIPAP, CPAP, HFNC
* Oxygen and nebuliser machine
* Defibrillator
* Infusion pump and syringe pump
* Cardiac Monitor
* ECG machine
* Glucometer
* Pulse oximeter
* Suction Apparatus

GAP IN EXP : (IF ANY) : 31-10-2017 to 01-02-2018 - During this period I was waiting for my final year exam result.

# REGISTRATION HISTORY

 Nursing/Midwifery : Karnataka Nursing Council

 Register Number : 86679

In service education Programmes Attended

* Basic life support (BLS)

**REFERENCES :**

Company: St.Johns Medical College and Hospital

Name: Sr.Ria Emmanuel

Job Title: Chief of Nursing Services

Contact details: 080-22065138

Company: St.Johns Medical College and Hospital,

 Name: Mrs.Siji Alphonse

Job Title: Ward Incharge

Contact details: 7760474224