

# CURRICULUM VITAE



**NAME**(as per passport): **BENNY AIKARATH VARGHESE**

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**NATIONALITY** : Indian

**Current Location** : Chalakudy

**DATE OF BIRTH** : 17/11/1986

**Father's Name** : A K VARGHESE

**Passport No.** : X3685004

**Place of Issue Passport:** THRISSUR

**Date of Expiry** : 31/01/2034

## OET Status:

Listening	C
Reading	C
Writing	C
Speaking	C+

**EDUCATION:**

<b>Qualification Obtained</b>	<b>Name of the Institution</b>	<b>Year of Passing</b>	<b>Percentage</b>
General Nursing and Midwifery Diploma	Shradha School of Nursing, Bidar, Karnataka	2009	62%
Plus two	Govt Higher Secondary school, Vettilappara, Thrissur, Kerala	2004	50%
S S L C	Govt .H S S Chaipankuzhi, Kuttichira P O, Thrissur, Kerala	2002	52%

**SUMMARY OF EMPLOYMENT HISTORY**

<b>HOSPITAL</b>	<b>JOB TITLE</b>	<b>DATES</b>
Shri Sai Hospital (Heart Unit), Kankarbagh, Patna, Bihar	Registered Nurse	01/09/2018 to Still Working
Heart Hospital Limited, Kankarbagh, Patna, Bihar	Registered Nurse	01/04/2016 to 30/08/2018
Family Management	Took time off to care for a family member.	01/08/2013 to 31/03/2016
Meenakshi Mission Hospital and Research Centre, Madurai, Tamil Nadu	Registered Nurse	24/07/2009 to 31/07/2013

**DETAILED EMPLOYMENT HISTORY (Current experience to previous)**

**HOSPITAL NAME & ACCREDITATION IF ANY:** Shri Sai Hospital (Heart Unit), Patna, Bihar

**TOTAL NO. OF BEDS IN HOSPITAL** :150

**Type Of hospital** : Multispecialty

**DATE** : 01/09/2018 - Still Working

**JOB TITLE** : Full time Registered nurse

**Unit (Ward)** : ICCU

**NO. OF BEDS IN THE UNIT** : 12 beds

**NO. OF VENTILATORS (If Applicable)** : 6

**Nurse patient Ratio** :1:2

### **Duties and Responsibilities:**

- Monitored patients with cardiovascular conditions, including arrhythmias, heart failure, and post-surgical recovery, ensuring optimal patient outcomes.
- Administered cardiac medications such as beta-blockers, anticoagulants, and vasodilators while closely monitoring for side effects and therapeutic responses.
- Assisted in performing and interpreting diagnostic tests, including ECGs, stress tests, and Holter monitoring, to evaluate cardiac function.
- Responded to cardiac emergencies by initiating advanced cardiac life support (ACLS) protocols, including defibrillation and administering emergency medications.
- Educated patients and families on heart-healthy lifestyles, medication adherence, and warning signs of worsening conditions.
- Maintained accurate patient records, documenting assessments, treatment plans, and progress in medical record.

### **Cases Handled:**

Acute Myocardial Infarction (Heart Attack), Cardiac Arrest, Congestive Heart Failure (CHF), Arrhythmias, Post-Operative Care for Cardiac Surgery (pacemaker or ICD implantation, PTCA, CAG, BMV), Cardiogenic Shock, Hypertensive Emergencies, Pulmonary Edema, STEMI/NSTEMI Management, Pericarditis and Endocarditis.

### **Equipment Used:**

Ventilator-SIMV, CPAP, BIPAP, Syringe Pump, Infusion pump, Cardiac monitor, pulseoxymeter, ECG Machine, DVT Pump, Defibrillator, Air Bed, Ambu Bag, Oxygen flow meter, Suction machine, portable and fixable, sphygmomanometer, Glucometer, Nebulisation, CVP Monitor.

**HOSPITAL NAME & ACCREDITATION IF ANY:** Heart Hospital Limited, Kankarbagh, Patna, Bihar

<b>Type Of hospital</b>	: Cardiac Hospital
<b>TOTAL NO. OF BEDS IN HOSPITAL</b>	100
<b>DATE (From- To)</b>	: 01/04/2016 -30/08/2018
<b>JOB TITLE</b>	: Full time Registered nurse
<b>Unit</b>	: ICCU
<b>NO. OF BEDS IN UNIT</b>	: 8 beds.
<b>Nurse patient Ratio</b>	: 1:2

### **Duties and Responsibilities:**

- Provided 24/7 monitoring of critically ill cardiac patients, ensuring timely intervention during emergencies. Pain management.
- Administered complex cardiac medications, such as vasopressors, anti-arrhythmics, and thrombolytics, while monitoring for adverse reactions.
- Managed anticoagulation therapy for patients with atrial fibrillation, prosthetic valves, or deep vein thrombosis (DVT).
- Assisted in bedside procedures such as central line placement, arterial line insertion, and pericardiocentesis.
- Prepared patients for diagnostic and interventional procedures like cardiac catheterization, angiography, and pacemaker implantation.
- Reported abnormal ECG findings to physicians and initiated corrective actions promptly.

### **Cases Handled:**

Pulmonary Embolism (PE), Cardiac Tamponade, Unstable Angina, Severe Bradycardia and Tachycardia, Cardiomyopathy, Post-Percutaneous Coronary Intervention (PCI), Acute Rheumatic Fever and Valve Disorders.

### **Equipment Used:**

Ventilator-SIMV, CPAP, BIPAP, Syringe Pump, Infusion pump, Cardiac monitor, pulseoxymeter, ECG Machine, DVT Pump, Defibrillator, Air Bed, Ambu Bag, Oxygen flow meter, Suction machine; portable and fixable, sphygmomanometer, Glucometer, Nebulisation, CVP Monitor.

**HOSPITAL NAME & ACCREDITATION IF ANY:** Meenakshi Mission Hospital &

Research Centre, Madurai,

Tamil Nadu

**Type Of hospital**

: Multispecialty

**TOTAL NO. OF BEDS IN HOSPITAL**

:750

**DATE (From- To)**

:24/07/2009 -31/07/2013

**JOB TITLE**

: Full time Registered nurse

**Unit**

: Orthopaedic ICU

**NO. OF BEDS IN UNIT**

: 14 beds

**Nurse patient Ratio**

: 1:2

### **Duties and Responsibilities:**

- Continuously monitor critically ill orthopedic patients for changes in vital signs, neurovascular status, and pain levels. Take Vital Signs
- Perform thorough head-to-toe assessments, focusing on orthopedic injuries, post-surgical sites, and overall mobility.
- Provide intensive post-operative care to patients after major orthopedic surgeries, such as spinal fusions, joint replacements, or trauma-related procedures.
- Identify and manage post-operative complications, such as infections, blood loss, or respiratory distress.
- Perform dressing changes, wound assessments, and care for surgical incisions and external fixators under aseptic conditions.
- Manage patients in traction, casts, braces, or external fixation devices, ensuring proper alignment and preventing complications.
- Operate and maintain ICU equipment, such as ventilators, cardiac monitors, infusion pumps, and arterial blood gas analyzers.
- Stabilize trauma patients with life-threatening orthopedic injuries, such as open fractures, spinal injuries, or pelvic fractures.
- Educate patients and families about recovery plans, mobility restrictions, and post-discharge care instructions.
- Maintain strict adherence to infection control protocols, particularly for patients with open fractures, surgical wounds, or external fixation devices.
- Record detailed patient data, including vital signs, fluid intake/output, medication administration, and progress notes.

### **Equipment Used:**

Cardiac monitor, Defibrillators, Ventilators, Pulse Oximeters, Arterial Blood Gas (ABG) Analyzers, Infusion Pumps, Traction Devices, Continuous Passive Motion (CPM) Machines, Casts, Splints, and Braces, Wheelchairs and Walkers, Suction Machines, Ambu Bag, sphygmomanometer, Glucometer, Nebulisation, Oxygen flow meter, DVT Pump.

### **REGISTRATION HISTORY**

Nursing/Midwifery : Karnataka Nursing Council  
Register Number : **120661**, date 18/06/2009

## **In-Service Program Attended**

- BLS
- ACLS
- Time Management

## **REFERENCES :**

Name : Mrs.Suguna Losani

Job title : Nursing  
Superintendent

Tel: 04524263000

Email: info@mmhrc.in

Name : Mr.Sarath S

Job title: Nursing  
Superintendent

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