

Shruti Sharma

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I want to contribute as a **Nursing Lecturer** to an organization that can use an experienced Nursing Professional who offers proven management and leadership skills.

EXPERIENCE

Presently working as **Head of Department (Psychiatry)** in **Shivalik Institute of Nursing (Shimla)** from **October 2014**. I do possess an **additional one year** of experience as Nursing Tutor in this very same Institute after my graduation. About Shivalik Institute of Nursing, approx 400 students are studying here in GNM & B.Sc Nursing courses.

Organization - **Shivalik Institute of Nursing (Shimla)**
Designation - **Nursing Lecturer**
Duration - **Oct 2014 to Till date**

Organization - **Shivalik Institute of Nursing (Shimla)**
Designation - **Nursing Tutor**
Duration - **Oct 2011 to Sept 2012**

Job Roles & Responsibilities:

- > Initiated, facilitated, and moderated classroom discussions.
- > Prepared and delivered lectures to undergraduate students on topics such as mental health nursing, and community health care practices.
- > Prepared course materials such as syllabi, homework assignments and handouts.
- > Supervised student's laboratory and clinical work in **Indira Gandhi Medical College & Kamla Nehru Hospital**.
- > Evaluated and graded student's class work, laboratory and clinic work, assignments, and papers.
- > Assessed clinical education needs, and patient and client teaching needs, utilizing a variety of methods.
- > Advised students on academic and vocational curricula, and on career issues.
- > Maintained student attendance records, grades, and other required records.
- > Demonstrated patient care in clinical units of hospitals.
- > Performed administrative duties as and when assigned.

While earning my Nursing Master's degree with Mental Health Nursing (Psychiatry) as speciality subject, have performed responsibilities during clinical duties as:

- > Cared for patients experiencing acute mental distress and an enduring mental illness.
- > Assessed patients about their problems and discussed the best way to plan and deliver their care.
- > Ensured the correct administration of medication, including injections, and monitoring the results of treatment.
- > Applied 'de-escalation' techniques to help people manage their emotions and behavior.
- > Provided evidence-based individual therapy, such as cognitive behavior therapy for depression and anxiety.
- > Encouraged patients to take part in art, drama or occupational therapy where appropriate.
- > Worked with patient's families and carers, helped to educate them and the patient about their mental health problems.

While earning my nursing Bachelor's degree, have excelled in the following clinical rotations:

Medical-Surgical Nursing Clinical Rotation, Gaba Hospital, Yamuna Nagar (2 months)(1st Year)

Medical-Surgical Nursing Clinical Rotation, Civil Hospital, Yamuna Nagar (1 month)(2nd Year)
Medical-Surgical Nursing Clinical Rotation, Civil Hospital, Jagadhari (1 month)(3rd Year)

Provided total patient care while administering medications, assisting with activities of daily living including body mechanics, nutrition, and safety.

- Took vital signs; made dressing changes.
- Took TPR and record.
- Applied sterile dressings and handled tube feedings.
- Technical nursing care of patients.
- Administration of medicine and injections.

Child Health (Pediatric) Nursing Rotation, Arun Hospital, Yamuna Nagar (15 days)(3rd Year)

- Performed physical examinations and give medicines.
- Recording pulse, temperature and respiration and keeping accurate records of these observations.
- Setting up drips and blood transfusions.
- Maintaining and checking intravenous infusions.
- Observing strict hygiene and safety rules, ensuring that visitors also observe all .
- **Making children comfortable with encouraging words** as they are usually afraid of medical settings.

Psychiatric Nursing Rotation, All India Mental Health Institute , Agra, U.P (1 month)(3rd Year)

- Psychiatric Medication.
- Electroconvulsive Therapy (ECT).
- Physical Care (To ensure that patients have good levels of personal hygiene, nutrition, sleep etc.)

Maternal and Newborn Nursing Rotation, OPD, Emergency.
CH. Bansi Lal Hospital, Bhiwani, Haryana (3 months)(4th Year)

Maternal

- Attended mothers through labor and delivery of infants.
- Became proficient in relaxation techniques during labor.

Emergency

- Providing care to patients in an emergency situation.
- Administering emergency procedures .

Community Health Posting, (3 Weeks)(both in Rural and Urban)(2nd and 4th Year)

- Provided Health Education to community.
- Guided parents for the immunization of their children and anti-natal mothers.

Computer Literacy

- Basics of computer.
- Knowledge of MS- OFFICE 2007

EDUCATIONAL CREDENTIALS

Professional

- **Master of Science (M.Sc)** in Nursing with **Mental Health Nursing (Psychiatry) as speciality subject** from Shri Guru Ram Rai Institute of Medical & Health Sciences, (**Hemwati Nandan Bahuguna Garhwal University) HNBBG, Dehradun.**

Sl. No.	Year	From - To	College	University	Percentage(%)
1	First Year	2012 - 2013	SGRR	HNBG	78.42%
2	Second Year	2013 - 2014	SGRR	HNBG	81.16%

- **Bachelor of Science (B.Sc)** in Nursing from Himalayan Group of Professional Institutions (HGPI), Kala-Amb.

Sl. No.	Year	From - To	College	University	Agg. Percentage (%)
1.	First Year- Fourth Year	2007 - 2011	HGPI	Kurukshetra University	67.30%

Academic

- **12th** from Portmore Senior Secondary School, Shimla (H.P Board) with 56 %.
- **10th** from Munal Public School, Shimla (H.P Board) with 65 %.

SKILLS

- **Communication Skills**
- Speaking effectively in public
- Writing clearly and concisely
- Facilitating group discussion
- **Research and Planning Skills**
- Identifying problems
- Developing alternative solutions
- Gathering information
- **Leadership and Management Skills**
- Managing groups
- Teaching
- Counseling for performance improvement
- **Human Relations and Interpersonal Skills**
- Providing support to others
- Motivating
- Cooperating

PERSONAL DOSSIER

Father's Name : Mr. Shrawan kumar Sharma
Date of Birth : 15 September 1988
Languages Known : English and Hindi