



NIRMALA DEVI

STAFF NURSE

PROFILE

Dedicated and compassionate Registered Nurse providing high-quality patient care in various healthcare settings. Like (mental health, critical care, managerial skills and research) Proven track record of excellent communication skills, teamwork, and leadership. Seeking a challenging role that utilizes my skills and experience to deliver exceptional patient outcomes

OBJECTIVES

“To provide high-quality, patient-centered care to critically ill patients with psychiatric comorbidities.”

“To develop and implement evidence-based practices in critical care psychiatry, enhancing patient care and safety.”

“To inspire and empower the next generation of nurses to become leaders, innovators, and change agents in healthcare.”

➤ EDUCATION

Tamil Nadu Dr. M.G.R. Medical University
B. Sc(Nursing)

MOUNT ZION COLLEGE OF NURSING

2020-2025

➤ LANGUAGE

Native Tamil

Advanced English

➤ SKILL DEVELOPED HOSPITALS

**ATHMA MIND HEALTH CARE
(PSYCHIATRY)**

**GLEANEAGLES HEALTH CITY CHENNAI
(INTERNSHIP)**

**GOVERNMENT MEDICAL COLLEGE AND
HOSPITAL PUDUKKOTTAI
(FOUNDATION, MSN, PEDIATRIC & OBG)**

CONTACT ME



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**ALANGUDI,
PUDUKKOTTAI**

Examination Skills

1. **Mental Status Examination:** Ability to conduct comprehensive mental status examinations to assess patients' cognitive, emotional, and behavioral functioning.
2. **Psychiatric Diagnosis:** Knowledge of psychiatric diagnoses, including DSM-5 criteria, and ability to develop accurate diagnoses.
3. **Medication Management:** Ability to prescribe and manage psychiatric medications, including monitoring side effects and adjusting dosages.
4. **Therapy Skills:** Knowledge of various psychotherapies, including CBT, DBT, and psychodynamic therapy.

Assessment Skills

1. **Risk Assessment:** Ability to assess patients' risk for suicide, violence, and other harmful behaviors.
2. **Crisis Intervention:** Knowledge of crisis intervention techniques, including de-escalation and stabilization.
3. **Trauma Assessment:** Ability to assess patients' trauma history and provide trauma-informed care.

Therapeutic Skills

1. **Cognitive-Behavioral Therapy (CBT):** Knowledge of CBT principles and techniques, including cognitive restructuring and behavioral activation.
2. **Dialectical Behavior Therapy (DBT):** Knowledge of DBT principles and techniques, including mindfulness and distress tolerance.
3. **Psychodynamic Therapy:** Knowledge of psychodynamic principles and techniques, including transference and countertransference.

Cultural Competence Skills

1. **Cultural Assessment:** Ability to assess patients' cultural backgrounds and provide culturally sensitive care.
2. **Cultural Competence:** Knowledge of cultural differences and ability to adapt care to meet patients' cultural needs.

Documentation Skills

1. **Progress Note Writing:** Ability to write clear and concise progress notes that document patients' treatment and progress.
2. **Treatment Plan Development:** Ability to develop comprehensive treatment plans that outline patients' goals, objectives, and interventions.

Leadership/Management Skills

1. **Team Leadership:** Ability to lead multidisciplinary teams, including psychiatrists, psychologists, social workers, and nurses.
2. **Program Development:** Ability to develop and implement psychiatric programs, including inpatient and outpatient services.
3. **Quality Improvement:** Ability to design and implement quality improvement initiatives that promote patient safety and satisfaction.

Education/Research Skills

1. **Teaching:** Ability to teach psychiatric concepts and techniques to students, residents, and other healthcare professionals.
2. **Research:** Ability to design and conduct research studies that investigate psychiatric treatments and outcomes.
3. **Evidence-Based Practice:** Ability to integrate evidence-based practice into psychiatric care, including identifying, evaluating, and applying research findings