

Curriculum Vitae

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Business Address

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Education

1996 – 2000	K.G. College of Nursing, Coimbatore, Tamil Nadu, India (The Tamil Nadu Dr MGR Medical University)	B.Sc. Nursing
2007 – 2009	Father Muller College of Nursing, Mangalore, Karnataka, India. (Rajiv Gandhi University of Health Sciences)	M.Sc. Nursing Medical & Surgical Nursing (Specialized in Cardiothoracic Nursing)
2016 – 2023	Annamalai University, Annamalai Nagar, Tamil Nadu, India.	Ph.D. Nursing

Appointments and positions

September 2024 – Present	University of Pittsburgh, School of Nursing, Department of Acute/Tertiary Care, Pittsburgh, PA	Assistant Professor
January 2024 – August 2024	Community College of Allegheny County (CCAC), Allegheny Campus, 808 Ridge Avenue, Pittsburgh, PA-15212.	Adjunct nursing faculty
September 2022 – August 2024	Select specialty hospital, Crawford Building, 1500 5 th Ave, 6 th Floor, McKeesport, Pennsylvania-15132, USA	Registered Nurse
October 2012 – June 2022	Nursing college, King Khalid University/Asir central hospital, Abha, Saudi Arabia.	Lecturer cum clinical instructor
June 2009 – October 2012	Father Muller College of Nursing & Father Muller Medical College Hospital, Father Muller Road, Kankanady, Mangalore-575 002, Karnataka, India.	Lecturer Cum Assistant Nursing Superintendent

April 2006 – April 2007	Indira Institute of Nursing Sciences, Falnir, Mangalore-575 002, Karnataka, India.	Assistant Lecturer
November 2001 – February 2006	Minerva School of Nursing, Prathipadu, East Godavari dist. - 533 432, Andhra Pradesh, India.	Tutor cum Principal
January 2001 – November 2001	K.G. Hospital, Government Arts college Road, Coimbatore-641 018, Tamil Nadu, India.	Staff Nurse cum Clinical Instructor in Intensive Coronary Care Unit (ICCU)

Published research articles:

1. Effectiveness of Acupressure on Stress and Quality of Life of Patients undergoing Hemodialysis with End Stage Renal Disease (ESRD). IOSR Journal of Nursing and Health Science (IOSR-JNHS) e-ISSN: 2320–1959,p- ISSN: 2320–1940 Volume 9, Issue 1 Ser. I. (Jan - Feb. 2020), PP 01-08. DOI: [10.9790/1959-0901010108](https://doi.org/10.9790/1959-0901010108)
2. Effectiveness of Jacobson’s Progressive Muscle Relaxation on Fatigue and Sleep Quality among Patients Undergoing Hemodialysis with End Stage Renal Disease, International Journal of Current Research Vol. 12, Issue, 01, pp.9840-9845, January 2020 DOI: <https://doi.org/10.24941/ijcr.37809.01.2020> ISSN: 0975-833X.
3. Effectiveness of Guided Imagery on intensity of pain and quality of life among patients with cancer in selected hospitals at Mangalore, International Journal of Nursing Education, 2013, volume 5, issue 1, Page no: 236-24. DOI:[10.5958/j.0974-9357.5.1.024](https://doi.org/10.5958/j.0974-9357.5.1.024)

International Paper Presentation

1. Presented a research paper titled “Effectiveness of Guided Imagery (GI) on Intensity of Pain and Quality of Life (QoL) among Patients with Cancer in a Selected Hospital at Mangalore” in International Nursing Conference on Complementary and Alternative Therapies, organized by Apollo College of Nursing, Chennai on 10th & 11th Dec. 2009.
2. Speaker At 25th Saudi Urological Conference Held On 8-11 April,2013 Nursing Day Forum, at the Abha Palace Hotel in Abha, Saudi Arabia.
3. Speaker at Conference on Nursing in Saudi Arabia: Challenges & Solutions. March 11–12, 2014 at the Abha Palace Hotel in Abha, Saudi Arabia

Awards:

Best teacher award from Indira Institute of Nursing Sciences, Mangalore, India for the Academic year 2006 - 2007

Invited Talks and Speaker for Conference:

1. Wound care management, Nursing internship Orientation program – 2022, Nursing college, King Khalid University, Abha, Saudi Arabia.
2. Intravenous therapy and wound care management, Nursing internship orientation program – 2021, Nursing college, King Khalid University, Abha, Saudi Arabia.
3. Workshop on suturing techniques for nurses – 2019, Nursing college, King Khalid University, Abha, Saudi Arabia.
4. In service education program on review of literature for nursing faculty, Nursing college, King Khalid University, Abha, Saudi Arabia.
5. In service education program on “Empowering Nurses to Face Challenges” on 03rd & 04th June 2011 at Father Muller Medical College Hospital, Mangalore, India.
6. Hemodynamic monitoring (CVP) “Workshop on Role of Allied Health Professionals in Critical Care” on 27th and 28th October 2009, at Father Muller Medical College Hospital, Mangalore, India.

Organized National and International Conference/Workshops:

1. Workshop on Role of Allied Health Professionals in Critical Care on 27th and 28th October 2009, at Father Muller Medical College Hospital, Mangalore, India.
2. National Nursing Conference on Nurse Educator: Caretaker to Career Maker on 27th & 28th February 2009, in Father Muller College of Nursing, Mangalore, India.
3. International Nursing Conference on translational research – Nurses making a difference on 2nd & 3rd November 2011, Father Muller College of Nursing, Mangalore, India.
4. Muller Health Expo – 2012 on 19th & 20th January 2012 at Father Muller College of Nursing, Father Muller Medical College Hospital, Mangalore, India.
5. ABG and X-ray interpretation on 23rd & 24th January 2012 at Father Muller College of Nursing, Mangalore, India.

Licensure:

- Tamil Nadu Nursing Council, (RN)Nurse-49052; (RM) Midwifery-55448
- Karnataka State Nursing Council, B.Sc. (N) -1393; M.Sc.(N)-1374
- Registered Nurse for New York State (USA) – No: 606511
- Registered Nurse in Pennsylvania (USA)- RN 749340
- Registered Nurse in Ireland (ABA) – PIN No: 114586

Professional membership: Nursing research society of India.

Certification:

- BLS & ACLS by AHA (2024-2026)
- Completed certificate course in Acupressure therapy, from acupressure research and training and treatment institute, 20th May 2018, Jodhpur, Rajasthan, India.

Previous Teaching experience:

Nursing college, King Khalid University, Abha, Saudi Arabia.

Primary teacher- Didactic and clinical for the academic year 2012-2022

Course Title	Level	Didactic or Clinical
Fundamentals of Nursing	Undergraduate	Didactic and Clinical
Health Assessment in Nursing	Undergraduate	Didactic and Clinical
Medical Surgical Nursing I and II	Undergraduate	Didactic and Clinical
Intensive Care Nursing	Undergraduate	Didactic and Clinical
Emergency and Critical Care Nursing.	Undergraduate	Didactic and Clinical

Father Muller College of Nursing, Father Muller Road, Kankanady, Mangalore-575 002, Karnataka, India- Primary teacher- Didactic and clinical for the academic year 2009-2012

Course Title	Level	Didactic or Clinical
Nursing Research and Biostatistics	MSN-Graduate	Didactic
Medical Surgical Nursing	MSN-Graduate	Didactic and Clinical
Medical Surgical Nursing I and II	Undergraduate	Didactic and Clinical