# Lalremruati Pachuau

**Staff Nurse (B.Sc Nursing Fresher)**

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Aizawl, Mizoram

## Personal statement

B.Sc Nursing graduate (2026, 78%) registered with the Mizoram Nursing Council and certified in BLS. Completed a six-month rotatory internship across medical, surgical, ICU, paediatric and labour room wards in a 300-bed hospital, and looking for a staff nurse role in a multispeciality hospital.

## Certifications

**Registered Nurse and Registered Midwife (RN, RM)** · Mizoram Nursing Council — Aug 2026

**Basic Life Support (BLS) Provider** · American Heart Association — Feb 2026

## Work experience

**Nursing Intern (Rotatory Internship)** · Hmar Valley Multispeciality Hospital, Aizawl, Mizoram — Jan 2026 – Jun 2026

- Provided supervised bedside care for 6 to 8 patients per shift across medicine, surgery, ICU, paediatrics and obstetrics.
- Monitored vital signs, intake-output and GCS, and escalated 11 early warning score alerts to the duty doctor.
- Administered oral, IM and IV medications under supervision following the rights of medication administration.
- Assisted in 20+ normal deliveries and taught new mothers about breastfeeding and immunisation schedules.

## Education

**B.Sc Nursing in Nursing** · Zion College of Nursing, Aizawl, Mizoram — 2022 – 2026
Grade: 78%

**Class XII (MBSE) in Science (Physics, Chemistry, Biology)** · Chanmari Higher Secondary School, Aizawl, Mizoram — 2020 – 2022
Grade: 81%

**Class X (MBSE) in Secondary School** · Chanmari Higher Secondary School, Aizawl, Mizoram — 2019 – 2020
Grade: 84%

## Skills

- ✓ Patient assessment
- ✓ Vital signs monitoring
- ✓ Medication administration
- ✓ IV cannulation
- ✓ Wound dressing
- ✓ Infection control
- ✓ Nursing documentation
- ✓ Basic Life Support

## Languages

English · Fluent | Mizo · Native | Hindi · Conversational

## Core skills

- Compassionate care
- Clinical observation
- Team communication
- Shift discipline
- Patient education

## Projects

**Structured Teaching Programme on Hand Hygiene** · Final-year nursing research project (group of 5) — Aug 2025 – Dec 2025

Pre-test and post-test study among 60 ward attendants.

- Raised average hand-hygiene knowledge scores from 54% to 86% after a 3-session teaching programme.
- Presented the findings at the college research day.

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