

CURRICULUM VITAE

Ms.Bushra Mushtaq

Qualification:

**MASTERS OF SCIENCE
PSYCHIATRY NURSING
MMINSR SKIMS SOURA
SRINAGAR**

Current:

Msc. Psychiatry Nursing

E-mail



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+918491047022

Personal Data

Date of Birth: 15/01/1991

Sex : Female

Nationality : INDIAN

Languages Known:

ENGLISH, URDU, ARABIC
and KASHMIRI

Temporary Address:

Mala Bagh, NaseemBagh,
Hazratbal, Sgr-190006

Permanent Address:

Mala Bagh, NaseemBagh,
Hazratbal, Sgr-190006

Career Objective:

To build a career with leading public/private environment with committed & dedicated people, which will help me to explore myself fully and realize my potential and to secure a challenging position in a reputed Institution where there is a scope for acquiring, updating, exploring and utilizing my knowledge and skills

Educational Qualifications:

Academic Credentials	University	%
<i>M.Sc. Psychiatry Nursing</i>	SKIMS Deemed university	86.46
<i>B.Sc. (Hons) Nursing</i>	University of Kashmir	78.82

- **Working experience:**
- **Teaching experience : 3 years**
 - Working as Tutor AMCNMT (IUST)
 - Worked as Sister Tutor in Govt. AMT Srinagar
 - Worked as Tutor in University of Kashmir (South Campus)
 - Worked as Tutor in Ramzaan Institute of Para medical Sciences
 - Worked as Tutor in Royal paramedical institute.
- Research Co-Guide for under graduate nursing students in IUST
- Completed three months of Nursing internship program for three months at Nursing Education administration, at King Fahad Medical City (KFMC), Riyadh

❖ *Research :*

- A study to assess the effectiveness of progressive muscle relaxation technique on level of stress among Ist year B.Sc. Nursing students in Mader-e-Meharban institute of nursing science and research, soura, Srinagar, Kashmir
- Effectiveness of planned teaching programme on knowledge regarding hazardous effects of junk foods on health among adolescents in little angel educational institute Bagat-e-Shoora Srinagar Kashmir
- A Pre experimental study to evaluate the effectiveness of planned teaching programme on knowledge and practices regarding urinary catheter care among GNM 2nd year students of Ramzaan institute of para medical sciences, Nowgam, Srinagar
- A Pre experimental study to assess the effectiveness of structured teaching programme on knowledge regarding menstrual hygiene among GNM Ist year students at Ramzaan institute of paramedical sciences, Srinagar
- Selfies taking and posting behavior among adolescents
- Stress level among nursing students
- Nurses' role in coronary heart diseases, a review

❖ *Publications:(International journals)*

- Misophonia: Is Disorder Not Mannerisms
- Selfies taking and posting behavior among adolescents
- Stress level among nursing students
- Nurses role in coronary heart diseases, a review
- Self-esteem level among adolescents of higher secondary school
- Association of various demographic variables on self-esteem of adolescents in selected higher secondary schools, kashmir
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- A study to assess the effectiveness of progressive muscle relaxation technique on level of stress among Ist year B.Sc. Nursing students in Mader-e-Meharban institute of nursing science and research, soura, Srinagar, Kashmir
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- A pre experimental study to evaluate the effectiveness of planned teaching programme on knowledge and practices regarding urinary catheter care among

GNM 2nd year students of Ramzaan institute of para medical sciences, Nowgam, Srinagar

- A pre-experimental study to assess the effectiveness of structured teaching programme on knowledge regarding menstrual hygiene among GNM Ist year students at Ramzaan institute of paramedical sciences, Srinagar
- Psychiatric rehabilitation
- Role of pediatric nurse in management of child with genetic disorders
- Role of psychiatry nurse in anti-manic drugs
- Validity of tests
- Wound healing
- Terminal illness counseling by psychiatric nurse
- Anxiolytics and anti-depressants and psychiatry nursing management
- Assertiveness in nursing
- Role of psychiatric nurse for client receiving anti-psychotic drugs
- Crisis as psychiatric emergency and role of psychiatric nurse
- Role of nurse in nutritional care
- Motivational enhancement therapy
- Jacobson muscle relaxation technique(JPMR) (20 min)
- Common behavioral problems in children
- Role of psychiatric nurse in palliative care
- Balanced diet and a to z to remain healthy
- Adolescent anxiety
- Drugs vs nurses; the ongoing fight
- Nursing care plan with model theory application for the client with depression
- Nursing as academic discipline and a profession
- Drug addiction and adolescents

❖ ***Articles Published:***

- Psychiatric Nursing: More than a subject

❖ ***Paper Presentations:***

- **On drug addiction and adolescents** at National Conference on “Emerging Perspectives in Nursing Care” organized by The Department of Nursing Administration, Sher-i-Kashmir Institute of Medical Science, Srinagar on 11th - 12th September, 2017, at SKICC Srinagar
- **On Models of Curriculum in Nursing Education** in the workshop on” Update on preparation of Audio-Visual Aids and Curriculum Planning and Development” organized by Mader-e-Meharban Institute of Nursing Sciences and Research, SKIMS, Soura, Srinagar on 21th-25th August ,2017.

❖ **Reviewer for:**

- OMICS Publishing Group Medical Journals website
- Nursing and Health care Journal (ISSN2573-3877) EDELWEISS PUBLICATIONS
- Asian Journal of Pediatric Research.

❖ **Workshops:**

- Participated in continuing nursing education(CNE) on covid-19 conducted by the department of nursing, national institute of mental health and neuro sciences (NIMHANS), Bangalore in April & may 2020 (Awarded 4 credit points)
- Two day national workshop on “Innovation Teaching Strategies In Nursing Education” Organized by Syed Mantaqi Memorial College Of Nursing And Medical Technology (SMMCN&MT) (IUST) 2018.
- Participated in the workshop on “Selected Medical Surgical Nursing Emergencies” organized by Director General Health Services (DGHS) New Delhi, Sponsored (CNE) programme at Bibi Halima College of Nursing and Medical Technology, Shireen Bagh, Srinagar w.e.f Ist to 10th March ,2011.
- Participated as a scientific committee member in the workshop on” Update on preparation of Audio-Visual Aids and Curriculum Planning and Development” organized by Mader-e-Meharban Institute of Nursing Sciences and Research, SKIMS,Soura,Srinagar on 21th-25th August ,2017.

❖ **Conferences:**

- Attended an International Conference on “Rehabilitation of Person with Mental Illness: Nurses Perspectives” organized by The Indian Society Of Psychiatric Nurses (ISPN) and NIMHANS,Bengaluru,Karnataka,India on 10th to 12th Februray 2017.
- Attended a National Conference on “Emerging Perspectives in Nursing Care” organized by The Department of Nursing Administration, Sher-i-Kashmir Institute of Medical Science, Srinagar on 11th -12th September, 2017.
- Participated in the INSPIRE SCIENCE CAMP organized by the National Institute of Technology Srinagar from 19th-23th May 2012.
- Attended 1st annual Conference of Metabolic Syndrome-Prediabetes –Polycystic ovary syndrome (M P PCOS) Society organized by Sher-i-Kashmir Institute of

Medical Science, sgr : AIIMS , New Delhi and NIRRH, Mumbai on 11th -13th May 2017.

- Attended 2nd J & K Medical Science Congress organized by Sheri-Kashmir Institute of Medical science , Sgr on 10th -13th May 2017.
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❖ *Seminars:*

- Participated in the seminar on “Perspectives in Psychiatric Nursing Practice” conducted by Mader –e-Meharban Institute of Nursing Sciences and Research (MMINSR), SKIMS, Soura, Srinagar held from 11th to 14th July , 2017.

❖ *Appreciation Certificates:*

- Participated as a Delegate in Department of Nursing Administration and Pain and Palliative Care, RCC of SKIMS organized by Sher –I- Kashmir Institute Of Medical sciences on 25th-26th March ,2016.
- Participated as an Anchor on International Nurses Day ,conducted by Jammu and Kashmir Nurses Association, on 12th May 2016.
- Worked as a Resource Person on Medical and Surgical Emergencies and Role of Nurse conducted by Bibi Halima College Of Nursing and Medical Technology ,Shireen Bagh, Srinagar on 1st-11th March,2011.
- Participated as an Anchor on International Nurses Day conducted by Bibi Hlima College Of Nursing and Medical Technology, Shireen Bagh, Srinagar, on 14th May 2013 at Gandhi Bhawan, University of Kashmir ,Hazratbal ,Srinagar.

❖ *Activities/Memberships:*

- Life time member of The Trained Nurses Association of India (TNAI) (TNAI NO. 258161\LMT)
- Life time member of Indian Society Of Psychiatric Nurses (ISPN)
- American Heart Association(Health Provider)(CPR)
- Participated in Medication Administration at King Fahad Medical city Executive Administration of Nursing Affairs Nursing Education Administration.
- Participated in Adult Physical Assessment at King Fahad Medical city Executive Administration of Nursing Affairs Nursing Education Administration.
- Participated in Orogastric/Nasogastric tube insertion and enteral feeding at King Fahad Medical city Executive Administration of Nursing Affairs Nursing Education Administration.
- Active Member for Organization of Wound Care Nurses (OWCN)
- Participated in Pressure Ulcer Awareness Day on Nov.17,2013 at King Fahad Medical city Executive Administration of Nursing Affairs Nursing Education Administration.

❖ ***Extra Co-curricular Activities***

- Participated in NURSING intern general orientation training offered by the Nursing Education administration, Nursing affair, held at King Fahad Medical City(KFMC), Riyadh
- Participated in the Medication exam offered by the Nursing Education administration, Executive administration of Nursing affair, held at King Fahad Medical City(KFMC), Riyadh.

❖ ***Strength***

- Friendly, enthusiastic and a persuasive team builder.
- Recognized for ability & “getting the job done” through persistence & strong Work ethic.
- Unique combination of creativity, analytical skills and detailed orientation.
- Self-analytical understanding.
- Confident, strong will and easily adaptable to any environment.

❖ **Declaration:**

I hereby declare that the information given above is genuine to the best of my knowledge & if You give an opportunity to work in your organization; I will put my best efforts.

Ms. Bushra Mushtaq