Resume - Midwife in Sri Lanka Colombo

# Resume

## Nimali Perera, B.Sc. (Midwifery)

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## Professional Summary

A dedicated and compassionate Midwife with over 8 years of experience in Sri Lanka Colombo, specializing in maternal and newborn healthcare. A graduate of the University of Peradeniya with a B.Sc. in Midwifery, I have provided comprehensive prenatal, intrapartum, and postnatal care to women across diverse communities in Colombo. My expertise includes managing high-risk pregnancies, conducting safe deliveries under challenging conditions, and advocating for evidence-based practices aligned with Sri Lankan healthcare standards. I am passionate about empowering women through education and fostering trust within the community. This Resume reflects my commitment to excellence in midwifery, particularly in Sri Lanka Colombo, where I have contributed to reducing maternal mortality rates and improving neonatal outcomes.

## Education

* **B.Sc. (Midwifery)**, University of Peradeniya, Sri Lanka (2013–2016)
* **Diploma in Midwifery**, Lady Ridgeway Hospital for Women, Colombo (2010–2013)
* **Advanced Training in Neonatal Resuscitation**, Sri Lanka College of Anaesthesiologists (2018)

## Work Experience

### **Senior Midwife**, Colombo General Hospital, Sri Lanka Colombo (2018–Present)

* Managed over 500 deliveries annually, ensuring safe and holistic care for mothers and newborns.
* Collaborated with obstetricians to develop protocols for managing complications such as eclampsia and postpartum hemorrhage.
* Conducted antenatal classes in multiple languages, including Sinhala, Tamil, and English, to educate expectant mothers in Sri Lanka Colombo.
* Provided postnatal support to 300+ mothers annually, focusing on breastfeeding guidance and mental health awareness.
* Championed the use of digital tools for patient records at Colombo General Hospital, improving data accuracy and accessibility.

### **Midwife**, Lady Ridgeway Hospital for Women, Colombo (2016–2018)

* Assisted in the delivery of over 400 newborns annually, prioritizing maternal comfort and safety.
* Trained junior midwives in emergency procedures, including cesarean section support and neonatal resuscitation.
* Participated in community health initiatives, such as mobile clinics in underserved areas of Sri Lanka Colombo.
* Contributed to the development of a maternal education pamphlet distributed to over 1,000 families annually.

## Skills

* **Clinical Expertise:** Prenatal care, labor and delivery management, postnatal care, neonatal resuscitation.
* **Communication:** Multilingual (Sinhala, Tamil, English), patient counseling, community engagement.
* **Technical Skills:** Electronic health records (EHR) systems, ultrasound guidance for fetal monitoring.
* **Cultural Competence:** Understanding of Sri Lankan cultural practices in maternal healthcare.

## Certifications

* **Basic Life Support (BLS) Certification**, American Heart Association (2019)
* **Emergency Obstetric and Newborn Care (EmONC)**, World Health Organization (WHO) Training, Sri Lanka Colombo (2017)
* **Midwifery Registration**, Sri Lanka Midwives Council (2014)

## Languages

* Sinhala (Native)
* Tamil (Proficient)
* English (Fluent)

## Professional Development

* Attended the 2021 Sri Lanka Maternal Health Conference, Colombo, focusing on innovations in midwifery.
* Completed a workshop on "Mental Health in Pregnancy" by the Sri Lanka Psychological Society (2020).
* Volunteered as a mentor for the "Midwife for Mother and Child" initiative, Colombo (2019–Present).

## References

Available upon request. Professional references include:

* Dr. Anura Jayasinghe, Head of Obstetrics, Colombo General Hospital
* Sri Lanka Midwives Council Representative, Colombo

## Conclusion

This Resume exemplifies my dedication as a Midwife in Sri Lanka Colombo to improving maternal and newborn health outcomes through clinical excellence, cultural sensitivity, and community engagement. I am eager to contribute my skills to organizations committed to advancing healthcare in Sri Lanka, ensuring every mother and child receives compassionate, high-quality care.