

# LEENA V SAJAN

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## PERSONAL PROFILE :

Compassionate nurse with extensive knowledge of emergency procedures. Delivers patient –centered care with strong patient rapport building. Skilled in admissions and discharges in the systems. Dynamic nursing care with 3.6 years of health care experience. Reliable and adaptable in challenging and high volume environments. Strong expertise in community health and development. Collaborative care with steady commitment to quality care. Experienced with high volume case management in medical and surgical settings. Advocate for patient needs and process improvements to boost health outcomes. Efficient with strong care plan management skills. Guides patients through complex surgeries and rehabilitation. Holds robust knowledge of adult medical and surgical patients' needs.

## Experience

### 01 February 2019- 18 February 2021 [Sri Ramakrishna Hospital, Coimbatore CVICU Department]

Team Leader: Mrs. Sudha      CNO: Dr J Karpagam

- Implemented and updated treatment plans in collaboration with doctors
- *Proficient in cardiac post-operative and pre-operative ICU management*
- Handling arterial, central line, ventilator, removal of ICD, IABP and CPR
- Carried out day to day duties accurately and efficiently.
- Developed and updated initiatives to improve patient care and quality of service.
- Delivered consistently high standards of individualized nursing care, best maintaining patients' health and wellbeing.
- Collected and properly handled specimens from patients.
- Assessed and triaged patients to identify immediate care needs.
- Collaborated with doctors to plan post-treatment home care.
- Evaluated patient care needs, prioritized treatment and maintained patient flow.
- Maintained outstanding patient care levels through attentive, compassionate monitoring of physical and mental wellbeing.
- Developed healthcare plans for individuals and families.

- Provided patients with information about needs for equipment like blood pressure monitors and proper use of each.
- Dispensed medications and administered pharmacological and non-pharmacological interventions via IVs, subcutaneous and intramuscular injections, as well as orally and rectally.
- Continuously assessed existing standards and practices, highlighting areas of required improvement for senior hospital staff.
- Facilitated patient admissions, transfers, and discharges while delegating tasks and assignments and resolving conflicts and grievances.

**23 June 2021- 10 January 2022 [Iqraa International hospital & research Centre, Kozhikode -medical ICU department]**

ICU InCharge: Mrs. Seenia      Nursing Superintendent: Elamma John

- Exceptional care for critically ill patients.
- Assess patient condition and administer medications.
- Set up and monitored life support equipment and devices such as cardiac monitor, transducer, pressure lines, oxygen delivering system, mechanical ventilator and pulse oximetry.
- Evaluation of records and lab reports of patients.
- Monitoring of vital signs ,adequency of ventilation and level of consciousness of patients.
- Administration of medications in various routes.
- Patient and family educational support.
- End of life care and palliative care.
- Assist physicians with various procedures.
- Handling situations including emergencies.
- Interpretations of ECG changes and arrhythmias.
- Plan and give nursing care according to their needs.

**12 JANUARY 2023- Still working [Fathima Hospital, Kozhikode, cardiac ICU department]**

*Nursing superintendent: Mrs. Neena Tomy*

## Skills

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- Discharge procedures.

- Medication administration
- Monitoring vital signs.
- Nursing leadership.
- Mobility assistance.
- Drawing blood
- Patient monitoring
- End-of-life care
- Adult acute and critical care
- Medication administration expert
- Clinical record keeping
- Active listening
- Analgesia control
- Aseptic techniques
- Organization and planning
- Family and patient support.
- Bilingual in English and Malayalam
- Patient care and geriatric treatment knowledge.

## Academics

AUGUST 2014- NOVEMBER 2018

**BSC Nursing, Seventh Day college of nursing, Ottapalam , Palakkad**

## Activities

- ❖ Member of cultural events
- ❖ Active member in program management

## Gap History

January 2022-january 2023 [trying for OET]

## REGISTRATION

Nursing and midwifery Council registration number – KL03201903984

## Personal Details

Date of Birth: 12/10/1995

Marital status: Married

Nationality: Indian

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