

Reenu Varghese

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OBJECTIVE

To be an integral part of a rapidly growing organization and strive for its growth with utmost sincerity in every possible way and aim to grow along with it.

PROFILE

A proven Staff Nurse with more than 4.6 years of experience. Strong communicator with the skills to adapt in highly sensitive environments but also practiced in solution led added emergency handling. The current role has enabled me to develop, communicate and achieve above my goals, Demonstrated the agility and ability to work cross functionally and culturally at all levels of the business with prioritizing higher level of service and hospitality.

PROFESSIONAL SUMMARY (4.6 years)

Al Moosa Specialist Hospital

Staff Nurse (Operation Theater)

Saudi Arabia

Nov 2019-May 2021

- Monitor patient's condition and assess their needs to provide the best possible care and advice
- Observe and interpret patient's symptoms and communicate them to physicians
- Collaborate with physicians and nurses to devise individualized care plans for patients
- Perform routine procedures (blood pressure measurements, administering injections etc.) and fill in patients' charts
- Adjust and administer patient's medication and provide treatments according to physician's orders
- Inspect the facilities and act to maintain excellent hygiene and safety (decontaminating equipment, sanitizing surfaces, preparing beds etc.)
- Provide instant medical care in emergencies
- Assist surgeons during operations
- Supervise and train LPNs and nursing assistants
- Foster a supportive and compassionate environment to care for patients and their families
- Expand knowledge and capabilities by attending educational workshops, conferences etc.

Max Super speciality Hospital

Staff Nurse (General Operation Theatre)

Delhi, India

Sep 2018-Nov 2019

- Asses the Medical, Surgical & Neurological condition of the patient
- To prepare daily nursing care plans to give professional care
- Maintains of good Nurse patient relationship
- To check the vital signs of patients like BP, Pulse Rate, Respiratory Rate & Temperature
- Maintain intake output chart (E.g.: Arterial, Central Venous Pressure & PAP)
- Pharmacological interventions include thrombolytic agents, intravenous fluids & inotropic (E.g. TPN , Dopamine, infusing NTG)
- Collection of Specimen (E.g. : Ice, bag Hot water bag)
- Personal Hygiene (E.g.: Nail care, Hair Care, Bowel and bladder care, Catheter Care)
- To feed the patient after ensuring that is correct diet by checking diet order.
- Assisting for Central Line Insertion, ICD Insertion, Endotracheal Intubation (Oral & Nasal), Extubation, pleural tapping.

- Management of Artificial Airways and mechanically Ventilated patients
- Oxygen Therapy, Pulse Oximetry
- Continuous assessment of patient physical & emotional needs by health care team members which include Doctors, Nurses, Dieticians , Medical Social worker & physiotherapist
- Continuous hemodynamic monitoring including CVP, P, ECG, RR. SPO2
- Assisting in therapeutic modalities like ICD insertion, Emergency or elective intubation emergency resuscitation
- To take care of physical, social, psychological, spiritual and rehabilitative needs of the patients (E.g. Religious Guidance)

St Theresa's Hospital

Hyderabad

Nurse (Opthal, Gynec & General Operation Theater)

Mar 2016 – Jun 2018

- Provide proper positions and restraints according to patient condition
- tracheostomy care of the patient (E.g. suctioning, Tracheostomy, dressing)
- Care for parents with Decubitus Ulcer (Frequent back care & positioning)
- Setup of unit prior to any patient arrival with necessary equipment and emergency medicines
- Prioritizing and implementing the care
- Ryle's tube & PEG feeding, Gastric lavage
- ICD care & Central line care
- Bladder wash & Enema
- Can perform IV cannulation, catheterization, Nasogastric tube insertion, blood transfusion, steam inhalation, chest physiotherapy, dressing etc.
- patient and family education

MACHINES USED

- Ventilator
- A.B.P Monitor
- Defibrillator
- Monitor
- C.V. P Monitor
- Suction Apparatus
- Nebulizer
- ABG Machine
- Laryngoscope
- Warmer Machine
- PAP Monitoring
- CPAP Machine
- BIPAP Machine
- AMBU
- Closed Suction System
- Syringe pump
- ECG Machine
- Steam inhaler
- Humidifier
- Glucometer
- Pulse Oxymeter

EDUCATION

Dr. NTR University

Basic Bachelor of Science in Nursing, 2011-2015

St. Mary's HSS Champakulam, Kerala, India

Higher Secondary Certification, 2009 – 20011

Little Flower Girls HS Pulinkunnu, Kerala, India

Secondary School Leaving Certification, 2009

PERSONAL DETAILS

Passport Number	: R5923778
Date of Expiry	: 16/01/2028
Sex	: Female
Date of Birth	: 20th July 1993
Marital Status	: Married
Languages	: English, Hindi & Malayalam

Declaration

I hereby declare that the above written particulars are true to the best of my knowledge.

Thanking you

Date:
Place:

Yours faithfully,
(Reenu Varghese)