

# Anu Varghese

Sharjah

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DHA UID # 77235415



*To work in an environment that motivates excellence, passion for work and loyalty towards the organization that will strengthen my personal character, which will enable me to become more competitive in my chosen field of endeavor.*

## 📁 PROFESSIONAL SKILLS

- ♦ Critical thinking and decision making skills
- ♦ Effective Communication
- ♦ Hospital Management System
- ♦ Team Leadership
- ♦ Familiar Safety regulation

## 📁 PROFESSIONAL EXPERIENCE

### KING FAISAL HOSPITAL SPECIALIST & RESEARCH CENTER RIYADH – KINGDOM OF SAUDI ARABIA.

*Hospital with state of art & technology with the capacity of 900 bedded tertiary care. Also, the hospital having the Research facility Center in world wide range.*

**Registered Nurse** in Medical Surgical Intensive Cardiac Care Unit (CSICU/CTVS ICU)

**01 March.15 – 16 November.18**

### DR. BALABHAI NANAVATI HOSPITAL MUMBAI – INDIA.

*Hospital with state of art & technology with the capacity of 450 bedded tertiary care.*

**Staff Nurse** in Medical Surgical Intensive Cardiac Care Unit (CSICU/CTVS ICU)

**09 OCT .13 – 06 February.15**

## 📁 DUTIES & RESPONSIBILITIES

- Specialized in Critical Care Management.
- Management of Acute Emergencies i.e. Acute M.I., Sudden Cardio-Respiratory Arrest, Lethal Arrhythmias.
- Assessing the Surgical and Medical Patients Admitting and Discharging them according to hospital rules.
- Administering Drug – Oral, Sublingual, Intravenous, Intradermal, Subcutaneous, Intramuscular, Intratracheal, Intracardiac. Administering Drugs and Fluids Via Infusion Pumps, Syringe Pumps.

- Monitoring Fluid And Electrolyte Balance Intravenous Canalization, IV Fluid Administration, Monitoring Central Venous Pressure, Maintaining Adequate Record Of Intake And Output.
- Management of Equipment used in ICCU.
- Assist the needs of patients to meet their needs within limitation.
- Provide patient psychological support and health education.
- Co-ordination of nursing activities  
Assigning And Delegating Duties And Responsibilities, Supervision Of Junior Staffs, Storing Of Dangerous Drugs, Maintaining Stock Lines, Central Sterile Supplies, Drugs And Miscellaneous At All Time, Repairs And Replacements, Inventories And Recording.

#### **Experienced in Surgical Patients:-**

- Open chest patient with ECMO
- CRRT
- Heart Transplant
- CABG patients
- Heart Mate / LVAD

#### **Management of Surgical Patients:-**

- Maintaining Patient Airway By Suctioning.
- Auscultation Or Adequate Air Entry.
- Preparing And Zeroing Of Transducer.
- Maintaining Adequate BP and PAP.
- Assessing and Maintaining Drainage by Milking and Charting.
- Assisting For Weaning Process.
- Change Of Position And Back Care.
- Sterile Technique And Dressing To Prevent Nosocomial Infection.
- Health Teaching And Rehabilitation Programme.

#### **Skill Include: -**

- Assisting for Various Procedure such as Endotracheal Intubation, Central Venous Line Insertion, Arterial Line Insertion, IABP Insertion, Thoracentesis, Temporary Pacing, Swanganz Catheterization.
- Wound Dressing.
- Care of Drains.
- Surgical Skin Preparation.
- Removal of Sutures.
- Pre and Post Operative Care.
- Care of Dialysis, Tracheostomy, Angiography, PTCA Etc.
- X-Ray Studies, Graphic Studies and Laboratory Tests.
- Intravenous Cannulation.
- Collection of Blood for ABG.
- Cardiac Monitoring and Interpretation.

### **Case Experience: -**

- MI
- Endocarditis
- Valvular Disorders (Congenital, MS, MR, MP, AS, AP)
- Cardiomyopathy
- Pericarditis
- Peripheral Vascular Disorders Like - Peripheral Arterial Disease, Arterial Embolism, Buerger's Disease (Thromboangitis Obliterans), Raynaud's Disease, Aortic Aneurysm, Venous Insufficiency, Varicose Vein.
- Conducting System Disorders.

### **Equipment Experience: -**

- Ventilators, Syringe Pump, Infusion Pump, Pulse Oxymeter, Cardiac Monitors, ECG Machine, Defibrillator, Pace-Make, Laryngoscope, NBP Apparatus, Rectal and Skin Temperature Probe, Glucometer, IABP Machine, Ambu Bag, ET Tube, Suction Machine. ECMO Machine, CRRT, HeartMate-3, LVAD.

### **In service Experience: -**

- In-service education in Hospital.
- In Infection Control & safety Seminars.
- Preceptorship

## **EDUCATION & CERTIFICATIONS**

### **RAJIV GANDHI COLLEGE OF NURSING — INDIA**

- ❖ POST B.SC. NURSING FROM RAJIV GANDHI UNIVERSITY KARNATAKA (OCTOBER 2011- SEPTEMBER 2013)
- ❖ REGISTRATION NO # 010879 KARNATAKA STATE NURSING COUNCIL

### **DR. BALABHAI NANAVATHY HOSPITAL — INDIA**

- ❖ DIPLOMA IN REVISED GENERAL NURSING & MIDWIFERY FROM BOARD OF MAHARASHTRA NURSING COUNCIL, MUMBAI (AUGUST 2006-JANUARY 2010)
- ❖ REGISTRATION NO # XXVIII-32414 MAHARASHTRA NURSING COUNCIL

### **M.G.M HIGHER SECONDARY SCHOOL — INDIA**

- ❖ HIGHER SECONDARY CERTIFICATE FROM KERALA EDUCATION BOARD OBTAINED 65.3% IN MARCH 2006.

### **GOVT. H.S.S IRINGOLE — INDIA**

- ❖ S.S.L.C FROM KERALA EDUCATION BOARD OBTAINED 63.5% IN MARCH 2004.

## **ACHIEVEMENTS AND EXTRA CURRICULAR ACTIVITIES**

- ▲ ACLS Certified
- ▲ BLS Certified

## PERSONAL DETAILS

▲	Husband's Name	:-	Mr. Dino Joy
▲	D.O.B	:-	11/April/1989
▲	Nationality	:-	Indian
▲	Marital Status	:-	Married
▲	Religion	:-	Married
▲	Languages known	:-	English, Malayalam, Marathi, Hindi.
▲	Passport No	:-	S6921936 (D.O.E – 03/09/2028)
▲	Visa Status	:-	Visit Visa (till July.2019)

## OF NOTE

### **Computer Skills:**

- ▲ Basic Computer knowledge and operations of Hospital Management Systems in Ward (Novella MMS), Hita (Oracle).

### **Reference: -**

To be furnished on request.