



CURRICULUM VITAE



NITHA VARGHESE

ADDRESS (PRESENT)

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ADDRESS (PERMANENT)

Thuruthikattu Chaithanya House
Chenneerkara P. O.
Pathanamthitta District
Kerala, India - 689503

PASSPORT DETAILS

Passport No. : P 0426852
Date of Issue : 19/08/2016
Date of Expiry : 18/08/2026
Place of Issue : Trivandrum, India

LANGUAGE PROFICIENCY

English, Hindi & Malayalam

PROFESSIONAL MEMBERSHIP

Saudi Commission for
Health Specialist: **2482451198**

Kerala Nursing Council Registration
Number: **KL04202200740**

Dubai Health Authority
Unique ID: **02411817**

BLS

eCard Code : 225601848743
Date of Completion : Jan 10, 2022
Date of Expiry : January, 2024

ACLS

eCard Code : 225622088980
Date of Completion : Jan 20, 2022
Date of Expiry : January, 2024

CAREER OBJECTIVE

To obtain a position in a reputed hospital, where I can utilize my skills, knowledge and experience to provide quality health care and establish my career.

ACADEMIC QUALIFICATION

- Secondary School Leaving Certificate - Kerala Government
- Higher Secondary - Government of Kerala
- B.Sc. Nursing - Chaudhary Charan Singh University, UP

WORK EXPERIENCE

- Worked as staff nurse in Neuro Surgical ICU from 4-11-2016 to 31-03-2019, BLK Super Speciality Hospital, Rajendra Place, New Delhi.
- Worked as staff nurse in Medical ICU from 17-11-2019 to 17-11-2021, Saudi German Hospital, Jeddah, Saudi Arabia.

DUTIES AND RESPONSIBILITIES

- Admission and receiving of patient in a pleasant manner, vitals monitoring
- Assessing planning and implementing Nursing Care
- Administration of medications blood and blood products
- Psychological support to the patient and their relatives
- Handling different types of life-threatening emergency situation
- Caring patients in ventilator
- Maintain all aseptic techniques
- Following barrier nursing
- Maintaining accurate records and reports
- Keeping good inter personal relationship
- Periodical assessment of the disease condition
- Giving orientation to the patients at the time of admission
- Giving information to the doctor (consultant) about the admission

EQUIPMENT HANDLED

- ✓ CARDIAC MONITOR
- ✓ ECG MACHINE
- ✓ DEFIBRILLATOR
- ✓ ICP MONITORING
- ✓ VENTILATOR
- ✓ NEBULIZER MACHINE
- ✓ PULSE OXYMETER
- ✓ SUCTION APPARATUS
- ✓ INFUSION PUMP
- ✓ AMBU BAG
- ✓ LARYNGOSCOPE
- ✓ DVT PUMP
- ✓ GLUCOMETER
- ✓ ALPHA BED, NIMBUS BED
- ✓ DIALYSIS MACHINE

PROCEDURES ASSISTED

- ✓ Cardio Pulmonary Resuscitation
- ✓ Intubations
- ✓ Tracheostomy
(Percutaneous Open Tracheostomy)
- ✓ Lumbar Puncture
- ✓ Extra Ventricular Drain Insertion
- ✓ Arterial Line Insertion
- ✓ CVP Catheterization
- ✓ Subclavian, Jugular
- ✓ Femoral Catheter Insertion
- ✓ ICD

IN SERVICE EDUCATIONAL PROGRAMS ATTENDED

- ✓ National Accreditation Board of Hospital and Healthcare Providers (NABH)
- ✓ Bio-medical Waste Management, Fire and safety, communication skills
- ✓ Infection control safe injection protocols, Quality Control CBAHI (Saudi Central Board for accreditation of health care institutions)

- Carry out routine investigation
- Check vital signs, weight and blood pressure
- Help them to do daily activities increasing the patient's social relationships
- Assist the doctor in procedure proper explanation before each nursing procedures
- Administration of drugs at the prescribed times
- Good observation, monitoring of GCS and vital signs
- Maintain nutritional status and personal hygiene
- Health Education
- Proper reporting a recording
- Prepare the patients file for billing
- Assistance service as an administration
- Cardio pulmonary resuscitation
- Following doctors' rounds

CASES HANDLED

- INTRA CRANIAL HEMATOMA
- SUBDURAL HEMATOMA
- SUBARCHNOID HEMATOMA
- HEAD AND SPINE INJURY
- INTRACRANIAL BLEEDING
- BRAINTUMORS
- ANEURYSM
- EDH
- HYDROCEPHALUS
- POST CRANIOTOMY PATIENTS
- PATIENTS WITH SHUNT
- PATIENTS WITH ICP MONITORING
- POST SPINE SURGERY CASES
- AVM
- CVA
- CKD
- CLD
- POST-OPERATIVE AMPUTATED PATIENTS
- KIDNEY TRANSPLANT PATIENTS
- POST THROMBOLYTIC THERAPY PATIENTS
- DIALYSIS PATIENTS
- RTA PATIENTS

PERSONAL INFORMATION

Name : Nitha Varghese
Gender : Female
Father : T. M. Varghese
Age : 27
Date of Birth : Nov 04, 1994
Marital Status : Married
Nationality : Indian
Religion : Christian

HOBBIES

Listening Music, Travelling, Cooking

REFERENCES

- 1. Ms. Rosamma Jose**
Nursing Superintendent
BLK Super Specialty Hospital
New Delhi - 60
- 2. Dr. Anil Kansal**
Neuro Surgeon
BLK Super Specialty Hospital
New Delhi - 60
- 3. Mr. Asghar Hussain**
Acting Chief Nursing Officer
Saudi German Hospitals Group
Jeddah, Saudi Arabia

PROCEDURES I did/have been part of ...

- Emergency Resuscitation
- Ryle's Tube insertion
- Suctioning (Oral, Nasal, Tracheostomy, ET, Tube)
- Foley's Catheterization
- Nasogastric Feeding
- Maintenance of Personal Hygiene
- Oxygen administration
- Central Venous Pressure monitoring
- ECG Monitoring
- Taking & recording vital signs
- Wound dressing
- Arterial blood gas analysis
- PEG feeding
- Gastric Lavage
- Blood sugar monitoring
- Maintenance of records & reports
- IV Cannulation
- Death care

DECLARATION

I hereby declare that all the above information is true and correct to the best of my knowledge and belief.

Date:
Place:



NITHA VARGHESE
