



DILNA THERESA

STAFF NURSE

DHA UNIQUE ID: - 77855252

**KERALA NURSE AND MIDWIFE COUNCIL
REGISTER NUMBER: KL03201901033**

**BASIC LIFE SUPPORT (BLS)
CERTIFICATION (ISSUED ON 21-03-2025)**

PERSONAL DETAILS

Mobile No : +971 563270369

Email ID : theresadilna14@gmail.com

Nationality : Indian , DOB-05.09.1996

Gender : Female

Marital status: Married

Visa status : Depended visa

ACADEMIC CREDENTIALS

2014 - 2018 BSC NURSING (KUHS)

Medical Trust College of Nursing,
Irumpanam – Ernakulam

2012-2014 HIGHER SECONDARY

Board of Higher Secondary Examination,
Kerala

2013 SECONDARY SCHOOL

Board of Public Examination, Kerala

CAREER SUMMARY

Highly experienced and reliable nurse with a strong background in delivering quality patient care. Skilled in providing immediate care, including triaging, assessing patient needs, and offering critical support. Effectively communicate with emergency room staff and patient families to update them on patient progress and assist in performing diagnostic tests. Proficient in evaluating symptoms, identifying conditions, and developing appropriate treatment plans. Eager to leverage my experience and knowledge to contribute effectively to your healthcare organization. developing appropriate treatment plans. Eager to leverage my experience and knowledge to contribute effectively to your healthcare organization.

EXPERIENCE

STAFF NURSE | JULY-2021-SEP-2023 - AMC MEDICAL CENTER, EDAPPAL, KERALA

Department: Pediatric

KEY RESPONSIBILITIES

- Provided compassionate care to infants, children, and adolescents.
- Administered medications, vaccines, and treatments per pediatric protocols.
- Monitored vital signs and developmental milestones.
- Educated families on illness management and preventative care.
- Maintained accurate and up-to-date patient records.
- Promoted a child-friendly, emotionally supportive environment.
- Collaborated with multidisciplinary teams for holistic care.
- Supported physicians during exams and procedures.

STAFF NURSE | JAN-2021-MAY-2021 – MOHAP (short term contract), DUBAI-UAE

Department: COVID Vaccination Duty

KEY RESPONSIBILITIES

- Administered COVID-19 vaccines (Pfizer, Sinopharm, etc.) in accordance with DHA/SEHA/MOHAP protocols.
- Verified patient identity using Emirates ID and ensured informed consent prior to vaccination.
- Educated patients on vaccine information, possible side effects, and post-vaccine care.
- Monitored patients for immediate reactions and provided emergency support as needed.
- Maintained accurate records through Al Hosn and other UAE health reporting systems.
- Ensured proper cold chain management and safe vaccine handling.
- Followed strict infection control and PPE protocols to ensure patient and staff safety.
- Collaborated with healthcare teams during mass vaccination drives across various community centers.
- Assisted in inventory checks, daily vaccine stock reporting, and documentation audits.

STAFF NURSE | APRIL-2020-NOV-2020-KIMS HOSPITAL-SECUNDERABAD-HYDERABAD

Department: COVID Duty

KEY RESPONSIBILITIES

- Provide basic nursing care to the patients like daily vital signs monitoring recording and evaluating of medical condition
- Collection of Covid samples
- Provide quality care
- Administration of drugs
- Administration of blood & blood products
- Emergency management
- Psychological support to patient & family

SAFETY PRACTICES

- Care of high-risk patients.
- Isolation techniques.
- Universal techniques for all procedures
- Hand washing technique

CARE OF PATIENTS

- Disaster Management
- Trauma
- Shock
- Snake bite
- Strangulation
- Cardiac arrest
- Burns
- Injected poisoning
- Asphyxia

DRUG ADMINISTRATION

Various Routes

- IM
- IV
- S/C
- Topical
- Infusions through syringe pumps
- Nebulizer therapy

PASSPORT DETAILS

- Passport no : S 8986493
- Date of expiry : 12.11.2028
- Date of issue : 13.11.2018
- Place of issue : Cochin

KEY RESPONSIBILITIES

- Provided pre- and post-operative patient care.
- Monitored vital signs and treatment responses.
- Administered medications and managed wound care.
- Educated patients on discharge and recovery.
- Maintained accurate nursing documentation.
- Practiced infection control and safety protocols.
- Assisted in surgeries and recovery processes.

SKILLS

- ❖ Microsoft Office
- ❖ Report Writing
- ❖ Administrative Writing and reporting
- ❖ Vital signs
- ❖ Computer Proficiency
- ❖ Patient/family education
- ❖ Team Nursing.
- ❖ Pain management
- ❖ Infection Control
- ❖ Observation skills
- ❖ Time Management
- ❖ Strong Interpersonal and Communication skills
- ❖ Progressive Nursing Care.
- ❖ Comprehensive Nursing Care

LANGUAGES KNOWN

- ❖ English
- ❖ Malayalam
- ❖ Tamil
- ❖ Hindi

EQUIPMENTS USED

- ❖ Cardiac monitors
- ❖ Defibrillators
- ❖ Syringe pumps
- ❖ Ambu bags
- ❖ Emergency Crash trolley
- ❖ Intubation Equipment's
- ❖ Suction Apparatus
- ❖ Nebulizers
- ❖ Electronic Monitoring Equipment's
- ❖ E.C.G. Machine
- ❖ Oxygen Humidifier

COMMUNICATION

- ❖ Care of anxious & bereaved attenders.
- ❖ Effective communication with colleagues Use of telephone pager and mobile phones.
- ❖ Effective written communication through proper channel.
- ❖ Roles of the multi-disciplinary team. Sensory Overload & Deprivation.

DECLARATION

I hereby declare that the above particulars of facts and information stated are true, correct and complete to the best of my belief and knowledge.