

PERSONAL INFORMATION

Nikhila P Lalu



Al Hashmi building No.11# 402, Al Baraha, Dubai,



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Date of Birth : 15/07/1991
Marital Status : Married
Nationality : Indian
Known Languages : English, Malayalam, Kannada, Hindi, Tamil

CAREER OBJECTIVE

I would like to be with an employer who is willing to utilize my knowledge and experience as well as my academic accomplishment. I am keen to meet challenges and apply initiatives and creativity to pursue a career as a dedicated nurse. I am confident of my ability to contribute to professional growth and development.

EXPERIENCE

❖ **AL ZAHRA HOSPITAL DUBAI**

12/02/20 – Still Working

Staff nurse

Worked as Rn in Paediatric Urgent care / Ambulatory Care

- Working with children and asking questions about their health for diagnosis and documenting patients' symptoms and medical history for the doctor.
- Assessing a child's needs and providing initial care.
- Identifying changes in children's symptoms and intervening in emergency situations.
- Participating in pain management for children.
- Administering medications, drawing blood, and giving childhood vaccinations following age-appropriate guidelines.
- Monitoring temperature, pulse, breathing, and blood pressure and keeping accurate records.
- Evaluating children for signs and symptoms of abuse.
- Provide excellent nursing care to patients suffering from wounds of any cause. Assess and Evaluate wounds and injuries for infections or other illness factors that causes wounds. Educate and counsel patients and their families on wound care processes and issues.

❖ **INTERNATIONAL MODERN HOSPITAL DUBAI**

30/01/19 – 03/01/20

Staff nurse

Worked as Rn in OPD

- Collect information on patient stats from a variety of sources using assessment Skills including observation, communication and physical assessment.
- Initiates, maintains and concludes therapeutic and professional relationship in and appropriate manner.
- Coordinated the preoperative care and testing of patients preparing to undergo surgery.
- Provided patient education and an initial point of contact for patients Undergoing surgery both pre and post-operative.

- Managed the team surgical schedule and coordinated special services and supplies required for cases, to include both pre and post-operative care.
- Provided education and training to hospital wide staff involved in the treatment of special needs surgical cases.
- Ensures timely and accurate documentation of records
- Prepare necessary forms and declarations to implement the health insurance scheme, follow up , conduct investigations on time

❖ **MEITRA HOSPITAL CALICUT, INDIA (NABH ACCREDITED)**

19/06/17 - 19/08/18

Staff nurse in medical and surgical ICU

- Provided specialized nursing and medical care in a 20 bedded Medical and Surgical ICU with 1:2ratio
- Provided direct nursing care to critically ill patients, post-surgical including CABG,BENTALLS, MVR, AVR, COPD, STROKE, PT ON DIALYSIS, PTCA Etc.
- Provided patient education for pre-operative and post-operative catheterization and open heart surgery patients and explained discharge instructions.
- Strong leader for nursing personnel assigned to the unit/shift.
- Developed and implemented nursing care plans.
- Effective counselling in health maintenance and disease management
- Ensures timely and accurate documentation of records

❖ **FORTIS MEMORIAL RESEARCH INSTITUTE GURGAON. (JCI ACCREDITED)**

06/08/2014 - 11/08/2016

Staff nurse IN CTVS ICU WITH BOTH ADULT AND PEDIATRICS

- Provided specialized nursing and medical care in a 12 bedded ICU with 1:2 Ratio
- Worked closely with the cardiac surgeons, cardiologists with accurate reporting, recording of laboratory value with follow up treatment.
- Recognized life threatening arrhythmias and mean of treatment for patients in cardiac monitors, caring for A - line, monitoring Swan-Ganz catheter, drawing ABG's and other labs, interpreting and reporting result for proper medical management.
- Provide care to the post and pre cardiac paediatric cases, such as switch procedures, BT shunt, BD Glenn, TGA, Alcapa, ICR, LVAD Implantation, Heart transplant Etc.
- Participated in unit-based Quality Assurance Program.
- Closely monitored acute conditions
- Documented patient information obtained from assessment.
- Chronic patient care in surgical unit, adeptly handling all aspects of treatment from medication to wound care to monitoring for 2 patients

EDUCATION

- **Alva's colleges of nursing, Karnataka**
BSc nursing 2009-2013
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CERTIFICATE

- ACLS valid till November 2020
 - BLS. Valid till January 2022
 - DHA LICENSE
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EQUIPMENT HANDLED

- MECHANICAL VENTILATOR
- DEFIBRILLATOR
- ACT MACHINE
- INFUSION PUMP AND SYRINGE PUMP
- ECMO
- PULSE OXYMETER
- IABP MACHINE
- CARDIAC MONITOR
- TEMPORARY PACEMAKER
- GLUCOMETER
- PLUSE OXYMETER
- THERMOMETER
- NEBULIZER
- SUCTION APPARATUS
- SPHYGMOMANOMETR
- LARYNGOSCOPE AMBUBAG
- OXYGEN FLOW METER
- STEAM INHALER
- ECG MACHINE
- BLOOD WARMING SET

PATIENT HANDLED

- CABG
- COPD
- MVR /AVR
- TRAUMA
- STROKE
- PATIENT ON DIALYSIS
- PTCA
- POST OPERATIVE PATIENTS
- POST CARDIAC ARESST
- STEMI
- ASD/VSD
- ECMO PATIENTS
- BENTALLS
- PATIENT ON IABP
- PULMONARY EMBOLECTOMY
- LVAD IMPLANTATION
- RESPIRATORY (LUNG) FAILURE
- HEART FAILURE
- ARTERIAL SWITCH
- SEPSIS

PERSONAL STRENGTHS

- Hard Working, Self-Confident, Self-Disciplined & Diligent person.
- Self – Disciplined and Digital Nature
- Practical Approach towards problems

REFERENCE

1. AJITHA PS - "Meitra hospital Calicut"

CNO

Captainajithaps@redmail.com

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2. DR. EHAB SHEHATA

Orthopaedic surgeon at international modern hospital Dubai

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DECLARATION

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

Date : 23/04/2020

Place : Dubai

NIKHILA P LALU