



Sheeba M VARUGHESE

Medical Laboratory Technologist

sheebamv93@gmail.com 23B St Deira - Dubai, United Arab Emirates Date of birth 15/10/1993 Indian
 No remote work Driving licence (L) Personal vehicle Dubai, United Arab Emirates 058 115 9792
 Married

Languages

English
Malayalam
Hindi
Tamil

Computer skills

Ellider
Inventory Report

Skills

Analytical skills
Attention to detail
Analyzes test results
Interpersonal communication
Laboratory testing & analysis
Laboratory equipment maintenance
Laboratory procedure development
Laboratory safety protocols
Maintain laboratory records and reports
Patient confidentiality
Perform laboratory tests
Recording and analyzing data
Safety protocol compliance
Specimen collection
Quality control testing
Troubleshooting and calibration

References

Doctor Linta Thampi
Head of a Department, St. Gregorios Medical Mission Multi-Speciality Hospital
Linta.thampi@gmail.com

About me

Dedicated and detail-oriented Medical Laboratory Technologist with over seven years of comprehensive experience in clinical laboratory settings. Proficient in performing a wide range of diagnostic tests, analyzing laboratory findings, and ensuring the accuracy and reliability of results in accordance with established protocols and regulatory standards. Demonstrates strong expertise in hematology, microbiology, biochemistry, clinical pathology, phlebotomy and immunology, with a consistent track record of maintaining quality assurance and supporting clinical decision-making. Known for a collaborative approach, effective communication with healthcare teams, and a commitment to continuous professional development and excellence in patient care.

Work Experience

- Medical Laboratory Technologist** Since June 2017 (7 years+)
St. Gregorios Medical Mission Multi-Speciality Hospital, India
Duties & Responsibilities
 - **Managed Laboratory Inventory and Supplies**
Maintained accurate inventory records, monitored stock levels, and ensured timely ordering of reagents, consumables, and other laboratory essentials to support uninterrupted diagnostic operations.
 - **Team Supervision and Staff Training**
Provided training, mentorship, and performance supervision to new and existing laboratory personnel, promoting a culture of continuous learning and adherence to standard operating procedures.
 - **Proficiency Testing and Quality Control**
Conducted routine proficiency tests using simulated specimens to ensure technical competency and accuracy across laboratory testing procedures in compliance with external quality assurance programs.
 - **Regulatory Compliance and Laboratory Standards**
Ensured strict compliance with local, state, and federal regulations including CLIA, OSHA, and CAP guidelines, while maintaining laboratory accreditation standards and documentation.
 - **Interdisciplinary Collaboration**
Worked closely with physicians, nurses, and other healthcare professionals to provide timely and accurate diagnostic information critical to patient care and treatment planning.
 - **Patient Communication and Support**
Explained laboratory procedures clearly and compassionately to patients, addressing concerns, and ensuring informed participation in specimen collection when required.
 - **Participation in Quality Assurance Initiatives**
Actively engaged in laboratory audits, root cause analyses, and the implementation of corrective actions to uphold high standards of test reliability and laboratory efficiency.
 - **Data Management and Documentation**
Maintained precise and thorough records of all laboratory activities, including test results, instrument maintenance logs, quality control checks, and procedural updates.


Additional
Certification

PROFESSIONAL
MEMBERSHIP
DHA Eligibility
DHA ID :28584203
UAE

Key Career Highlights

- **Enhanced Laboratory Workflow Efficiency**
Streamlined inventory and ordering systems, resulting in a 20% reduction in supply shortages and improved turnaround time for test processing.
- **Established Training Protocols**
Developed and implemented a comprehensive onboarding and training manual for new laboratory staff, significantly reducing onboarding time and improving procedural adherence.
- **Recognized for Quality and Compliance**
Played a pivotal role in achieving successful laboratory accreditation during regulatory inspections with zero non-conformities.
- **Strengthened Interdepartmental Collaboration**
Initiated a cross-functional communication protocol with clinical teams that improved the clarity of test result interpretation and facilitated faster clinical decisions.
- **Consistent High Performance in Proficiency Testing**
Maintained a consistent record of over 95% accuracy in external proficiency assessments, reflecting a high standard of laboratory practice and attention to detail.

Education



Bachelor of Science

Kerala University of Health Science, India

From September 2011 to November 2015

Equipment Handling Experience

CLINICAL PATHOLOGY <ul style="list-style-type: none">• Mispa Uri Scan and Aspen Diagnostics• A.uri - Plus 600• AVE-772 urinalysis (fully automated)• DURUI FUS-1000 urinalysis Hybrid (fully automated)• SQA-10 semen analyser (fully automated)	AUTOMATED ESR ANALYSER <ul style="list-style-type: none">• VES Matic Analyser• Diesse - Cube 30	COAGULATION ANALYZER <ul style="list-style-type: none">• Sysmex CA 600 (fully automated)• Sysmex CA 101 (semi-automated)
HAEMATOLOGY <ul style="list-style-type: none">• Sysmex XN 1000 (6 part Analyser)• MINDRAY BC 760 (5 part analyser)• Sysmex XN 550 (5 part Analyser)• Abacus 380 (3 part Analyser)	HORMONE <ul style="list-style-type: none">• Beckman Coulter Access 2• Vitros Eci (Ortho Clinical Diagnostics)	BIOCHEMISTRY <ul style="list-style-type: none">• Vitros 5600 Integrated system (ortho clinical diagnostics)• Vitros 250 (orthoclinical diagnostics)• Vitros 5.1 Fs (Ortho Clinical Diagnostics)• Beckman Coulter AU 680• Beckman Coulter AU 480• Easy Lyte (Na+, K +, Li)• ERMA Electrolyte analyser
PROTEIN ANALYSER <ul style="list-style-type: none">• Mispa i2		