

# SOSAMMA VARUGHESE

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Madinat Zayed  
Abudhabi,UAE

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## SUMMARY

Ambitious licensed HAAD nurse with 30 years of experience in patient care and hospital administrative functions. Strong skills combined with ability to evaluate and advocate for patient needs. Proven history of cultivating strong patient support to provide exceptional patient care and patient education.

## WORK EXPERIENCE

### 1. SEHA-Western Region, UAE

**Mar 2006 — Till Date**

Staff Nurse

- Provide direct quality care to patients including daily monitoring, recording, and evaluating of medical conditions.
- Assures quality of care by adhering to therapeutic standards; measuring health outcomes against patient care goals and hospital or regulatory standards.
- Restores and promotes patient's health by completing the nursing process.
- Collaborates with physicians and multidisciplinary team members.
- Establishes a compassionate environment by providing emotional, psychological, and spiritual support to patients, friends, and families.
- Maintains safe and clean working environment by complying with procedures, rules, and regulations.
- Protects patients and employees by adhering to infection-control policies and protocols; medication administration and storage procedures; and controlled substance regulations.
- Documents patient care services by charting in patient and department records.
- Maintains continuity among nursing teams by documenting and communicating actions, irregularities, and continuing needs.
- Ensures operation of equipment by completing preventive maintenance requirements; calling for repairs; and evaluating new equipment and techniques.
- Maintains nursing supplies inventory by checking stock to determine inventory level.
- Maintains a cooperative relationship among health care teams by communicating information and participating in team problem-solving methods.
- Developed and direct a rotational system in managing the care of patients in the department.
- Interact and communicate with patients of all ages and ethnic backgrounds, giving quality medical care and treatment
- providing pre- and post-operation care.
- Ensure to deliver quality, timely and continuous care to patients.

### 2. Zulekha Hospital, Sharjah, UAE

**Apr 1997 — Feb 2006**

Shift In Charge

### 3. Directorate of Health Services, Kerala, India

**Feb 1989 — Apr 1996**

Staff Nurse

**4. Medical Research Center of  
Bombay, India**

Staff Nurse

**Jan 1988 — Dec 1988**

**5. ST Thomas Mission Hospital,  
Kerala, India**

Staff Nurse

**Dec 1985 — Nov 1987**

**CERTIFICATIONS**

- Life Long HAAD and MOH License No:-R2099
- Indian Nursing License No:-5809

**EDUCATION**

**Diploma in General Nursing &  
Midwifery**

ST Thomas Mission Hospital, Kattanam, Kerala, India

**Jan 1982 — Jun 1985**

**Pr.Degree**

Kerala University, Kerala, India

**Mar 1978 — May 1980**

**Secondary School Leaving  
Certificate**

ST Thomas School, Kerala, India

**Jun 1967 — Mar 1977**

**PERSONAL  
DETAILS**

**Date of Birth:** 28-06-1962

**Passport No:** M2958819

**Nationality:** Indian

**Languages Known:** Arabic, English, Hindi, Malayalam

**Permanent Address:** Nellimootil Veedu, Kulathupuzha.P.O, Kollam, Kerala.

**REFERENCES**

**Mrs. Mini Thomas**

Charge Nurse

OBGynec Ward

Madinat Zayed Hospital, Abudhabi, UAE

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**DECLARATION**

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

**Sosamma Varghese**