



VINISHA. C. NAIR

REGISTERED NURSE



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Dubai UAE



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EDUCATION

Bachelor of Science, Nursing
Smt. Radhikabai Meghe Memorial College of Nursing,
Wardha, Maharashtra, India
June 2015

H. S. C.
ST. Mary's High School And Junior College, Chandrapur,
Maharashtra, India
June 2011

S. S. C.
Mount Carmel Convent High School, Chandrapur,
Maharashtra, India
July 2009

LANGUAGES

English

Hindi

Malayalam

Marathi

PROFESSIONAL SUMMARY

Passionate and dedicated nurse in healthcare experience in a variety of medical settings, including emergency units, ICU, Pediatric unit, NICU and Cardiac unit. Vast experience dealing with a very broad range of medical conditions. Bringing forth the ability to thoroughly and accurately assess the health of patients and prescribe the proper treatment programs for optimal health moving forward. Adapt in working as a collaborative team member to ensure that patients receive the highest level of care possible.

SKILLS

- Advanced cardiac life support (ACLS) certification
- Evidence Based Nursing certification
- Patient Advocacy
- Strong Interpersonal Communication Skills
- Knowledgeable in Medical Terminology and Procedures
- Documentation
- Vitals monitoring
- Case management
- Basic life support for health care providers (BLS)
- Inspire- The Fundamentals of Leadership certification
- Honesty and Integrity
- Teamwork Skills
- Patient care
- Medication and IV administration
- Patient education and counseling
- Infection control measures

WORK HISTORY

April 2023 - Current

Healthhub by Al Futtaim - Registered Nurse, Dubai

- Utilized critical thinking skills to prioritize nursing interventions based on patient's acuity levels and individual needs.
- Prevented the spread of infections by consistently adhering to strict infection control protocols and educating patients on proper hygiene practices.
- Administered medications safely according to established guidelines while closely monitoring for side effects or adverse reactions requiring intervention.
- Assisting cardiologists by providing direct support to patients facing acute or chronic heart conditions in outpatient setting.

- Assisting in performing cardiac diagnostic tests like ECGs, 2D Echo, Ambulatory BP monitoring, ECG Holter and Cardiovascular stress tests.
- Administered vaccinations to both adult and pediatric patients, ensuring adherence to safety protocols and providing education on vaccine benefits and potential side effects.
- Following the HASANA portal to efficiently manage and track immunization records, ensuring compliance with health regulations and enhancing patient care
- Assisting Dermatologists in Procedures like Skin biopsy, Cryotherapy, Platelet-rich plasma (PRP) Injections
- Improved patient outcomes by implementing evidence-based nursing interventions and individualized care plans.
- Enhanced patient satisfaction by providing compassionate, holistic nursing care that addressed physical, emotional, and spiritual needs.
- Documented treatments delivered, medications and IVs administered, discharge instructions, and follow-up care.
- Monitored patient reactions after administering medications and IV therapies.
- Communicated with healthcare team members to plan, implement and enhance treatment strategies.
- Participated in evidence-based practice project implementation, nursing competency development and nursing simulation activities.
- Led teams in driving successful patient outcomes by prioritizing standard of care and best practices.
- Performed triage on incoming patients and determined severity of injuries and illnesses.
- Worked with healthcare team to develop new treatment flow sheet and other log forms, improving clinical documentation and accountability.

June 2019 - August 2022

Advance Dental Clinic - Staff Nurse, Maharashtra, India

- Check the airways, breathing and circulation
- Assist in life saving resuscitation - Intubation, Defibrillation, CVC Insertion, ICD Insertion and CPR Techniques
- Admission Procedure, Nursing Assessment
- Orientation, Physical Examination
- Taking vital signs, reporting and recording
- Maintain the IV line
- Administering IV Fluids, blood and blood products and drugs
- Collection of sterile specimens
- Follow universal precautions while doing any procedures
- Meeting patients personal hygiene and maintaining sanitation
- Health education to patients and their relatives
- Providing direct patient care for newborn babies
- Analyzing and evaluation the effectiveness of care to babies and mothers
- Maintenance of documents
- Manage patient in ventilator support
- Creating & welcoming, caring and safe environment for neonates and their families
- General Medicine, OPD, IPD

June 2016 - June 2018

Christ Hospital - Staff Nurse, Maharashtra, India

- Receiving and admission of patients
 - Data collection
 - Assembly of vital signs
 - Physical examination of diagnostic evaluation
 - Continuous monitoring of patients
 - Following physician rounds and carrying out the orders prescribed, assisting for diagnostic and therapeutic procedures
 - Planning and implementation of patient care (include hygiene, nutrition, comfort measures, elimination and administration of medicines)
 - Health education
 - Discharge and follow up cares
 - Maintaining records and reports
 - Gynecology, pediatric and NICU
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RECOGNITIONS & CERTIFICATIONS

RECOGNITIONS:

- **DAISY Award Nominee:** Recognized with the DAISY Award Nomination for exceptional nursing care, compassion, and dedication to patients and families.
- **Winner of the Theme 'Safe medication Innovation Vision board':** Recognized as the winner for the 'most futuristic' vision board held by Al-Futtaim Health Clinical education Team.
- **Inter unit quiz competition:** Achieved 3rd place in an inter-unit quiz competition held by Al-Futtaim Health Clinical education Team, demonstrating strong knowledge and teamwork skills.

CERTIFICATIONS:

- **Basic Life Support (BLS) Certification:** Certified in basic life support techniques, including CPR and AED use.
 - **Advanced Cardiovascular Life Support (ACLS) Certification:** Certified in advanced cardiovascular life support techniques, including cardiac arrest management.
 - **Evidence-based nursing certification:** Demonstrating expertise in critically appraising and applying research to improve patient outcomes.
 - **INSPIRE - Fundamentals of Leadership certificate:** Demonstrating a commitment to excellence in patient care, continuous professional development, and leadership in the nursing practice.
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INSTRUMENTS USED

- Mechanical ventilator
- CPAP
- Defibrillator
- Radiant Warmer
- Laryngoscope
- ECG

- Ambulatory BP monitor
 - ECG holter
 - Cardiac monitor
 - Pulse Oximeter
 - Nebulizer
 - Glucometer
 - Suction apparatus
 - O2 cylinder
 - Ambu bag
 - BP Apparatus
 - Phototherapy
 - Incubator
 - Infusion and syringe pump
 - Chest tube drainage system
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ROLES AND RESPONSIBILITIES

- Check the airways, breathing and circulation
 - Assist in life saving resuscitation - Intubation, Defibrillation, CVC Insertion, ICD Insertion and CPR Techniques
 - Assisting in performing cardiac diagnostic tests like ECGs, 2D Echo, Ambulatory BP monitoring, ECG Holter and Cardiovascular stress tests
 - Assisting Dermatologists in Procedures like Skin biopsy, Cryotherapy, Platelet-rich plasma (PRP) Injections
 - Admission Procedure, Nursing Assessment
 - Orientation, Physical Examination
 - Taking vital signs, reporting and recording
 - Maintain the IV line
 - Administrating IV Fluids, blood and blood products and drugs
 - Collection of sterile specimens
 - Follow universal precautions while doing any procedures
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PERFORMED PROCEDURES

- Cardio pulmonary resuscitation
- Endotracheal suctioning

- Introducing intravenous cannula
 - Inserting nasogastric tube
 - Urinary catheterization
 - Administering medication
 - Drawing of blood
 - Blood transfusion
 - Bowel wash & stomach wash
 - Enema
 - Admission and discharging procedure
 - Inter costal drainage care
 - Nasogastric tube feeding
 - Care of body after death
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ACTIVITIES

- Active coordinator at various cultural events held at college level.
 - Actively participate in community awareness program and basic knowledge in computer.
 - Learned and Actively performed in department of pediatric and neonatal well.
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LICENSES AND REGISTRATION

- DHA-RN, 50495181, Health Authority of Dubai, United Arab Emirates
 - Registered Nurse, II-22550, Maharashtra Nursing Council, Mumbai, India
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PERSONAL INFORMATION

- Passport Number: V1272329
 - Title: Registered Nurse
 - Date of Birth: 10/06/1993
 - Nationality: Indian
 - Marital Status: Married
 - Religion: Christian
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DISCLAIMER

I solemnly declare that the above statement is entrusted and true to the best of my knowledge and belief.

REFERENCE

Alaa Elqasass, Head Nurse, Healthhub clinic, (+971) 50 261 9231,
ala.elqasass@alfuttaim.com