

# SMITHA MATHAI

## STAFF NURSE



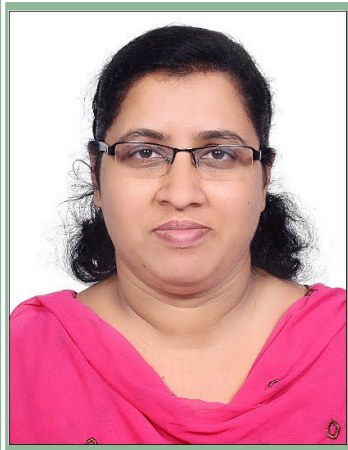
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VILLA NO: 6  
ALSHABHA  
SHARJA



### ABOUT ME

I am a dedicated and experienced Staff Nurse with over two decades of expertise in diverse healthcare settings across India, and United Arab Emirates (UAE). From intensive care units to pediatric wards and post-operative recovery units, I have consistently delivered compassionate and skilled nursing care. My journey has been defined by a commitment to patient well-being, effective interdisciplinary collaboration, and continuous professional development. With a strong foundation in clinical expertise, empathy, and communication, I am poised to make a meaningful impact in any healthcare environment. I passed Oman Pearson VUE on 29th Aug, 2024 with 86%. Data flow is also completed

### EXPERIENCE

STAFF NURSE (PAEDIATRIC WARD)

SUSHRUTHA HOSPITAL AND MATERNITY HOME, BANGLORE | OCT 2019 - AUG 2024

- Provided compassionate and skilled nursing care to pediatric patients, ensuring their physical and emotional well-being.
- Administered medications, treatments, and procedures as prescribed by physicians, maintaining accurate records of patient progress.
- Collaborated with multidisciplinary teams to develop and implement comprehensive care plans tailored to individual patient needs.
- Educated parents and caregivers on pediatric health issues, treatment plans, and preventive measures.
- Maintained a clean and safe environment in the pediatric ward, adhering to infection control protocols and safety standards.
- Demonstrated effective communication skills in interactions with patients, families, and medical staff, fostering trust and cooperation.
- Participated in continuous professional development activities, staying updated on the latest advancements in pediatric nursing practices.

STAFF NURSE (SPECIAL CARE BABY UNIT)

SHEIKH KHALIFA WOMEN AND CHILDREN HOSPITAL, UAE | DEC 2012 - JUNE 2019

- Demonstrated exceptional skills in providing specialized nursing care to infants in the Special Care Baby Unit.
- Proficiently monitored and assessed the health status of premature and critically ill newborns, ensuring timely interventions and treatments.
- Collaborated with a multidisciplinary team to develop and implement comprehensive care plans tailored to the unique needs of each infant.
- Played a key role in educating parents on neonatal care techniques, fostering a supportive environment for family involvement in the care process.
- Maintained meticulous documentation of patient assessments, interventions, and outcomes, ensuring accuracy and compliance with hospital protocols.
- Exhibited strong communication and interpersonal skills in interacting with colleagues, patients, and families, fostering a compassionate and nurturing atmosphere within the unit.

### PERSONAL INFORMATION

Nationality : Indian  
Place of Birth : Pudhnur, Kerala  
Date of Birth : 24 Mar 1978  
Passport no. : W1783770  
Visa status : Family Visa

### MEDICAL EDUCATION

DIPLOMA IN NURSING | SEP 1999  
Kerala Nurses And Midwives Council  
India

### SPECIAL TRAINING

BASIC LIFE SUPPORT | MAY 2023  
MWT Global Academy Pvt. Ltd., Cochin

BREAST FEEDING | APR 2014  
Shesheikh Khalifa Maternity And  
Pediatric Hospital

NEONATAL RESUSCITAION PROGRAM  
| NOV 2017  
Sheikh Khalifa Women And Children  
Hospital

NURSING PRECEPTOR OR MENTORSHIP  
PROGRAM | SEP 2018  
Sheikh Khalifa Women And Children  
Hospital

# MEDICAL LICENSE

## REGISTERED NURSE | SEP 1999

License no. : 25902

Issuing Country : India

## REGISTERED NURSE | JUL 2019

License no. : RN-000389

Issuing Country : UAE

## REGISTERED NURSE | OCT 2021

License no. : 8890000002648896

Issuing Country : Qatar

# LANGUAGES

- English
- Malayalam
- Hindi
- Arabic

OMSB of a pearson vue passed on 29th Aug, 2024 with 86%.

Registration ID: 484256449

## STAFF NURSE (MEDICAL SURGICAL WARD)

### SHEIKH KHALIFA GENERAL HOSPITAL, UAE | JAN 2010 - DEC 2012

- Provided compassionate and proficient care to patients in the Medical Surgical ward. Conducted thorough assessments of patient conditions to develop appropriate care plans.
- Administered medications according to physician orders and monitored patient responses.
- Implemented nursing interventions to address patient needs and optimize outcomes.
- Effectively communicated patient conditions, progress, and needs to healthcare team members.
- Managed medical equipment effectively, ensuring availability and functionality.
- Maintained accurate and detailed patient records in compliance with regulatory standards.
- Gained extensive experience in handling diverse medical and surgical cases.

## STAFF NURSE (POST OP RECOVERY)

### AL ZAHRA HOSPITAL, UAE | JUL 2007 - JAN 2009

- Provided specialized nursing care to post-operative patients in the recovery unit of Al Zahra Hospital, UAE.
- Monitored patients' vital signs, including heart rate, blood pressure, and oxygen saturation, ensuring timely interventions as necessary.
- Administered medications, including analgesics and antibiotics, according to physician orders and patient needs.
- Assessed patients' pain levels and implemented appropriate pain management strategies to ensure comfort and promote recovery.
- Collaborated with multidisciplinary healthcare teams, including surgeons, anesthesiologists, and physical therapists, to coordinate comprehensive patient care.
- Provided emotional support and education to patients and their families, addressing concerns and facilitating a smooth transition from surgery to recovery.
- Maintained accurate and up-to-date medical records, including nursing assessments, medication administration records, and progress notes.
- Adhered to hospital policies and procedures, as well as regulatory standards, to ensure the delivery of safe and quality patient care.

## STAFF NURSE (CLINIC)

### MEDCARE MEDICAL CENTRE | MAR 2009 - DEC 2009

- Provided comprehensive nursing care within a clinic setting, catering to diverse patient needs and medical conditions.
- Assisted physicians in various medical procedures, examinations, and treatments, ensuring patient comfort and safety.
- Managed patient assessments, triage, and vital sign monitoring, maintaining accurate records of patient information and progress.
- Administered medications and injections as prescribed, adhering to established protocols and guidelines.
- Educated patients and their families on health management, medication administration, and post-treatment care plans.
- Collaborated with interdisciplinary healthcare teams to optimize patient outcomes and facilitate efficient clinic operations.
- Demonstrated exceptional communication and interpersonal skills in addressing patient concerns and fostering a supportive care environment.

## STAFF NURSE (ICU)

### THANKAM HOSPITAL, KERALA | NOV 2005 - JUL 2006

- Provided attentive and compassionate care to critically ill patients in the Intensive Care Unit (ICU) setting.

- Monitored and managed vital signs, administered medications, and assisted with procedures under the direction of physicians and senior nursing staff.
- Demonstrated proficiency in handling medical equipment and maintaining a sterile environment in compliance with hospital protocols.
- Acted swiftly and decisively during emergency situations, employing advanced life-saving techniques to stabilize patients.
- Documented patient progress accurately and communicated effectively with colleagues to facilitate seamless transitions in care.
- Exhibited strong interpersonal skills in supporting patients and their families through challenging medical circumstances.

#### STAFF NURSE (ICU)

##### **THIRUVALLA MEDICAL MISSION, KERALA | MAY 1999 - FEB 2005**

- Monitor patients' vital signs and neurological status continuously.
- Administer medications and intravenous therapies according to physician orders.
- Implement and adjust ventilator settings for patients requiring respiratory support.
- Assess patients' conditions and promptly intervene in case of deteriorating health.
- Perform routine procedures such as suctioning, wound care, and urinary catheterization.
- Document patient assessments, interventions, and responses accurately and timely.
- Collaborate with physicians, respiratory therapists, and other healthcare professionals to develop and implement comprehensive care plans.
- Provide emotional support and comfort to patients and their families during critical times.
- Respond efficiently to medical emergencies, including cardiac arrests and trauma cases.
- Adhere to infection control protocols and maintain a clean and safe environment in the ICU.

### **PROFESSIONAL SKILLS**

- Compassionate patient care
- Clinical expertise in medication administration and treatment procedures
- Interdisciplinary collaboration for comprehensive care planning
- Patient and family education
- Infection control and safety adherence
- Effective communication with patients, families, and medical staff
- Accurate documentation and record-keeping
- Critical thinking and decision-making in patient care
- Emergency response and life-saving interventions

### **DUTIES & RESPONSIBILITIES**

- Provide direct care to patients, including administering medications and treatments.
- Regularly check and record patients' vital signs and overall condition.
- Maintain accurate medical records of patients' treatment and progress.
- Educate patients and their families about their conditions and treatment plans.
- Work with other healthcare professionals to develop and implement patient care plans.
- Assess patients' physical, emotional, and psychosocial needs.
- Administer medications safely and accurately.
- Be prepared to respond to medical emergencies.
- Adhere to infection control protocols to prevent the spread of infections.

SMITHA MATHAI.

29-08-2024  
Dubai