

Sheeja Kumary Kumaran
Registered Nurse – AHPRA Registered

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PROFESSIONAL SUMMARY

A creative, dedicated, and skilled nurse with over 7 years of extensive experience seeking a new challenging career in Nursing. Wide knowledge and experience in emergency room care, triage, burns unit, COVID-19 care, medical and post-surgical recovery from India. Committed to applying my diverse nursing background to provide compassionate and effective care to elderly patients.

Dedicated and compassionate Registered Nurse (RN) with progressive career history in direct patient care, triage and core coordination in fast-paced environment. A dedicated, hardworking and proactive person willing to learn new skills and techniques. Flexible team player, leader and excellent communicator with strong interpersonal skills and the ability to adapt to change.

Proven to remain calm under pressure and skillfully handle difficult patients and high-stress situations. Eager to apply my skills in a new context and develop new competencies in aged care, consistently building strong relationships with patients and families through empathetic communication, respectful attitude, and excellent customer service.

PROFESSIONAL REGISTRATION

- Registered Nurse - **Australian Health Practitioner Regulation Agency (AHPRA)**: NMW0002883432
- Registered Nurse - **Annual Practicing Certificate (APC)**, Nursing Council of New Zealand (NCNZ): 355386
- Registered Nurse - **Kerala Nurses and Midwives Council, India**: 49413
- Registered Nurse – **Delhi Nursing Council, India**: 21437
- Registered Nurse – **Andhra Pradesh Nursing Council, India**: 65501
- Registered Nurse – **Karnataka State Nursing Council, India**: RR ANP 2017 12412 KAR

PROFESSIONAL QUALIFICATION

- **Objective Structured Clinical Examination (OSCE)** at Nurse Maude Simulation & Assessment Centre (NMSAC), Christchurch, New Zealand on 23 October 2024.
- **Occupation English Test (OET)** – Scores: Listening (B Grade - valid up to 28.01.2025), Reading (B Grade - valid up to 11.11.2025), Speaking (B Grade - valid up to 13.05.2025), Writing (C+ Grade - valid up to 28.01.2025)
- **Post Basic Bachelor of Science in Nursing** at Jes Mother Teresa College of Nursing, Bangalore, India in January 2014
- **Diploma In General Nursing and Midwifery** at Swatantra School of Nursing, Rajahmundry, Andhra Pradesh, India in January 2007

EMPLOYMENT HISTORY

1) Registered Nurse at All India Institute of Medical Sciences, Bibi Nagar, Andhra Pradesh/Telangana, India

Bed Capacity: **720 Beds**

Department: **Medical, Surgical, Pediatric, and COVID Departments**

Duration: **20.08.2019 to 31.07.2023**

- Conduct a physical assessment, collect patient history, and compile data for computerized records.
- Communicate essential information to team members and doctors to ensure coordinated care.
- Provide comprehensive care for pre- and post-operative cases.
- Administer medication, injections, wound care, and infection prevention.
- Guide the patient to external resources for support in managing their health and recovery.
- Led a team during emergency situations, applying critical thinking and clinical skills to stabilize patients 40% faster than the unit average, enhancing patient outcomes.

2) Registered Nurse at Government Medical College Hospital, Thrissur, Kerala, India

Bed Capacity: **836 Beds**

Department: **Burns Unit**

Duration: **16.06.2015 to 01.11.2015**

- Implement infection control measures to protect immunocompromised patients.
- Burns patient assessment and patient-centered care.
- Care of burn patients in emergent, acute, and rehabilitative phases.
- Demonstrated effective communication skills while interacting with patients, families, physicians and other healthcare staff members.

3) Registered Nurse at Maharaja Agrasen Hospital, New Delhi, India

Bed Capacity: **380 Beds**

Department: **Medical, Surgical, and Emergency Departments**

Duration: **02.01.2008 to 12.02.2011**

- Actively involving patient care, promoting independence through communication, and participation in care decisions.
- Ensuring best practices, evidence-based nursing standards, with a person-centered approach to individualized care planning, implementation, and evaluation.
- Demonstrating clinical expertise in illness management, and maintaining accurate clinical and legal documentation.
- Managing medications safely according to guidelines, and optimizing resources in a secure environment.
- Reporting changes affecting care to nursing leadership, and ensuring professional competence through ongoing education.
- Handling confidential patient records, monitoring symptoms, and managing catheters to promote hygiene and comfort.

CASES HANDLED

- **Medical Conditions:** Stroke, seizures, cardiac and respiratory arrest, shock, sepsis, chest pain, anaphylaxis, asthma exacerbation, hypoglycemia, hypotension, hypertension, urinary tract infections, and fainting.
- **Trauma Conditions:** Handled fractures, mild injuries, wounds, and falls from height.
- **Surgical Conditions:** Skilled in craniotomy, abdominal surgeries, angioplasty, hysterectomy, appendectomy, liver biopsy, thyroidectomy, wound and burn debridement, gastrointestinal surgeries, cholecystectomy, hernia repair, facial surgeries, and tonsillectomy.

CLINICAL SKILLS

- **Patient Assessment and Monitoring:**
Conduct comprehensive assessment of patients including physical exams and vital signs.
- **Medication Administration:**
Prepare and administer medications safely and accurately, following physician orders and hospital protocols. Maintain precise documentation of medication administration and patient responses.
- **Care Planning and Implementation:**
Develop individualized care plans based on patient needs, medical history, and physician directives. Implement care plans, ensuring all interventions are carried out effectively and promptly. Collaborate with the multidisciplinary team to adjust care plans as needed based on patient progress.
- **Clinical Procedures:**
Perform clinical procedures such as Blood Transfusion, IV Canulation and Medication Administration, Foley's Catheter and NGT Insertion, Care, and Removal, Burns Wound Dressing, Death Care and Colostomy, Tracheostomy Care and ICD Management, Basic Life Support (BLS), Wound Dressing and Bowel/Bladder Wash, and Specimen Collection (Blood, Urine, Sputum) as required. Ensure all procedures are performed following strict aseptic techniques to prevent infections.
- **Emergency Response:**
Respond rapidly and effectively to emergencies such as respiratory or cardiac arrest. Participate in code blue and other emergency protocols, including performing Cardiopulmonary Resuscitation (CPR) and using defibrillators. Stabilize patients and prepare them for transport if necessary.
- **Documentation and Communication:**
Maintain accurate and timely documentation of patient care including assessments, interventions, and outcomes. Communicate effectively with the healthcare team, including physicians, respiratory therapists, and dietitians. Always maintained clinical handover in ADPIE / ISBAR format. Participate in handover communications to ensure continuity of care during shift changes. Excellent verbal and written communication skills for effective interaction with families and healthcare team members. Ability to explain complex medical information understandably to parents and caregivers.
- **Critical Thinking and Problem-Solving:**
Ability to assess complex clinical situations and make quick, informed decisions. Strong problem-solving skills to manage unexpected changes in patient condition.
- **Compassion and Empathy:**
Strong ability to provide compassionate care and emotional support to patients and their families. Sensitivity to the emotional and psychological needs of families dealing with critical illness.

- **Organization and Time Management:**

Strong organizational skills to manage multiple patients and tasks effectively. Ability to prioritize and manage time efficiently in a fast-paced, high-stress environment.

- **Adaptability and Resilience:**

Ability to adapt to changing situations and remain calm under pressure. Resilience to cope with the emotional demands of caring for critically ill children.

- **Collaboration and Teamwork:**

Effective collaboration skills to work with a multidisciplinary team. Ability to contribute positively to team dynamics and support colleagues.

CONTINUING PROFESSIONAL DEVELOPMENT & TRAINING

- **BLS (Basic Life Support):** Completed on 02.12.2024
- **ACLS (Advanced Cardiovascular Life Support):** Completed on 04.12.2024
- **Caregiving Skills – Dementia Care:** Completed on 06.12.2024
- **Safe Handling and Administration of Medication:** Completed on 06.12.2024
- **Patient Safety and Duty of Care:** Completed on 08.12.2024
- **HIPAA Compliance - A Complete Guide:** Completed on 09.12.2024
- **Diploma in Phlebotomy:** Completed on 11.12.2024
- **Nursing Care Sepsis Prevention:** Completed on 12.12.2024
- **Nursing Studies – Role of Nurse in Surgical Care:** Completed on 12.12.2024
- **Nursing Officer Development Program** (Institute of National Importance under Ministry of Health and Family Welfare): Completed during 2021-2022
- **Swachhata Action Plan in Infection Control** (All India Institute of Medical Sciences)

LANGUAGES

- **English**
- **Hindi**
- **Malayalam**
- **Telugu**

REFERENCES

- Dr. Anand Bansal, Medical Superintendent, Maharaja Agrasen Hospital, New Delhi, INDIA, +9111-40777555 / 40777666 / 40777777, hr@mahdelhi.org
- Annie E. K., Nursing Officer, Government Medical College Hospital, Thrissur, Kerala, INDIA, +91487 2200310, mchtr@gmail.com
- Neethu A. J., Nursing Officer, All India Institute of Medical Sciences, Bibi Nagar, Telangana, INDIA, +919495286747, neethuaj2017@gmail.com

DECLARATION

I hereby declare that the above-mentioned information is correct to the best of my knowledge.

Sheeja Kumary Kumaran