



# PRADESHA STEPHEN

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📍 Al Nahda, Dubai, UAE

## PROFESSIONAL SUMMARY

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Dedicated and compassionate Registered Nurse with extensive experience in diverse healthcare settings across India and the UAE. Skilled in providing high-quality care in medical and surgical environments, with expertise in patient assessment, medication administration and post-operative recovery. Proven ability to work in fast-paced settings, ensuring compliance with health regulations and patient safety. Adept at collaborating with interdisciplinary teams to optimize patient care and continuously improve practices. Licensed by the Dubai Health Authority (DHA) and committed to professional development.

## EDUCATION

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### **B.Sc. NURSING | 2009-2013**

PS College of Nursing, Kanyakumari, Kerala, India

### **MBA IN HOSPITAL MANAGEMENT | 2014-2016**

Alagappa University, Karaikudi

## WORK EXPERIENCES

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### **REGISTERED NURSE (DHA) | Feb 2024 - Feb 2025**

MY DOCTOR HEALTHCARE, AL BARSHA, DUBAI, UAE

- Provide high-quality nursing care in compliance with DHA regulations.
- Monitor patient vitals and administer prescribed medications.
- Assist in medical procedures and provide pre/post-operative care.
- Maintain accurate patient records and ensure safety protocols are followed.
- Collaborate with healthcare teams for optimal patient outcomes.

### **STAFF NURSE - MEDICAL & SURGICAL | Jan 2023 - Sept 2023**

NIVEENA MULTI-SPECIALITY CLINIC, CHENNAI, INDIA

- Provided patient care in medical and surgical departments.
- Assisted with post-operative care and wound dressing.
- Administered medications as prescribed.
- Collaborated with the medical team for effective care delivery.
- Ensured patient comfort and safety during recovery.

### **REGISTERED NURSE (DHA) | Feb 2021 - Dec 2022**

MEDICAL FITNESS CENTRE, DUBAI, UAE

- Administered medical tests and fitness evaluations.
- Ensured compliance with medical and regulatory standards.
- Assisted physicians with health assessments.
- Managed and updated patient records.
- Provided pre-examination care and guidance to patients.

### **SENIOR STAFF NURSE - MEDICAL & SURGICAL | Jun 2018 - Feb 2021**

PSG HOSPITAL, COIMBATORE, INDIA

- Led a team providing medical and surgical care to patients.
- Focused on post-operative recovery and critical care.
- Trained and mentored junior nursing staff.
- Ensured high standards of patient care and safety.
- Coordinated with healthcare teams to optimize patient outcomes.

**STAFF NURSE | Mar 2014 - Jun 2018**

PSG HOSPITAL, COIMBATORE, INDIA

- Provided direct nursing care in medical and surgical departments.
- Monitored patient progress and vital signs.
- Assisted in preparing patients for medical procedures.
- Maintained accurate patient records.
- Collaborated with healthcare teams for patient care.

**KEY SKILLS**

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- Patient Care
- Medication Administration
- Post-operative Care
- Medical & Surgical Nursing
- Health Assessments
- Team Leadership
- Patient Education
- Clinical Documentation
- Regulatory Compliance
- Multilingual Communication

**REGISTRATION DETAILS**

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Dubai Health Authority License No: 18421142

**CERTIFICATION**

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American Safety &amp; Health Institute Certification

**PERSONAL DETAILS**

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D O B : 28/05/1992  
Passport No : AL993360  
Nationality : Indian  
Gender : Female  
Hobbies : Music, Travelling, Reading Books  
Languages : Tamil, Malayalam, Hindi, English  
Computer Skills : MS Word, MS excel, MS PowerPoint, Google Drive

**DECLARATION**

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The information provided is accurate to the best of my knowledge, and any discrepancies will be promptly addressed.

**PRADESHA STEPHEN**