



TEENA CAROLYN D ALMEDA
Registered Nurse

CONTACT

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Al Karama, Dubai, UAE,
Permanent Address: Mysore, India

SKILLS

- Patient assessment
- Medication Administration
- Basic Life Support
- Critical Thinking
- Team Collaboration
- Clinical Documentation
- Patient Advocacy

LANGUAGES

- English
- Hindi
- Kannada
- Konkani

SOCIAL LINKS

 www.linkedin.com/in/teena-carolyn-d-almeda-78ba79322

SUMMARY

Dedicated and compassionate recent post graduate nurse with 2+ years of clinical experience in ICU and Emergency units. Skilled in BLS and ACLS. Vast experience dealing with a broad range of medical conditions. Eager to apply theoretical knowledge and practical skills in critical care and emergency to deliver high-quality healthcare and grow within a dynamic organization.

EXPERIENCE

Mar 2022 — Apr 2024

Post Graduate Nurse

JSS Hospital, Mysore, India

Critical Care Units for 2864 hours.

Mar 2020 — Mar 2022

Registered Nurse

Fr. Muller Medical College Hospital, Mangalore, India

Intensive Care Unit and Emergency Unit

EDUCATION

2022 — 2024

MSc Nursing (Medical Surgical Nursing)

JSS College of Nursing, Mysuru, Karnataka

2016 — 2019

BSc Nursing

JSS College of Nursing, Mysuru, Karnataka

2013 — 2015

Higher Secondary

MMK & SDM girls PU College, Mysuru, Karnataka

2013

SSLC

St. Mary's Girls High School, Mysuru, Karnataka

CERTIFICATIONS AND LICENSES

- Short term course in Emergency Nursing in NOV 2019
- DHA certified on 13.08.2025
DHA unique ID: 59674215
- ACLS certified on 8.08.2025
- BLS certified on 6.08.2025

PROFESSIONAL MEMBERSHIP

Trained Nurses Association of India
TNAI No: 349662/LMT/KT

PERSONAL DETAILS

Date of Birth : 18.07.1997
Gender : Female
Age : 28 years
Nationality : Indian
Religion : Roman Catholic
Marital status : Single

PASSPORT AND VISA

Passport No: Z7363345
Expiry: 22.06.2033
Visa type: Visit visa
Expiry: 17.10.2025

REFERENCE

Available on request

EXPERIENCED PROCEDURES

- Patient assessment and triage
- Care of patient on ventilator
- ET suctioning
- ABG analysis
- End of life care
- Collection of specimens
- Central line monitoring
- Urinary catheterization
- Administration of medications
- Administration of blood products
- Admission and discharge
- Maintenance of records and reports
- IV Cannulation
- NG tube feeding
- CPR
- Wound dressing
- Fluid management
- Vaccination
- Bowel wash
- Health Education
- Infection control

PROCEDURES ASSISTED

- Intubation
- Dialysis catheter insertion
- Lumbar puncture
- CVC insertion
- ICD insertion
- Ascitic tapping

ACHIEVEMENTS

- Best post graduate student award
- Best poster award for "Technological advances in nursing care delivery" at a National Conference.

COMPUTER PROFICIENCY

Familiar with windows operating System and MS office.

DECLARATION

I hereby declare that the above information provided by me are true and complete to the best of my knowledge and belief.

Yours Truly,

TEENA CAROLYN D ALMEDA