

# TEENU THANKACHAN

DHA REGISTERED NURSE | DHA LICENSE NO: 65917133

Contact No: +971 55 8794556 | Email Address: [teenuthankachan5@gmail.com](mailto:teenuthankachan5@gmail.com)

Location: Dubai, United Arab Emirates | Family Visa Holder

## PROFILE SUMMARY

- Experienced ICU nurse with over 3 years in critical care, skilled in managing ventilator-dependent patients.
- Expertise in emergency response, ABG analysis, sepsis protocols, and advanced patient monitoring in ICU settings.
- Proven collaborator in multidisciplinary teams, ensuring patient-centered care and timely intervention across complex medical conditions.
- Led a project enhancing family communication support protocols for terminally ill patients in critical care units.
- Passionate about continuous learning and professional growth in critical care nursing through evidence-based clinical practices.

## KEY SKILLS / PROCEDURES WE DO / EQUIPMENT HANDLED

**HARD SKILLS:** Critical Care Management, Emergency Response Techniques, Cardiovascular and trauma care, IV Fluid Administration, Tracheostomy Tube Care, Wound Dressing Procedures, Blood Sampling Techniques, ABG Test Analysis, Cardiac ICU Monitoring, Suctioning and Airway Maintenance, ECG Interpretation Skills, Catheter Insertion Skills, Nasogastric Tube Management, PEG Feeding Knowledge, CPR and BLS Execution, Pressure Sore Management, Ventilation Support Methods, Palliative Patient Care, Medication Administration Accuracy

**SOFT SKILLS:** Compassionate Care Approach, Effective Communication Skills, Team Collaboration Efficiency, Critical Thinking Ability.

**AREAS OF SPECIALIZATION:** ICU and Cardiac Care, Emergency Room Procedures, Medication Administration Precision, Respiratory Distress Management, Patient and Family Education, Surgical Ward Coordination, Tracheostomy and Suctioning Techniques, Rehabilitative and Palliative Care

**PROCEDURES WE DO:** Bag Mask Ventilation, Blood Product Transfusion, Bladder Catheter Insertion, IV Fluid Administration, Chest Compression Support, Nasogastric Tube Insertion, Tube Suctioning Procedure, ABG Sample Analysis, Venous Blood Sampling, Tracheostomy Wound Care, Basic Life Support, Colostomy Site Care, Sterile Wound Dressing, IV Line Cannulation, Bedsore Wound Management, PICC Line Removal, CVP Line Removal, Thrombolysis Medication Procedure, Patient Data Recording, Bladder Irrigation Assistance, Postmortem Death Care

**EQUIPMENT HANDLED:** Kangaroo feeding bag, Nebulizer, Syringe Pump, Glucometer, Defibrillator, Infusion Pump, Ventilator, ECG Machine, Transport Incubator, Ambu Bag, Suction Apparatus, Cardiac Monitor, Blood Pressure Monitor

## WORK EXPERIENCE

Little Flower Hospital & Research Centre | Dec 2022 – Apr 2025

*Size of the hospital: 950 beds | Nurse patient Ratio : 1:2*

### REGISTERED NURSE – MEDICAL ICU

- Coordinated initiation of sepsis care bundle project improving early recognition and response timelines in ICU patients.
- Administered complex ventilator adjustments for high-dependency patients requiring continuous respiratory support interventions.
- Executed central line placement assistance project reducing catheter-related infections across ICU.
- Streamlined ABG interpretation protocols to expedite respiratory failure diagnosis and treatment initiation.
- Developed family support communication workshops enhancing emotional support standards in critical care.
- Led multidisciplinary rounds for ventilated patients, improving treatment plan coordination with specialists.
- Implemented medication safety checks project limiting dosing errors during high-stress emergency shifts.
- Audited ICU equipment usage logs, optimizing availability and readiness during high-acuity periods.

Little Flower Hospital and Research Centre, Angamaly | Mar 2021 – Mar 2022

*Size of the hospital: 950 beds | Nurse patient Ratio : 1:2*

### TRAINEE NURSE – MEDICAL ICU

- Assisted intubation project under supervision, enhancing team skills for emergency airway management.
- Participated in Ryle's tube insertion initiative reducing complications during enteral feeding procedures.
- Supported venous cannulation campaign improving IV access success rates across critical care admissions.
- Oversaw ECG monitoring protocol project reducing delayed arrhythmia detection in ICU patients.
- Engaged in simulation-based training sessions to practice emergency code blue responses.
- Managed dressing and suture removal drives maintaining aseptic technique consistently across cases.
- Contributed to pleural tapping safety protocol rollout under senior staff guidance in ICU.
- Documented ICU patient observations, supporting data-driven shift handoffs and care continuity.

## ACADEMIC QUALIFICATION

---

Little Flower College of Nursing, Angamaly, Kerala (2015 – 2019)

**BACHELOR OF SCIENCE IN NURSING (BSC NURSING)**

Kerala Board of Higher Secondary Education (2013 – 2015)

**HIGHER SECONDARY EDUCATION (PLUS TWO – SCIENCE STREAM)**

## PROFESSIONAL REGISTRATION AND CERTIFICATIONS

---

- **DHA License** – Licensed Registered Nurse under the Dubai Health Authority (License No: 65917133)
- **Registered Nurse and Midwife** – Kerala Nurses and Midwives Council, India
- **Basic Life Support (BLS)** – Certified in BLS for immediate response to cardiac and respiratory emergencies
- **Advanced Cardiac Life Support (ACLS)** – Certified in ACLS with proficiency in managing cardiac arrest and life-threatening emergencies
- **Infection Control Training** – Completed hospital-based program on infection prevention and aseptic protocols in critical care
- **ICU Equipment Handling Certification** – Trained in operating ventilators, defibrillators, ABG analyzers, and other critical ICU tools

## CASE EXPERIENCE

---

- **Ventilator-Dependent Patients:** Managed patients requiring mechanical ventilation and frequent respiratory assessments daily.
- **Post-Cardiac Arrest Care:** Provided advanced monitoring and medication support during cardiac arrest recovery.
- **Neurological ICU Cases:** Cared for stroke, seizure, and traumatic brain injury patients carefully.
- **Post-Surgical ICU Monitoring:** Monitored vital signs and complications in immediate post-operative recovery patients.
- **Infectious Disease Cases:** Handled isolation protocols for COVID-19, TB, and airborne infectious diseases.
- **Gastrointestinal Emergencies:** Treated patients with acute GI bleeding and post-endoscopy care requirements.

## ACHIEVEMENTS

---

- Recognized for exceptional ICU patient care during high-acuity shifts, ensuring stable outcomes under critical conditions.
- Successfully led a project improving communication with patient families in critical care, reducing emotional distress levels.
- Trained Students on ventilator protocols and emergency procedures, enhancing team readiness and efficiency.
- Assisted in reducing central line infection rates through strict protocol compliance and team awareness initiatives.
- Awarded "Best Performing Nurse" for consistent documentation accuracy and high-standard patient care in emergency cases.

## ADDITIONAL INFORMATIONS

---

- **Languages Known:** English, Hindi, Malayalam, Arabic
- **Visa Status:** Family Visa – UAE
- **Personal Details:** Date of Birth: 02/02/1997, Marital Status: Married, Nationality: Indian, Passport Number: U276358
- **Digital Skills:** MS Office (Word, Excel, PowerPoint)