

SIHAS ANSARI

Registered Nurse

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Illathu Tharayil, Eruva PO, Kayamkulam, Alappuzha, India - 690572

Dedicated and highly skilled Registered Nurse with extensive experience in Cardiovascular Thoracic Surgery (CTVS) ICU and critical care environments. Committed to delivering high-quality, patient-centered care in fast-paced, high-acuity settings. Expert in providing comprehensive preoperative, postoperative, and generalized nursing care, alongside advanced cardiac life support and hemodynamic monitoring for complex surgical cases. Passionate about clinical teaching, leadership, and research, with a strong ability to manage and stabilize critically ill patients. Highly motivated to contribute expertise within cardiac, medical, and surgical ICUs and versatile in adapting to the unique requirements of various clinical departments to ensure excellence in patient outcomes.

WORK EXPERIENCE

REGISTERED NURSE - CTVS ICU

September 2024 - Present

Aster Medcity, Kochi, Kerala, India (JCI & NABH Accredited, 700+ Bed Multi-specialty)

- **Quality & Safety Compliance:** Strictly adhere to JCI and NABH standards, ensuring nursing excellence through meticulous documentation, infection control, and rigorous patient safety protocols.
- **Clinical Leadership & Research:** Actively participate in department leadership initiatives and clinical research to improve patient outcomes and elevate critical care nursing standards.
- **Medication Administration:** Safely administer high-alert medications, including vasopressors, anticoagulants, and emergency drugs, ensuring 100% accuracy and strict protocol adherence.
- **Advanced Hemodynamic Monitoring:** Proficient in managing and interpreting complex data from arterial lines, central venous catheters, and specialized cardiac monitoring equipment to guide clinical interventions.
- **Advanced Life Support & Resuscitation:** Serve as an active member of the hospital Code Blue Team, administering emergency medications, defibrillating patients in cardiac arrest, and managing airway emergencies.
- **Critical Procedure Assistance:** Assist in high-risk procedures including rapid sequence intubation, tracheostomy, ICD insertion, and the placement of Central lines, Arterial lines, HD catheters, and ECMO lines.
- **Specialized Equipment Management:** Expertly operate and manage advanced life-support technology, including Ventilators, IABP, Dialysis machines, and ECMO.
- **Preoperative, Postoperative & General Care:** Provide end-to-end comprehensive nursing care for cardiac surgical patients, ensuring safety and excellence from admission through recovery.
- **EMR & Legal Documentation:** Maintain precise, real-time electronic medical records (EMR) for critical events, ensuring compliance with hospital policies and medico-legal guidelines.

PROFESSIONAL DEVELOPMENT

- **Quality & Safety Standards Training:** Actively engaged in the implementation and compliance of NABH 6th Edition and JCI (Joint Commission International) standards, with a focus on clinical audits, infection control, and the STEEEP framework.
- **Indian Diploma for Critical Care Nurses (IDCCN):** Completed advanced diploma focusing on specialized critical care nursing interventions.
- **Indian Society of Critical Care Medicine (ISCCM):** Active Member (Member ID: 25/A-1103).
- **ACLS (Advanced Cardiovascular Life Support):** Certified by the American Heart Association (AHA); Valid September 2025 – September 2027.
- **BLS (Basic Life Support):** Certified by the American Heart Association (AHA); Valid September 2025 – September 2027.

- **Criticare 2026:** Attended the annual conference of the Indian Society of Critical Care Medicine.
- **Research Paper Presentation:** Presented a study on Hand Hygiene Compliance at the Student Nurses Association (SNA) Competition.
- **Research Paper Submission:** Submitted a research paper to the Kerala University of Health Sciences (KUHS) regarding Polycystic Ovarian Syndrome (PCOS).

EDUCATION

Bachelor of Science in Nursing (BSc Nursing) | 2019 - 2024
SI-MET College of Nursing, Muttathara, Thiruvananthapuram (KUHS)
Result: Passed with First Class and Distinction

Higher Secondary Education (Class XII) | 2017 - 2019
MSM HSS, Kayamkulam

SSLC (Matriculation - Class X) | 2016 - 2017
MSM HSS, Kayamkulam

REGISTRATIONS

- **KNMC:** Registered Nurse & Midwife | Reg No: KL03202403508 | Validity: 2024-2029
- **DOH Abu Dhabi:** DOH ID: HPPRF-2026-001090 | Candidate ID: 325534390 | Reg: 530576896
- **NCLEX-RN:** Successfully Passed | Candidate Number: IN99F00000

KEY PROFESSIONAL & CLINICAL SKILLS

Patient-Centered Nursing Care | Emergency Triage & Trauma Care | Medical Screening & Assessment | Care Prioritization | Team Leadership & Collaboration | Critical Thinking | Problem-Solving Approach | IV Cannulation | Cardiopulmonary Resuscitation | Implementing Care Plans | Delegation & Supervision | Hemodynamic Monitoring | Procedure Assisting | Wound Care | Medication Administration | Intravenous Management | Multidisciplinary Collaboration | Escalating Patients | Effective Communication | EMR Documentation | Patient & Family Support | Quality Improvement | Continuous Professional Learning

PERSONAL & TECHNICAL SKILLS

Personal: Effective Communication, Conflict Resolution, Emotional Resilience, Ethical Decision-Making, Interpersonal Skills, Time Management, Continuous Development, Community Engagement, Policy & Procedure Development, Adaptability, Leadership, Problem-Solving, Stress Management, Active Listening.

Technical: MS Word, MS Excel, MS PowerPoint, EMR Systems, Virtual Learning Platforms.

REFERENCES

Dr. Elizabeth Varkey, Chief Nursing Officer, Aster Medcity, Kochi | +91 90373 25477

Anju Mathew, Deputy Chief Nursing Officer, Aster Medcity, Kochi | +91 80752 80472 | anju.mathew@asterhospital.in

Jisha Mol V.S., Team Leader, Aster Medcity, Kochi | +91 98717 16778 | jishamohan93@gmail.com

I hereby declare that the information provided above is true to the best of my knowledge and belief.

Place: Alappuzha, India | **Date:** 06 May 2026

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