

# LINTA MATHAI

REGISTERED NURSE

Dubai, UAE | [lintamathai1996@gmail.com](mailto:lintamathai1996@gmail.com) | Nationality: Indian

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## Professional Summary

Compassionate and detail-oriented Registered Nurse (Labour and Delivery) with over 3 years of hands-on experience in providing high-quality maternal and newborn care. Skilled in-patient assessment, labour management, emergency response, and postnatal care. Committed to patient safety, evidence-based practice, and maintaining the highest standards of care in fast-paced hospital settings.

## Core Competencies

Labour & Delivery Assistance, Antenatal & Postnatal Care, Patient Assessment & Monitoring, Emergency Response & BLS/ACLS, Intravenous Line & Catheter Management, Medication Administration, Wound & Infection Control, Newborn Resuscitation & Immediate Care, Documentation & Patient Records, Admission & Discharge Procedures, Equipment Handling & Inventory Control, Multidisciplinary Team Collaboration

## Professional Experience

Staff Nurse – Labour and Delivery Unit

N.S Memorial Institute of Medical Science Hospital, Kerala, India | May 2022 – Aug 2025.

- Assist in normal and high-risk deliveries, providing continuous maternal and fetal monitoring.
- Develop and implement individualized care plans for labouring mothers.
- Administer prescribed medications and IV fluids while observing for reactions and side effects.
- Monitor and evaluate fetal well-being using internal and external cardiotocography (CTG).
- Support and monitor patients during labour induction and throughout all stages of labour
- Provide specialized care for high-risk pregnancies such as diabetic, PIH, anemia, and sickle cell patients using PCA.
- Prepare patients for medical examinations and surgical procedures such as C-sections.
- Maintain strict adherence to infection control and hospital safety protocols.
- Support physicians during invasive and non-invasive procedures in the labour room.
- Provide emotional support to mothers and families throughout the birthing process.
- Monitor and record vital signs, fetal heart rate, and patient progress.
- Manage wound care and postpartum recovery, ensuring optimal healing.
- Collect blood and body fluid samples for diagnostic testing.
- Maintain labour and delivery register and ensure proper documentation.
- Participate in quality improvement, risk management, and patient safety initiatives.
- Assist with newborn resuscitation, immediate baby care, and Apgar scoring.
- Ensure safe patient transfer and support in admission and discharge processes.
- Demonstrate leadership in the absence of the Charge Nurse, ensuring smooth workflow.

## Education

Bachelor of Science in Nursing (B.Sc. Nursing)

Kerala University of Health and Science-2022

Kerala, India

## Certifications

- Dubai Health Authority (DHA) Licensed  
DHA Unique Id: 47425391.
- Kerala Nurses & Midwives Council  
Registration No: KL03202200317
- Basic Life Support (BLS) – Certified
- Advanced Cardiovascular Life Support (ACLS) – Certified

## Personal Information

- Date of Birth : 14-12-1996
- Gender : Female
- Languages Known : English, Malayalam, Tamil
- Passport No : C 2460078
- Passport Expiry : 24-10-2034
- Visa status : Spouse Visa

## Professional Development

Continuous training in infection control, maternal emergency response, and patient safety. Active participation in nursing audits, drills, and continuing education programs.

## References

Available upon request.