

MEERA MOHANAN MSC(N)/DHA/ACLS/BLS/PALS

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Professional Summary

Dynamic Cardiovascular Nurse Manager with a distinguished history at Indian Army Military Nursing Service, excelling in quality assurance and crisis management. Recognized for leadership in clinical audits and patient education, fostering interdisciplinary collaboration to enhance cardiac care outcomes. Committed to compassionate care and continuous professional development in nursing excellence.

Skills

- Nursing Leadership & Governance
- Quality Assurance & Clinical Audits (JCI/NABH)
- Team collaboration
- Quality improvement
- Care coordination
- Patient education
- Crisis management
- Effective communication
- Emotional support
- Leadership development
- Teaching facilitation
- Pacemaker management
- Heart failure management
- Compassionate care
- NQAS
- Policy & Procedure Development (Standard Operating Procedure)
- Faculty Mentoring & Academic Program Design
- Research & Evidence-Based Nursing
- Critical-Care & Cardiac/Transplant Nursing Practice
- Continuing nursing education (CNE) & skill
- Patient Safety & Risk Management Evaluation
- Interdisciplinary Team Coordination & Training

Experience

Cardiovascular Nurse Manager

11/2014 to 11/2024

Indian Army Military Nursing service

Mumbai-Chandimandir-Pune, INDIA

- Assisted surgeons during transcatheter valve replacements, valve repairs, and open-heart surgeries, upholding strict aseptic techniques. Delivered comprehensive pre-, intra-, and post-operative nursing care for cardiac and cardiothoracic surgery patients.
- Monitored vital signs, hemodynamic parameters, and ECG trends, ensuring timely intervention in response to complications.
- Administered medications, managed infusion pumps, and ensured precision in postoperative monitoring and wound care.
- Educated patients and families on recovery protocols, medication adherence, lifestyle modifications, and cardiac rehabilitation.
- Responded promptly to cardiac emergencies, including arrhythmias and cardiac arrests, ensuring coordinated team response.
- Provided emotional and psychological support to patients and their families throughout the treatment journey.
- Collaborated effectively with multidisciplinary cardiac teams, including cardiologists, anaesthetists, and perfusionists to deliver holistic, patient-centred care.
- Managed patient records, operative documentation, and consent forms with utmost confidentiality.
- Spearheaded clinical audit programmes, ensuring adherence to JCI/NABH quality indicators and infection-control standards.
- Organised Continuing Nursing Education (CNE) sessions and skill evaluations to maintain high competency levels within the team.
- Honored with multiple awards for excellence in nursing leadership, patient care, and quality improvement in military healthcare.
- Educated patients on lifestyle changes for heart health.
- Coordinated care plans with multidisciplinary medical teams.
- Utilized advanced monitoring equipment to assess patient conditions.
- Advocated for patient needs in high-pressure environments.
- Trained junior nurses on cardiovascular care protocols.
- Provided discharge planning services including instruction on home care activities such as wound care or diet

modifications.

- Instructed nursing staff on proper techniques for administering cardiopulmonary resuscitation.
- Performed data entry into an electronic medical record system regarding patient progress notes, medication administration, laboratory results.
- Coordinated care with physicians to initiate and adjust medications as needed.
- Conducted weekly rounds with attending physician in order to review current status of all CCU patients.
- Participated in clinical research projects related to cardiovascular health outcomes.
- Assisted in the insertion of temporary pacemakers for patients experiencing arrhythmias.

Clinical Instructor

02/2013 to 10/2014

Krishna Institute of Nursing & Research Science

Kanpur

- Delivered engaging lectures and clinical demonstrations in Medical-Surgical and Critical-Care Nursing to undergraduate students.
- Supervised student clinical placements and guided research projects, ensuring adherence to academic and hospital quality standards.
- Designed innovative lesson plans and practical evaluation tools in alignment with Rajiv Gandhi University of Health Sciences requirements.
- Conducted workshops and simulation sessions to enhance clinical judgement and patient safety awareness.

Nursing Tutor / Academic Faculty

02/2009 to 04/2010

Academic Faculty (Shekhar College of Nursing)

Bengaluru

- Taught core courses in Fundamentals of Nursing, Community Health, Medical-Surgical Nursing, and Patient Assessment.
- Evaluated student competencies through rigorous written examinations, practical assessments, and clinical supervision.

Education

Master of Science: Nursing - Cardio-Thoracic & Vascular Surgery Specialization

05/2012

Sushrutha College of Nursing

Bengaluru, India

Bachelor of Science: Nursing

10/2008

Shekhar College of Nursing

Bengaluru, India

Rajiv Gandhi University

Websites, Portfolios, Profiles

- <https://www.linkedin.com/in/meera-mohanan>

Certifications

- DHA Registered Nurse, 08/01/25
- Advanced Cardiac Life Support (ACLS), 01/01/25, Dubai
- Pediatric Advanced Life Support (PALS), 01/01/25, Dubai
- Basic Life Support (BLS), 01/01/25, Dubai
- Transplant Coordinator Certification, 01/01/21, National Organ & Tissue Transplant Organization, India
- Operation Theatre Management Course, 01/01/15, Indian Navy Hospital Ship Asvini, Mumbai

Languages

English:

C2

Hindi:

Native

Proficient (C2)

Native

Arabic:

B1

Intermediate (B1)

Activities

PUBLICATIONS & RESEARCH

Effectiveness of Meditation and Yoga in Reducing Stress Among Open-Heart Surgery

Patients
2022
Armed Forces Journal
Knowledge and Practice of IV Medication
Administration in ICU Settings
2019
Academic Research Paper
Planned Teaching Program on Home Safety and
Fall Prevention Among Senior Citizens
2012
Bengaluru Study

REFERENCE

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