

# SONA K VARUGHESE

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## Registered Nurse

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## CAREER SUMMARY:

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Dedicated and compassionate DHA Registered nurse with a proven track record of delivering expectational patient care with 2 year of experience. Proficient in various medical procedures and equipment. Strong interpersonal and communication skills ,dedicated to delivering Quality health care services.

## WORK EXPERIENCE:

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Aster Medicity, Kochi INDIA

Staff Nurse Grade II Medical Surgical NURSE

[April 2023 - July 2025]

- Provided comprehensive nursing care to medical and surgical patients, ensuring comfort, safety and recovery.
- Performed detailed patient assessments, monitored vital signs, and documented clinical observations accurately.
- Monitor and assess the condition of up to 6 patients per shift, ensuring accurate charting and follow-up.
- Administer oral and intravenous medications according to doctor's orders and document reactions or side effects.
- Assist in emergency procedures including CPR, wound dressing, and stabilization prior to transfer.
- Assisted in the development and implementation of patient care protocols, enhancing overall unit performance.
- Provided holistic care to patients in a long-term acute care setting, focusing on medical surgical needs.
- Administered medication, supported physicians during invasive procedures, noninvasive procedures, and exams, and conducted medical testing.
- Ensured compliance with infection prevention procedures and hospital safety guidelines.
- Provided mentorship to junior nurses, enhancing team capabilities and improving patient care effectiveness.
- Administering injections and medications as instructed by the physician.
- Providing emotional support, discharge education to Patient and their families.
- Conduct comprehensive patient assessments and develop individualized care plans for medical-surgical patients.
- Collaborate with multidisciplinary teams to coordinate patient care and optimize recovery outcomes.
- Manage post-operative care, including monitoring vital signs and wound management for surgical patients.
- Provide patient education regarding medication regimens, lifestyle modifications, and post-discharge care instructions.
- Implement infection control protocols to minimize hospital-acquired infections within the medical-surgical unit.
- Document all nursing interventions and patient responses meticulously to maintain accurate medical records and support clinical decision-making.

## EDUCATION:

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Bachelor of Science in Nursing - Rajiv Gandhi University

Vydehi Institute of Medical Science and Research Center - Bangalore India.

High School - CBSE Board

## PROJECTS

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- Study to assess The effectiveness of structured Teaching programme on knowledge regarding Arterial Blood Gas [ABG] Analysis Among BSc Nursing Students In Vydehi college.

## CERTIFICATE

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### Certifications & License

- DHA Eligibility -Registered Nurse(Reg Id : 25093252 Validity 26/11/2026)
- Basic Life Support (BLS )updated 2027
- Advanced Cardiovascular Life Support (ACLS) valid until 2027
- Customer Delight Appreciation from Aster Medcity.

## CLINICAL AND NURSING SKILLS

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- Patient safety and infection control.
- Colostomy care.
- Drawing blood culture.
- Urinary catheterization Female.
- IV -Line placement and infusions.
- Administration of medication Maintaining accurate records.
- Reports and medical information of patients
- Ryle's tube insertion & feeding
- Resource Allocation
- Handling and administration of Narcotics.
- Reports and medical information of patients.
- Bedside care and procedures Maintaining the supply of consumables and equipment required.
- Care of central line ,Peripherally inserted central line (PICC )Line care.
- Tracheotomy care and suctioning.
- Feeding administration.
- At -risk patient care.
- Teamwork Leadership.

## EQUIPMENTS USED

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- Cardiac monitor
- Oxygen cylinder
- Defibrillator
- Ambubag
- Suction appartus
- Pulse oximeter
- Glucometer
- Laryngoscope
- ECG machine

## ADDITIONAL INFORMATION

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- Willing to Relocate: Yes
- Date of Birth : 24/03/2000
- Nationality : Indian
- Marital Status : Single
- Visa Status: Visit Visa

## DECLARATION

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I here by declare that above mentioned details are true and correct to the best of my knowledge and belief.

Sona K Varughese