

SANDRA JOSE

REGISTERED NURSE (DHA LICENSED)

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PROFESSIONAL SUMMARY

Compassionate and dedicated Registered Nurse with experience in Neurosurgery and Neuromedicine department. Previously practiced at Government Medical College, Thrissur. Adept at working in high-pressure environments, collaborating with multidisciplinary teams, and providing patient and family-centered education to support recovery and quality of life. Committed to providing holistic care and ensuring patient dignity, safety and comfort.

PROFESSIONAL HIGHLIGHTS

- DHA Licensed Registered Nurse with eligibility to practice in Dubai.
- Experienced in Neurosurgery and Neuromedicine Unit at reputed hospital in Kerala.
- **Expertise in** managing patients with complex neurological conditions including stroke, traumatic brain injury, epilepsy, and spinal disorders.
- **Skilled in** post-operative care for neurosurgical procedures such as craniotomy, laminectomy and spinal fusion.
- **Expertise in** performing neurological assessments like GCS and recognising early signs of deterioration.
- **Skilled in** maintaining aseptic techniques during procedures such as wound care, drain management and central line handling.

PROFESSIONAL EXPERIENCE

Registered Nurse

Government Medical College Hospital, Thrissur, Kerala, India

July 2024 - August 2025

Department: Neurosurgery and Neuromedicine

Ward (NABH Accredited, Bed Capacity: 1436)

- Provide direct patient care to critically ill patients including monitoring vital signs, and ensuring continuous patient assessment
- Conduct neurological assessments and respond promptly to changes in patient condition
- Collaborate with neurosurgeons, neurologists, physiotherapists, and case managers for comprehensive care planning
- Educate patients and families about neurological conditions, medication regimens, and rehabilitation.
- Assessed, monitored, and documented patient health conditions, ensuring timely interventions.
- Ensured the ability to prioritise and all patients receive the attention and care they deserve.

EDUCATION

Bachelor of Science in Nursing

Government College of Nursing, Thrissur, Kerala, India

Graduated 2024 | First Class

Higher Secondary Education

Seethi Sahib Higher Secondary School, Kannur, Kerala, India

Graduated 2019 | 90.9%

PROFESSIONAL DUTIES AND RESPONSIBILITIES

- Preparation of the unit
 - Admission and discharge
 - Comprehensive nursing care
 - Receiving and assessing patient from ward
 - Seizure and stroke management
 - Follow infection control policy
 - Maintenance of good nurse patient relationship
 - Assess the physical and neurological condition of patients
 - Maintenance of input and output chart
 - Collection of specimens
 - Management of intravenous fluids.
 - Hot and cold application
 - Maintenance of records and reports
 - Personal hygiene, nail care, bowel and bladder care
 - Maintenance of physical, psychological, spiritual and rehabilitative needs
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PROCEDURE DONE

- Admission, discharge, transfer out
 - Neurological Assessment
 - Monitoring vitals
 - IV cannulation
 - Nebulization
 - Assisting for TPN, CPR
 - Death care
 - Insertion of Nasogastric tube
 - Catheterization
 - ICD and drain care
 - Chest physiotherapy
 - ECG Monitoring
 - Tube feeding
 - Record keeping
 - Dressing
 - Administration of drugs
 - Pin site care
 - ET and oral suctioning-
 - Suture Removal
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PERSONAL SKILLS

- Compassionate and empathetic care
 - Strong critical thinking and problem-solving skills
 - Excellent communication and interpersonal abilities
 - Adaptable and resilient under pressure
 - Time management and organizational skills
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REGISTRATION & LICENSING

- **Dubai Health Authority (DHA):**

Unique ID 49063091 | Registration Date: 08-05-2025

- **Kerala Nurses and Midwives Council (KNMC):**

License No. KL03202402949 | Issue Date: 19 -07-2024

CERTIFICATION AND COURSES

- **Basic Life Support (BLS):** Approved by American Heart Association (AHA), July 2025
 - **Advanced Cardiovascular Life Support (ACLS):** Approved by American Heart Association (AHA), July 2025
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PERSONAL DETAILS

- Nationality: Indian
- Gender: Female
- Date of Birth: 08-05-2001
- Passport No: Y8300417 (Expiry: 29-08-2033)

LANGUAGES

- English
- Malayalam
- Hindi