

# SANU VARGHESE

## DHA Registered Nurse

I am a qualified and compassionate DHA Registered Nurse with solid experience in Medical Surgical Wards and ICU settings within multi-specialty hospitals. I have hands-on exposure to managing acute and chronic medical conditions, perioperative nursing care, and emergency response. I am confident in handling advanced monitoring equipment, providing comprehensive patient and family education, and maintaining strict infection control standards. I value ethical nursing practice, teamwork, and continuous learning, and I aim to contribute positively to patient outcomes while upholding international healthcare standards.



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📍 Thrissur, Kerala, India

## PROFESSIONAL SKILLS

Glucometer operation

ECG machine handling

Suction apparatus usage

Pulse oximeter monitoring

Nebulizer therapy

Blood pressure monitoring

Infusion pump management

Oxygen humidifier systems

## WORK EXPERIENCE

### Staff Nurse – Medical Surgical Ward

West Fort Hospital, Thrissur, Kerala, India

January 2024 – July 2025

*Achievements/Tasks*

West Fort Hospital is a 210-bedded super specialty hospital with all major clinical departments.

- Provided comprehensive nursing care to medical and surgical patients, including assessment, monitoring, and documentation of vital signs and clinical condition.
- Received patients from emergency department, operation theatre, and direct admissions, ensuring accurate verification of case files and smooth transition of care.
- Monitored patients using cardiac monitors, pulse oximeters, infusion pumps, and other equipment, ensuring timely identification of clinical deterioration.
- Managed invasive and non-invasive lines including central lines, arterial lines, peripheral IV lines, urinary catheters, and nasogastric tubes.
- Responded effectively to medical emergencies such as cardiopulmonary arrest and assisted the Medical Emergency Team during resuscitation and critical events.
- Maintained accurate electronic and manual records, raised medication, investigation, and diet requests through the hospital system, and ensured compliance with hospital policies and ethics.

### Staff Nurse – Medical Surgical Ward and ICU

GEM Hospital & Research Centre, Thrissur, Kerala, India

August 2022 – August 2023

*Achievements/Tasks*

- Delivered holistic nursing care to critically ill and post-operative patients in ICU and medical surgical units.
- Performed continuous patient assessment, maintained intake and output charts, monitored blood glucose levels, and reported abnormal findings promptly.
- Assisted in pre-operative preparation and provided post-operative care including wound assessment, surgical dressing, pain management, and early mobilization.
- Administered medications safely, including IV, IM, and oral routes, and handled narcotic drugs as per institutional protocols.
- Collected venous, arterial, and capillary blood samples and ensured timely transport of specimens to the laboratory.
- Provided emotional, psychological, and moral support to patients and families, promoting comfort, dignity, and understanding of care plans.

## CLINICAL EXPOSURE AND CASE MANAGEMENT

- Gastrointestinal surgeries including colostomy, gastrostomy, Whipple procedure, appendectomy, and bariatric surgery.
- Gallbladder surgeries including cholecystectomy.
- Urological procedures such as prostatectomy and nephrectomy.
- General surgeries including hernia repair, thyroidectomy, and mastectomy.
- ENT conditions including tonsillitis, adenoiditis, deviated nasal septum, and tympanoplasty.
- Medical conditions such as hypertension, ischemic heart disease, pneumonia, COPD exacerbations, asthma, stroke recovery, and diabetes mellitus complications including DKA and hypoglycemia.

## **EDUCATION**

### **Bachelor of Science in Nursing**

St. Joseph's College of Nursing, Dharmagiri, Kothamangalam  
Ernakulam, Kerala | August 2016 – February 2021  
Affiliated to Kerala University of Health Sciences

## **PROCEDURES PERFORMED**

- Arterial line care and assistance in insertion
- CPR and emergency resuscitation support
- Ventilator patient care and suctioning
- Blood transfusion and exchange transfusion for adults
- IV line insertion and catheter care
- Oxygen administration and nebulization
- ECG recording and monitoring
- Colostomy care and gastrostomy feeding
- Pressure sore prevention and wound care
- Surgical dressing and specimen collection

## **CORE COMPETENCIES**

- Medical–Surgical Nursing
- ICU and Emergency Nursing Care
- Patient Assessment and Monitoring
- Infection Prevention and Control
- Medication Administration and Safety
- Pre-operative and Post-operative Care
- Critical Care Equipment Handling
- Patient and Family Education
- Clinical Documentation and Reporting
- Team Collaboration and Clinical Coordination

## **LANGUAGES**

- English
- Malayalam

## **PERSONAL DETAILS**

- Date of Birth: 28 November 1998
- Nationality: Indian
- Domicile: India
- Passport Number: V4206758
- Passport Expiry: 15 November 2031

## **REFERENCES**

### **Lt. Col. (Mrs.) Vibha P. S. (Retd)**

Nursing Superintendent  
West Fort Hospital, Thrissur, Kerala, India  
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### **Mrs. P. Chinnammalu**

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