

# FIDA K R

Registered Nurse — Sharjah MOH Qualified

050 934 0599

fidakr2001@gmail.com

Al Jerf Industrial 3, Ajman, UAE

## Professional Summary

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Compassionate Registered Nurse with **1+ year of experience** in Emergency Department care, delivering high-quality patient-centered services in fast-paced clinical environments. Skilled in triage, emergency response, critical care management, and life-saving interventions. Proven ability to manage multiple acute cases, collaborate with multidisciplinary teams, and maintain patient safety and clinical excellence.

## Professional Experience

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### Registered Nurse – Emergency Department

Sep 2024 – Dec 2025

Thalassery Co-Operative Hospital, Kerala, India

- Conducted patient triage and initial assessments, prioritizing critical cases for immediate intervention.
- Delivered emergency and critical care to patients with trauma, acute illness, and life-threatening conditions.
- Administered medications, IV fluids, and treatments ensuring accuracy and compliance with protocols.
- Assisted in emergency procedures including CPR and advanced life support improving patient survival outcomes.
- Monitored patient vital signs and neurological status, identifying early signs of complications.
- Maintained detailed clinical documentation ensuring continuity of care during handovers.
- Educated patients and families on treatment plans and post-discharge care improving recovery outcomes.
- Implemented infection control protocols ensuring safety for patients and healthcare staff.
- Collaborated with multidisciplinary teams to deliver coordinated and efficient patient care.
- Managed multiple critical cases simultaneously while maintaining composure under pressure.

## Core Skills

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- Emergency and Critical Care Nursing
- Patient Assessment and Triage
- Medication Administration and IV Therapy
- Vital Signs Monitoring and Observation
- Infection Control and Patient Safety
- Clinical Documentation and Reporting
- Trauma and Acute Care Management
- CPR and Advanced Life Support
- Patient Education and Counseling
- Multidisciplinary Team Coordination
- Risk Assessment and Crisis Management
- Communication and Interpersonal Skills

## Education

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### Bachelor of Science in Nursing

2019 – 2024

Alshifa College of Nursing, Perinthalmanna

Kerala University of Health Sciences

## Certifications and Registrations

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- Registered Nurse – Kerala Nurses and Midwives Council
- Sharjah MOH License Eligible (DataFlow Completed)
- Advanced Cardiac Life Support (ACLS) – AHA Approved
- Basic Life Support (BLS) – AHA Approved
- Certificate in Geriatric Care Nursing
- Certificate in Communication Skills
- Certificate in Counseling Psychology
- COVID Frontline Worker Advanced Care Support

## **Clinical Skills**

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- Patient Assessment and Monitoring
- Triage and Emergency Care
- IV Therapy and Fluid Management
- Wound Care and Dressing
- Infection Control and Sterilization
- Trauma and Critical Care Support
- Clinical Documentation
- Patient Safety and Risk Management
- Early Detection of Complications
- Emergency Procedure Assistance

## **Equipment Handling**

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- Defibrillator and Cardiac Monitor
- Ventilator and Oxygen Equipment
- ECG Machine
- Infusion and Syringe Pumps
- Glucometer and Pulse Oximeter
- Nebulizer and Suction Apparatus
- Crash Cart (Emergency Trolley)
- Blood Pressure Monitoring Devices

## **Personal Skills**

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- Compassion and Empathy
- Critical Thinking and Problem Solving
- Time Management and Adaptability
- Teamwork and Collaboration
- Stress Management and Professionalism

## **Additional Details**

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- Nationality: Indian
- License Status: MOH Eligible
- Availability: Immediate Joiner