



Shilpa
J

Karappally
Registered Nurse

Contact

Address

Al Taawoun, Sharjah, United Arab Emirates

Phone

+971 56 383 8664

Visa Status

Dependent (Family Visa)

E-mail

shilpaemil4720@gmail.com

BLS Certified

Skills

Patient education
[Progress bar] Excellent

Intake and discharge
[Progress bar] Excellent

Medication and IV administration
[Progress bar] Excellent

Wound Care

Hardworking nursing professionals bring 10+ years of experience delivering exceptional care to a variety of patients. Knowledgeable about patient requirements and skilled at maximizing patient comfort and safety while meeting strict cost control standards.

[DHA Exam Cleared & Evaluation completed. Awaiting Eligibility Letter](#)

Work History

2020-01 -
2024-12

Staff Nurse

SAGAR HOSPITAL, Juna-Budhwar peth, Kolhapur

- Assess and monitor patients' conditions, vital signs, and medical histories.
- Develop and implement individualized care plans.
- Administer medications and treatments as prescribed.
- Assess and manage wounds, including dressing changes and wound care procedures.
- Document wound progress and communicate with the healthcare team.
- Monitor and record vital signs, such as temperature, blood pressure, pulse, and oxygen saturation
- Report any abnormal findings to the healthcare team.
- Administer medications safely and accurately, following hospital policies and procedures.
- Monitor patients for adverse reactions and side effects.
- Work with interdisciplinary teams, including doctors, therapists, and other nurses
- Communicate effectively with patients, families, and healthcare providers.
- Educate patients and families on disease management, treatment plans, and self-care techniques.
- Provide emotional support and reassurance.
- Accurately document patient information, including medical history, treatment plans, and progress.

Excellent

Medication Administration

Excellent

Emergency Procedures

Excellent

Languages

English

Excellent

Malayalam

Excellent

Tamil

Good

2018-01 -

2018-08

Staff Nurse

DR JOSE'S CLINIC, Karuvanchal, Kannur, Kerala

- Worked with 16 healthcare staff to create treatment plans providing accountability for patients and monitoring Vital signs
- Coordinated and implemented nursing activities while preparing notes for any assessment and care given to the patients.
- Administrated a wide variety of services including catheterization, tube feeding, applying and changing bandages, taking blood, and assisting with ADLS.
- Meet 12 patients per day, meet the team for 30 minutes prior to the start of the shift to discuss patient charts and goals.
- Give awareness to the patients about their present condition and educate them about their diet and medication
- Performed various nursing interventions such as wound dressing, vital sign monitoring and specimen collection.

2012-12 -

2017-12

STAFF NURSE (CRITICAL CARE UNIT)

LOTUS HEART HOSPITAL, KOTTARAKKARA, Kerala

- Conducted continual cardiac assessment and assisted the cardiologist with the treatment decision making
- Monitored patients carefully, took vital signs, and administered medicines to control their conditions.
- Help to manage chronic heart diseases with Doctors' assistance
- Advice and give professional and moral support to patients suffering from heart conditions, who may not understand the steps to take to manage their conditions
- Monitor heart devices like defibrillators and pacemakers.
- Closely monitors the effectiveness of IV drip cardiac medications and Insulin pumps.
- Monitoring of blood Glucose level

- Maintaining the patient's records and keeping the sedative medicines safe.

2009-05 -
2010-09

Staff Nurse

LOTUS HEART HOSPITAL, KOTTARAKKARA, Kerala

- Gathered patient health data through interviews and observation, documenting data in electronic records.
- Performed various nursing interventions such as wound dressing, vital sign monitoring and specimen collection.
- Updated patient charts with data such as medications to keep records current and support accurate treatments.
- Reported patients' status and delegated nurse assignments to achieve optimal outcomes.
- Managed elements of patient care from admission to discharge or transfer to other units.
- Implemented medication and IV administration, catheter insertion and airway management.
- Collect blood, tissue and other laboratory specimens and prepared for lab testing.
- Monitored patients' conditions and reported changes in physical presentation, appearance and behavior to discuss treatment with physicians.

Education

2010-05 -
2014-09

Bachelor of Science: Post BSC

Rajiv Gandhi University - Bangalore

2005-09 -
2009-03

General Nursing & Midwifery

Karnataka State Nursing Council - Bangalore