

# SONA K VARUGHESE

## REGISTERED NURSE

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### SUMMARY

Compassionate and licensed Registered Nurse with 2 years of clinical experience in inpatient and outpatient settings. Skilled in patient care, medical documentation, medication administration, and emergency response.

### PROFESSIONAL EXPERIENCE

**Aster Medcity - Kochi, Kerala**

**April 2023 - July 2025**

**Staff Nurse Grade II Medical Surgical Nurse**

- 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.

### EDUCATION

**Bachelor of Science in Nursing - Rajiv Gandhi University**

**2018 - 2022**

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

**High School - CBSE Board**

**2018**

### CERTIFICATIONS

- Dubai Healthcare Authority - 25093252 ; Validity 26/11/2026
- Basic Life Support (BLS) – Updated 2027
- Advanced Cardiac Life Support (ACLS) – Valid until 2027

## **CLINICAL & NURSING SKILLS**

- Vital Signs Monitoring
- Patient Assessment
- 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
- Bedside care and procedures
- Maintaining the supply of consumables and equipment required
- Ryle's tube insertion & feeding
- Resource Allocation

## **EQUIPMENT USED**

- Cardiac monitor
- Oxygen cylinder
- Ventilator
- Defibrillator
- Ambubag
- Suction apparatus
- Pulse oximeter
- Laryngoscope
- ECG machine

## **VOLUNTEER & COMMUNITY WORK**

### **Disaster Relief Support Nurse**

- Participated in medical relief team during natural disaster response; assisted in setting up temporary clinics, distributing supplies, and treating minor injuries.

## **LANGUAGES**

English, Malayalam, Hindi, Kannada & Tamil

## **ADDITIONAL INFORMATION**

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

## **DECLARATION**

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

## **HEALTHCARE TECHNOLOGY**

- Operating Syringe Pumps
- Tracheotomy care and suctioning.
- Feeding administration
- At -risk patient care
- Handling and administration of Narcotics
- Teamwork & Leadership
- Care of central line ,Peripherally inserted central line (PICC )Line care