

# SHEELARANI ROOBERTRAJAN

## DHA REGSITERED NURSE

### PROFESSIONAL SUMMARY

Regsitered MEDICAL SURGICAL AND OPD nurse with extensive experience in advanced monitoring, PACU care, and emergency interventions. Adept in evidence-based care planning, infection prevention, and complex medication management. Recognized for strong clinical judgment, collaborative practice, and patient-centered advocacy. Now seeking to transition into a Nurse Practitioner role to further elevate patient care quality and clinical leadership.

### EXPERIENCE

#### Registered Nurse

February 2024 - March 2025 | Prashanth MultiSpeciality Hospital, Chennai, Chennai

- Provided comprehensive pre- and post-operative nursing care, ensuring patient comfort, safety, and physiological stability throughout the surgical journey.
- Conducted regular assessments and monitored vital signs—including BP, HR, SpO<sub>2</sub>, temperature, and pain levels—to evaluate recovery progress and detect early complications.
- Administered prescribed medications, IV fluids, and pain-management therapies with accurate dosage, timely delivery, and adherence to physician orders.
- Performed wound assessments, dressing changes, and infection-prevention interventions to support optimal healing and reduce post-surgical risks.
- Educated patients and families on post-operative care, including wound care, mobility exercises, diet, medication adherence, and signs of complications.
- Collaborated closely with surgeons, anesthesiologists, and multidisciplinary teams to coordinate individualized care and deliver timely medical interventions.
- Maintained precise and up-to-date patient documentation, including treatment plans, progress notes, and medication administration records for seamless care continuity.
- Identified early warning signs of patient deterioration and responded promptly with appropriate interventions such as CPR, oxygen therapy, or escalation to senior clinicians.
- Ensured proper use, cleaning, and maintenance of medical equipment—including vital sign monitors, IV pumps, and postoperative devices—to enhance patient safety.



### CONTACT

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- 🇮🇳 Indian

### SKILLS

- Medical & Surgical Ward
- Post-Anesthesia Care (PACU)
- Emergency & Trauma Care
- Advanced Patient Monitoring
- Medication Administration & IV Therapy
- Infection Control
- Patient Safety & Education
- Time Management Expertise
- Care Planning Proficiency
- Medication Administration Oversight
- Palliative Care Knowledge
- Midwifery Training
- Patient Care
- Medical Teamwork
- Direct patient care

- Adhered to strict hygiene, safety, and infection-control protocols to prevent hospital-acquired infections and maintain a sterile surgical ward environment.

## **Nurse**

January 2019 - January 2021 | Al Inma Group-Hayat National Hospital, Al Qassim, Saudi Arabia

- Provided critical care nursing for post-surgical patients in ICU and PACU, ensuring continuous monitoring and rapid intervention.
- Assisted anesthesiologists with intubation, extubation, and ventilation management, supporting airway safety and procedural efficiency.
- Monitored cardiac function, performed neurological assessments including GCS scoring, and conducted arterial blood gas (ABG) analysis to guide clinical decisions.
- Managed accurate and up-to-date electronic patient records using EPIC, Cerner, and similar EHR systems.
- Educated patients and families on post-operative care, wound management, and recovery expectations to promote safe discharge and self-care.
- Ensured patient safety through vigilant observation, rapid response to changing conditions, and meticulous adherence to clinical protocols.
- Maintained strict privacy and confidentiality when handling sensitive medical and personal information.
- Engaged in ongoing professional development to continually advance clinical competencies and nursing best practices.
- Promoted evidence-based practice within the nursing team by supporting updated protocols and sharing current research insights.
- Assisted physicians during a variety of medical and surgical procedures, contributing to successful and efficient patient care.
- Conducted triage in the emergency department, prioritizing care needs and facilitating effective patient flow.
- Managed ward supplies and equipment to maintain readiness and uninterrupted healthcare delivery.
- Demonstrated strong interpersonal and communication skills, fostering collaborative relationships with colleagues, patients, and families.

## **Registered Nurse**

January 2016 - January 2019 | Apollo Hospitals Group, Chennai

- Delivered comprehensive postoperative care in a 700-bed multi-specialty hospital, supporting diverse surgical and medical patient needs.
- Provided critical care support, emergency response, and postoperative recovery management across ICU, PACU, and high-dependency areas.
- Operated and managed advanced life-support equipment including ventilators, intra-aortic balloon pumps (IABP), and arterial/venous lines with precision and adherence to safety protocols.

- Medication and IV administration
- Documentation and charting

- Compassion and empathy
- Patient assessment
- Medication administration

- Patient education and counseling
  - Strong clinical judgment
  - Infection control measures
  - Patient care
  - Patient assessments
  - Patient monitoring
  - Wound care
  - Clinical judgment
  - Patient and family advocacy
  - Physical assessments
  - Professional bedside manner
  - Patient care planning
  - Medication distribution
  - Care plan development
  - Nursing staff leadership
  - Family education
  - Advanced cardiac life support (ACLS) certification
  - Critical care
  - Team coordination
  - Staff supervision
  - Emergency procedures
  - Emergency response
  - Emergency care
- Procedure preparations

## **LANGUAGES**

- **English**  
Fluent
- **Tamil**  
Fluent
- **Arabic**  
Beginner

- Administered medications, IV fluids, and blood transfusions; performed wound care and postoperative dressings in accordance with clinical guidelines.
- Trained and certified in infection control, patient safety, and emergency procedures, including ACLS and BLS.
- Contributed to maintaining hospital standards aligned with JCI and NABH accreditation requirements.

## **Registered Nurse**

SEP 2025 - Present | MED7 AL Shifa Medical Center, Dubai, Al- Rigga

- Delivered comprehensive, patient-centered nursing care by developing and implementing individualized care plans.
- Assisted physicians during medical procedures, ensuring optimal patient safety, comfort, and procedural efficiency.
- Served as a key liaison between patients, families, and multidisciplinary healthcare teams to support clear communication and coordinated care.
- Monitored patient conditions, documented progress, and administered medications and treatments in accordance with clinical guidelines.
- Ensured strict adherence to healthcare protocols and infection-control standards, contributing to improved patient outcomes and satisfaction.
- Provided health education, discharge teaching, and post-care guidance to patients and families to support recovery and self-management.

## **EDUCATION**

### **PostBasicB.Sc.Nursing in PCBSc**

December 2023 Goldfinch College of Nursing

### **DiplomainGeneralNursing&Midwifery**

February 2013 C.S.I Kalayani General Hospital, Tamil Nadu

## **CERTIFICATIONS**

- Basic Life Support (BLS) - American Heart Association (AHA)
- Advanced Cardiovascular Life Support (ACLS) - AHA
- Infection Control & Patient Safety Training
- DHA License No : 56713639-001

## **ADDITIONAL DETAILS**

Indian, Married, Sponsorship Visa, S7441050

## **REFERENCES**

References available upon request.