



Sanu Varghese

Staff Nurse

Career

01.2024 - 07.2025

**Staff Nurse (Medical Surgical Ward)
West Fort Hospital**

Thrissur, Kerala, India
West Fort Hospital is 210 bedded super speciality hospital with all major speciality departments.

08.2022 - 08.2023

Staff Nurse (Medical Surgical Ward and ICU)

GEM Hospital & Research Centre
Thrissur, Kerala, India

Education

08.2016 - 02.2021

**BSc. Nursing
St. Joseph's College of Nursing**

Dharmagiri, Kothamangalam
Ernakulam, Kerala
Under Kerala University of Health Science

Duties & Responsibilities

- Receive the patients with case files, from emergency, OT or as direct
- Proper handing over and taking over of patient
- Knowledge about cardiac monitors and accessories
- Make the patient comfortable on the bed and check the general condition, record
- Connect all necessary monitoring devices to the patient, set alarms, identify
- Provide physical, psychological, moral support to patient and family
- Care of lines like central line, arterial line and peripheral lines
- Provided comprehensive colostomy care and patient education on stoma management.
- Removal of invasive lines and tubings
- Meeting emergency like cardiopulmonary arrest
- Nursing care of bedsore patients
- Raising the slip through computer for medicines investigations and diet.
- Intend the required drugs every day and remaining medicines will be refunded to the pharmacy.

About me

To progressive position in an organization of repute where the combination of my knowledge, experience and initiatives can contribute for the enrichment of me and growth of the organization.

Contact

Email:
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+971 585432895

Address:
Dubai, UAE

Languages

English
Malayalam

Skills

- Glucometer
- ECG Machine
- Suction Apparatus
- Pulse Oxymeter
- Nebulizer
- BP Apparatus
- Infusion Pumps
- Oxygen Humidifiers

Procedures Performed

- Arterial Line insertion
- Assisting in CPR
- Sponge Bath
- Bed Making
- Care of patients on Ventilator
- Blood Transfusion
- Pre-operative patient preparations
- Care of patients pre and post operatively
- Suctioning: Oral, Tracheostomy
- Catheter care and Insertion
- Oxygen Administration
- Blood collecting and sampling
- Colostomy Care
- Recording and Reporting
- Pressure Sore Care
- Exchange Blood Transfusion
- Surgical Dressing
- Gastrostomy Feeding

References

Name:

Lt Col (Mrs) Vibha P.S (Rtd)

Job title + working relations:

Nursing Superintendent
West Fort Hospital,
Thrissur, Kerala, India
Tel: 04872439120
Email:
nsgsupdtwfh@gmail.com

Name:

Mrs. P. Chinnammalu

Job title + working relations:

Nursing Superintendent
Gem Hospital & Research
Centre
Thrissur, Kerala, India
Tel: 9846415669
Email:
Chinnammalu.anand326@gmail.com

- Early morning sponge bath, mouth care will be given to maintain personal hygiene.
- Exchange blood Transfusion for adults
- Monitor blood glucose
- Maintaining intake and output chart.
- Collection of specimens and send to laboratory as early as possible.
- ECG, Blood transfusion, IV-line Insertion and urinary catheterizationCPR, intra muscular and intra venous, injections.
- Venous, Arterial and capillary sample collection.
- Intending and receiving narcotic drugs.
- Assisting for MET (medical emergency team).
- Asepsis and infection control.

Cases Handled

- Gastrointestinal surgeries: Colostomy, gastrostomy, Whipple surgery, Appendectomy, Bariatric surgery
- Gallbladder surgeries: Cholecystectomy.
- Urological surgeries: Prostatectomy, Nephrectomy,
- Wound debridement
- General surgeries: Hernia repair, thyroidectomy, mastectomy.
- ENT : Tonsillitis, Adenoiditis, Deviated Nasal Septum, Tympanolasty, Thyroid
- Cardiovascular: Hypertension, ischemic heart disease
- Respiratory: Pneumonia, COPD exacerbations, asthma management.
- Neurological: Stroke recovery
- Endocrine: Diabetes mellitus complications (DKA, hypoglycemia).

Professional License

Dubai Health Authority (DHA)- Registered Nurse

DHA Unique ID: 60485287

Issue Date: 05/01/2026

Expiry Date: 05/01/2027

Personal Details

Domicile: India

Date of Birth: 28-11-1998

Passport Number: V4206758

Expiry Date: 15-11-2031

I hereby certify correctness and validity of the above information

Sanu Varghese
Dubai