



ARDRA PREM

STAFF NURSE

CONTACT INFORMATION

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- premardram@gmail.com
- Kollam, Kerala, India

EDUCATION

MSC NURSING IN MEDICAL SURGICAL NURSING SPECIALITY-CARDIOVASCULAR AND THORACIC NURSING | 2022

- Kerala University of Health Science, Thrissur, India
- Vijaya College of Nursing, Kottarakara, Kollam, India

BSC NURSING | 2017

- Kerala University of Health Science, Thrissur, India
- Mercy College of Nursing, Valakom, Kottarakara, Kollam, Kerala, India

HIGHER SECONDARY | 2013

- Mount Tabor Higher Secondary School, Pathanapuram, Kerala, India

SSLC | 2011

- Mount Tabor Higher Secondary School, Pathanapuram, Kerala, India

PROFESSIONAL REGISTRATION

- DHA Eligibility**
- Kerala Registered Nurse & Midwife Council**
Reg. Number: KL03201803293
- Maharashtra Nursing Council**
Registration Number: XV1124826
- Basic Life Support**
- Advanced Cardiac Life Support**

PROFESSIONAL SUMMARY

A dedicated and experienced Registered Staff Nurse with a strong background in critical care, including expertise in Adult Intensive Care Units (ICU) and Cardiac Care Unit (CCU). Skilled in managing high-acuity patients, providing comprehensive medical-surgical care, and delivering compassionate, patient-centered treatment. Proficient in emergency response, advanced clinical procedures, and collaborating with multidisciplinary teams to ensure optimal patient outcomes. Committed to maintaining the highest standards of nursing excellence through continuous learning and professional development.

KEY SKILLS

Team Work	Work Ethic	Patient Care	Emergency Response
Infection Control	Compassionate Care	Time Management	
Clinical Documentation	Hardworking	Positive Attitude	Honesty

WORK EXPERIENCE

STAFF NURSE | 09 December 2022 – 20 December 2024

AL NOOR HOSPITAL TIRUR, MALAPPURAM, KERALA, INDIA

Department : Cardiac Care Unit

KEY RESPONSIBILITIES

- Delivered comprehensive nursing care, including patient assessments, treatment administration, and monitoring vital signs to ensure optimal health outcomes.
- Safely and accurately administered medications as per physician orders while observing for potential side effects or adverse reactions.
- Maintained meticulous patient records, including treatment plans, progress notes, and medical histories, ensuring compliance with hospital policies.
- Provided immediate care in emergency situations, employing critical thinking and swift decision-making to stabilize patients.
- Coordinated with doctors, therapists, and other healthcare professionals to deliver cohesive, patient-centered care.
- Implemented and adhered to infection control protocols, maintaining a safe and clean environment for patients and staff.
- Educated patients and their families about post-hospital care, medication regimens, and lifestyle adjustments for better health management.

REGISTERED STAFF NURSE | 25 November 2017 – 19 July 2020

GRANT MEDICAL FOUNDATION RUBY HALL CLINIC, PUNE, INDIA

Department : Adult Intensive Care Unit | 26 Nov 2018 - 19 July 2020

Adult Medical Surgical Ward | 25 Nov 2017 - 25 Nov 2018

KEY RESPONSIBILITIES

- Administered medications and treatments in strict accordance with physician prescriptions and hospital protocols, ensuring patient safety.
- Regularly assessed patient vital signs and reported critical changes to the medical team for timely interventions.
- Provided advanced care in critical situations, utilizing acute nursing skills to manage emergencies effectively.
- Worked closely with doctors, specialists, and allied healthcare professionals to ensure a cohesive treatment approach.

COMPUTER PROFICIENCY

MS Office	★ ★ ★ ★ ★
Basic Operation	★ ★ ★ ★ ★
Internet & Email	★ ★ ★ ★ ★

LANGUAGES

English	<div style="width: 100%;"></div> 100 %
Malayalam	<div style="width: 100%;"></div> 100 %
Hindi	<div style="width: 85%;"></div> 85 %

INTERESTS



Songs



Travelling



Reading

REFERENCE

- Available upon request

- Adhered to infection control policies and procedures, contributing to a safe and hygienic clinical environment.
- Educated patients and their families on health conditions, treatment plans, and post-discharge care requirements for continued recovery.

PERSONAL STRENGTHS

- **Compassionate and Patient-Centered:** Demonstrates a strong sense of empathy and commitment to providing care tailored to individual patient needs.
- **Adaptability and Resilience:** Excels in dynamic and high-pressure healthcare environments while maintaining professionalism and composure.
- **Commitment to Professional Development:** Engaged in ongoing learning to stay updated on medical advancements and evidence-based practices.
- **Attention to Detail:** Meticulous in clinical documentation and patient monitoring, ensuring accuracy and compliance with medical protocols
- **Critical Thinking and Problem-Solving:** Quick decision-making abilities, especially in emergency and critical care scenarios.

PERSONAL DOSSIER

Gender	: Female
Date of Birth	: 15/04/1996
Nationality	: Indian
Marital Status	: Married
Current Address	: Al Wasal, F5, G 12 Al Qouz Dubai, 8703
Permanent Address	: Nenmeniyottu Veedu Venchempu, Punalur, Kollam-691333, Kerala, India

PASSPORT DETAILS

Passport Number	: U3202463
Date of Expiry	: 11/02/2030
Place of Issue	: Pune

DECLARATION

I hereby declare that the above-mentioned information is true and I bear the responsibility for the correctness of the above-mentioned particulars.

ARDRA PREM