

SNEHA JOSEPH

Registered Nurse and Midwife

snehasj29@gmail.com | 0502843121 | Dubai |

[LinkedIn](#)

SUMMARY

I am a compassionate and highly skilled Registered Nurse with 1.9 years of experience specializing in critical care environments, including the Intensive Care Unit (ICU), Cardiology, and Cardiothoracic & Vascular Surgery (CTVS) adhering strictly to JCI international patient safety goals and quality standards. I am proficient in advanced cardiac life support (ACLS), patient monitoring, and post-operative care. Adept at collaborating with multidisciplinary teams to deliver exceptional patient outcomes and improve operational efficiency. I have satisfactorily proven my ability to remain calm and effective under pressure while maintaining meticulous attention to detail in high-acuity settings. Seeking to leverage clinical expertise and leadership skills to contribute to a dynamic healthcare team

EXPERIENCE

ASTER MEDCITY, KOCHI- JCI, NABH ACCREDITED HOSPITAL

Jan2024 – September 2025

(REGISTERED NURSE)

Medical Intensive Care Unit and Cardiac and CTVS outpatient and procedural areas

➤ Advanced Patient Assessment

- Performing detailed head-to-toe assessments.
- Recognizing subtle changes in patient condition early (neuro, cardiac, respiratory, etc.).

➤ Critical Thinking & Rapid Decision Making

- Prioritizing care in life-threatening situations.
- Interpreting complex data (labs, EKGs, hemodynamics) and responding quickly.

➤ Ventilator Management

- Monitoring and adjusting ventilator settings in collaboration with respiratory therapists and physicians.
- Understanding modes of ventilation, oxygenation, and weaning protocols.

➤ Hemodynamic Monitoring

- Using and interpreting data from arterial lines, central lines, Swan-Ganz catheters, etc.
- Titrating medications based on real-time blood pressure and cardiac output data.

➤ Drips & Medication Administration

- Administering and titrating vasoactive drugs (e.g., norepinephrine, dopamine).
- Handling sedation, pain control, insulin drips, and electrolyte replacement protocols.

➤ Emergency Response

- Responding to code blues and rapid response calls.

- Performing CPR, defibrillation, and assisting with intubation or line placement.

➤ **Infection Control & Sterile Technique**

- Strict adherence to infection prevention protocols, including central line and catheter care and strict adherence to JCI international patient safety protocols.

➤ **Collaborated with interdisciplinary teams to develop and implement patient care plans.**

- Monitored and managed complex equipment such as ventilators, cardiac monitors, Defibrillators and infusion pumps, IABP, ECMO
- Ensured accurate documentation and patient safety according to hospital and legal standards.

ALL INDIA INSTITUTE OF MEDICAL SCIENCES (AIIMS) BHOPAL

Jan 2023 – June 2023

(STUDENT NURSE)

- I had the opportunity to integrate theoretical knowledge with practical skills in a real-world clinical setting.
- Clinical rotations in Medical-Surgical Wards, ICU and Emergency Unit, Pediatrics, Obstetrics and Gynecology, Psychiatry, Operation Theatre, Community Health Nursing.
- Each posting allowed me to observe, learn, and perform nursing procedures under the guidance of experienced nursing officers and clinical instructors

EDUCATION

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- **BSC HONS NURSING 2019 – 2023**

ALL INDIA INSTITUTE OF MEDICAL SCIENCE(AIIMS) BHOPAL, India

CERTIFICATES

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- DHA licensure eligibility ID- 67096434
 - Kerala Nurses and Midwives Council-Registration no- KL04202401660
 - IELTS Candidate number 431205 with an overall band score of 8
 - ACLS and BLS by American Heart Association

Languages

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- English – Speak, Write, Read
 - Hindi – Speak, Write, Read
 - Malayalam – Speak, Write, Read

Technical Skills

- Advanced Cardiovascular Life Support (ACLS)

- Basic Life Support (BLs)
- Ventilator Management
- Hemodynamic Monitoring (e.g., arterial lines, central venous pressure)
- Medication Administration (IV, oral, etc.)
- Telemetry/ECG Interpretation
- Pain Management
- Wound Care
- Intravenous (IV) Therapy & Central Line Management
- Electronic Medical Records - EMR
- Rapid Response Protocols
- Triage Systems
- Crisis Management
- Patient Assessment & Clinical Documentation
- Cardiac Monitoring
- Post-operative Care (specifically for cardiac and thoracic surgeries)
- Management of cardiac medications (e.g., vasopressors, antiarrhythmics)
- Patient education on heart health, medications, and lifestyle modifications
- Knowledge of cardiac procedures and treatments (e.g., cardiac catheterization, stent placement, bypass surgery)
- Care for patients with specific devices like Impella, Intra-Aortic Balloon Pump (IABP), ECMO
- Pre- and post-procedural care in outpatient settings

Soft Skills

- Critical Thinking
- Problem-Solving
- Attention to Detail
- Communication (with patients, families, and multidisciplinary teams)
- Collaboration and Teamwork
- Time Management
- Prioritization
- Adaptability
- Compassion and Empathy
- Patient Advocacy
- Leadership
- Cultural Competency