



Indu Paramparambath

Healthcare professional with more than 8 years of experience and comprehensive knowledge of patient care, medication administration, and wound management. Capable of working in fast-paced environments, ensuring patient safety, and collaborating with multidisciplinary teams. Proficient in electronic health records and committed to continuous professional development.

CONTACT

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EDUCATION

Master of Science Nursing
PPG College of Nursing -
Coimbatore, India

Bachelor of Science Nursing
S.B. College of Nursing -
Bangalore, Karnataka, India

Hospital Administration
Management
NHCA - Singapore

- PG Diploma in Hospital Business & Administration

CERTIFICATIONS

- Diploma in Quality Control Management
- Diploma in Infection Control and Prevention Management
- Six Sigma Green Belt (Healthcare)

AWARDS & HONOURS

- Outstanding Performance Award - NMC Hospital DIP, Dubai
- Extra Mile Award - NMC Hospital DIP, Dubai

SKILLS

- Ward management
- Clinical leadership
- Resource allocation
- BLS & ACLS instructor (AHA)
- Clinical systems software
- Coordinating referrals
- Staff performance evaluations
- Infection control

EXPERIENCE

Registered Nurse

AI Kuwait Hospital Dubai and AI Amal Psychiatric Hospital - UAE

- 01/2022 - 06/2022
 - Assessed patients' overall health, identified needs and goals for treatment and connected them with ideal practitioners and treatments.
 - Implemented nursing care to ensure better services for preoperative and post-operative patients
 - Accurately documented all elements of nursing assessment, treatments, medications, discharge instructions, and follow-up care.
 - Facilitated therapeutic communication, building rapport with patients to support mental and emotional well-being.
 - Facilitated therapeutic activities, such as art and music therapy, to encourage expression and promote mental wellness.

Staff Nurse

Government District Hospital - Palakkad, Kerala, India

- 01/2019 - 07/2020
 - Carefully monitored, recorded, and reported changes in patient symptoms to deliver best care practices.
 - Prepared patients for clinical procedures, providing reassurance and practical advice to ease concerns.
 - Performed in-depth prevention assessments, maintaining patient health and safety.
 - Worked with a consistently positive, friendly bedside manner to enhance patient experiences during difficult times.
 - Responded to emergency situations by performing CPR or using defibrillator.
 - Assessed pain levels and provided appropriate pain management interventions, improving patient comfort and recovery.

Head Nurse

Nahdi Medical Centre - Palakkad, Kerala, India

- 08/2017 - 12/2018
 - Managed ward resources efficiently, including scheduling staff shifts and allocating equipment, to optimize patient care.
 - Implemented infection control measures rigorously, significantly reducing instances of hospital-acquired infections.
 - Periodically reviewed patient cases for quality assurance.
 - Monitored and maintained high standards of care, adhering to regulatory and hospital policies for patient safety.
 - Keeping records of patient details on transmitted disease and notify to the health authority

Head Nurse (Female ward)

NMC Hospital - DIP, UAE

- 08/2015 - 09/2016
 - Directs, supervises, and coordinates the activities in the ward and ensures good standard of care is provided
 - Provides orientation to the newly joined staff nurses and conducts assessment
 - Prepared monthly staff schedules and made adjustments as necessary
 - Developed updated and implemented quality assurance procedures
 - Oversaw administration of medication and treatments, ensuring accurate record-keeping and compliance with healthcare regulations.
 - Monitored and maintained high standards of care, adhering to regulatory and hospital policies for patient safety.
 - Reviewed and updated nursing policies and procedures, ensuring alignment with the latest healthcare standards and practices.

LANGUAGES

English: C2
Proficient

Malayalam: C2
Proficient

Hindi: B1
Intermediate

Tamil: B1
Intermediate

Kannada: B1
Intermediate

PERSONAL INFORMATION

- Nationality: Indian
- DOB : 10/12/1984

Registered Nurse (Female ward)

NMC Hospital - DIP, UAE

- 10/2014 - 07/2015
- Collaborated with multidisciplinary teams to facilitate holistic care and optimize patient outcomes.
 - Monitored patient vitals on continuous basis and actualized emergency interventions to restore patients' conditions or stop negative reactions
 - Coordinated discharge planning, ensuring patients received necessary support and resources post-hospitalisation.
 - Implemented evidence-based nursing practices to enhance the quality of patient care.
 - Managed and maintained accurate patient records to optimise continuum of care.

Registered Nurse

Aabind Hospital - Kollengode, Kerala, India

- 04/2011 - 06/2013
- Assessed patients' overall health, identified needs and goals for treatment and connected them with ideal practitioners and treatments.
 - Maintained accurate patient records, documenting care provided and progress observed.
 - Educated patients and their families on disease management, medication regimes, and lifestyle adjustments.
 - Managed and maintained accurate patient records to optimise continuum of care.

Clinical Instructor

Crescent College of Nursing - Palakkad, Kerala, India

- 01/2008 - 01/2009
- Assessed students' knowledge and skills through assignments and exams, enabling good progress monitoring.
 - Developed education strategies to deliver ward-based training within assigned departments.
 - Kept instruction up to date by improving instructional materials, ordering new equipment and engaging learning modalities such as instructional technology.
 - Delivered comprehensive clinical instruction to students on nursing care, ward support and emergency response.