
TEENA THOMAS

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PROFESSIONAL SUMMARY

Dedicated and compassionate Registered Nurse with **8 years of experience** in high-acuity healthcare settings, specializing in **Emergency Care, Haematology, and Oncology**. training in inpatient department (medical, surgical, obgynac) Proven ability to manage critical patients, coordinate multidisciplinary care, and provide empathetic support to patients and families. Licensed under **Kerala Nursing Council, Saudi Commission for Health Specialties, and DHA (UAE)**. Seeking a challenging position in a reputed hospital to contribute my clinical expertise, patient care skills, and continuous professional development.

KEY SKILLS

- Emergency Care
- IV Cannulation
- Cardiac Monitoring
- Triage Assessment
- Medication Administration
- Chemotherapy
- Ventilator Handling
- Wound Care
- Patient Education
- CPR & Life Support

WORK HISTORY

Staff Nurse, 2019 - 2025

Emergency Department Baqaa General Hospital – Hail, Saudi Arabia

- Provided direct nursing care to 40+ emergency patients daily, including trauma, cardiac, and pediatric emergencies.
- Triage patients based on clinical severity and initiated timely interventions.
- Assisted in advanced procedures like intubation, arterial cannulation, and ECG interpretation.
- Operated and monitored ventilators, defibrillators, and cardiac monitors.
- Administered medications via IV, IM, and oral routes as per doctor's prescription.
- Coordinated patient care across departments including radiology and laboratory.
- Documented patient charts, progress notes, and discharge summaries.
- Performed venipuncture, urinary catheterization, and bladder irrigation with proficiency.
- Provided patient and family education on discharge protocols and medication usage.

Staff Nurse, 2017 - 2019

Hematology & Oncology Ward Sahyadri Super Specialty Hospital – Pune, India

- Monitored and managed chemotherapy sessions for cancer patients.
- Assisted in bone marrow biopsy, kidney biopsy, and lumbar puncture procedures.
- Maintained central lines and PICC lines, ensuring zero infection incidents.
- Provided nutritional support, including TPN (Total Parenteral Nutrition).
- Delivered psychosocial support to oncology patients and caregivers.
- Regularly assessed pain levels and implemented pain management protocols.
- Handled emergency responses such as CPR and advanced cardiac life support.
- Maintained meticulous documentation of patient vitals and medication administration.
- Coordinated with oncologists and hematologists for treatment planning.

EDUCATION

Bachelor of Science in Nursing

Azeezia College of Nursing (Kerala University) - Kollam, Kerala, India

Higher Secondary: 2010 - 2012

Kerala State Board - Kerala, India

CERTIFICATES

Basic Life Support (BLS) – American Heart Association-2026

Advanced Cardiovascular Life Support (ACLS) – HSI American Safety & Health Institute -2027

TECHNICAL SKILLS

MS Office

Word | Excel | PowerPoint

LICENSES & REGISTRATIONS

- Kerala Nursing Council | Reg No: KL03201701656
- Saudi Commission for Health Specialties | Reg No: 19111878
- Dubai Health Authority (DHA) Health Care Professional Registration | Unique ID: 07784260 | Valid till 13 June 2026

PERSONAL DETAILS

Nationality: Indian

Marital Status: Married

Gender : Female

PASSPORT DETAILS

Passport No : X9096677

Date of Issue : 30/05/2023

Date of Expiry : 29/05/2033

Place of Issue : Cochin

LANGUAGES

English

Malayalam

Arabic

Hindi

EQUIPMENT HANDLED

- Ventilator
- Defibrillator
- Cardiac Monitor
- Infusion Pumps
- Nebulizer
- Blood Gas Analyzer
- Pulse Oximeter
- ECG Machine
- AMBU Bag

PROCEDURES ASSISTED

- Intubation
- Central Line Placement
- Bone Marrow Biopsy
- Lumbar Puncture
- Cardiac Catheterization
- Percutaneous Tracheostomy
- Kidney Biopsy
- ABG Analysis
- Intercostal Drainage

DECLARATION

I here by declare that above mentioned information is correct to the best of my knowledge and belief.