



RIDHVANA K
REGISTERED NURSE

PROFILE

Compassionate Nursing Professional with 1.3 years of experience, demonstrated success in emergency patient care and specializing in **Obstetrics and Gynecology (OB-GYN)**, with a strong commitment to providing exceptional patient-centered care.

CONTACT

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Dubai, UAE

PERSONAL INFO

Date of Birth: 26/08/1998

Gender: Female

Nationality: Indian

Marital status: Single

Languages: English, Malayalam, Hindi, Kannada

Passport no: X7248847

PROFESSIONAL SUMMARY

- Adept at **assessing, diagnosing, and managing patient conditions**, ensuring the highest standards of medical care, patient safety, and emotional support
- Team-oriented and reliable with **expert health care knowledge**, clear verbal and written communication skills, and sound clinical judgment
- Gained hands-on experience across various medical departments, including Internal Medicine, General Surgery, Pediatrics, Gastroenterology, Urology, and Neurology.
- Experienced in managing maternal health, prenatal and postnatal care, labor and delivery assistance, and gynecological procedures, ensuring the highest level of comfort and care for patients
- Experienced in collaborating with OB-GYN physicians, midwives, and healthcare teams to deliver quality care, ensuring adherence to hospital protocols and medical guidelines
- Continuously updating knowledge on **advancements in obstetric and gynecological nursing** to improve patient outcomes

WORK EXPERIENCE

KASTURBA MEDICAL COLLEGE HOSPITAL – Mangalore Oct 2023 – Jan 2025
(Affiliated to prestigious Manipal Academy of Higher Education, Manipal)
STAFF NURSE - OBSTETRICS AND GYNECOLOGY (OB-GYN) DEPARTMENT

- Provide maternal and newborn care, including prenatal, antenatal, and postnatal support
- Assist in labor, delivery, and postpartum recovery, ensuring patient safety and comfort
- Support gynecological procedures, pre/post-surgical care, and reproductive health management
- Educate patients on prenatal care, breastfeeding, contraception, and postpartum recovery
- Maintain infection control, hygiene, and safety protocols in compliance with hospital standards

PROFESSIONAL DEVELOPMENT & PRACTICAL EXPERIENCE

MANGALORE CENTER FOR GASTROENTEROLOGY Sep 2022 – Sep 2023
Trainee

- Diagnosed and managed gastrointestinal (GI) disorders, assisted in endoscopic procedures, and provided inpatient and outpatient care under the supervision
- Accurately executed doctor's orders and administered medications. Gained experience in endoscopy, hepatology, and GI motility disorders

SKILLS AND KNOWLEDGE

- Labor and Delivery Assistance
- Maternal and newborn care
- Assistance in Endoscopic Procedure
- Patient education and counseling
- Infection control and safety compliance
- Emergency response and Critical Care
- Clinical Documentation
- Team collaboration and Communication

PERSONALITY TRAITS

- Critical Thinking
- Problem Solving
- Active Listener
- Attention to detail
- Empathy
- Integrity
- Decision Making

- Provided emergency response for medical crises, including respiratory distress and cardiac arrest

INDIRA HOSPITAL – Mangalore Apr 2022 – Sep 2022 Intern

- Gained hands-on experience in patient care across the ER, ICU, post-operative, and medical-surgical departments
- Actively assisted healthcare professionals in monitoring patients, administering treatments, and ensuring adherence to medical protocols
- Coordinated with multidisciplinary teams, briefing patient conditions, and providing compassionate care to patients and their families in high-stress environments

EDUCATION

BSC NURSING

RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES
BANGALORE, INDIA

2022

DHA PROMETRIC EXAMINATION

2025

BASIC LIFE SUPPORT (BLS) CERTIFICATION

2025

HEALTHCARE PROFESSIONAL REGISTRATION CERTIFICATION

DHA UNIQUE ID: 05136013

2025

CONFERENCES ATTENDED

- "GRASS ROOT TO GLOBAL"-Building the Science to Guide Nursing Administration Leadership and Decision-Making
2022
- "Forensic Nursing: New Advances in Nurse Attorney"
2022
- Attended regular continued nursing education classes on various topics during my tenure at Kasturba Medical College Hospital Mangalore under Manipal Academy of Higher Education, Manipal
2023 -
2025