



SARANIA SADASHIVAN NAIR

REGISTERED NURSE

gpsbsarantias@gmail.com | +971 566023523 | [LinkedIn](#) | [MOHLicensed](#) | Sharjah, UAE

Summary

Highly skilled and compassionate Registered Nurse with over 10 years of experience in Emergency, Stroke, and Medical-Surgical units across Saudi Arabia and India. Adept at providing rapid triage, advanced patient care, and life-saving interventions in high-pressure environments. Demonstrates excellence in patient assessment, clinical decision-making, and multidisciplinary team collaboration. Proven ability to implement evidence-based protocols, enhance patient outcomes, and support quality improvement initiatives. Strong communicator committed to patient education, safety, and delivering superior healthcare services.

Professional Skills

Clinical Skills: Emergency Triage | Critical Care Nursing | IV Therapy | Advanced Life Support (ALS) | Patient Assessment | Thrombolytic Therapy | Stroke Management | Postoperative Care | Wound Care and Dressing | Medication Administration | Vital Signs Monitoring | SBAR Communication | Multidisciplinary Collaboration | Infection Control | Patient Education | Quality Improvement | ICU and OR Transfers | Clinical Documentation | Team Leadership and Mentoring

Computer Skills: MS Office (Word, Excel, PowerPoint) | EMR Systems | EHR Documentation | Data Entry | Medical Reporting Software | Basic Troubleshooting

Work History

Turabah General Hospital | – Hospital
Staff Nurse - Emergency Department

March 2019 – July 2025
Turabah, Saudi Arabia

- Performed high-acuity triage using ER protocols, reducing patient waiting time and ensuring rapid stabilisation of critical cases.
- Delivered advanced emergency interventions including IV therapy, emergency medications, resuscitation support, and blood product administration.
- Assisted physicians during life-saving procedures such as intubation, chest tube insertion, central line placement, and trauma resuscitations.
- Monitored vital signs, hemodynamic status, and clinical deterioration to initiate early interventions and improve patient outcomes.
- Collaborated with multidisciplinary emergency teams to activate Code Blue, trauma, cardiac, and sepsis protocols.
- Ensured safe patient transfer between ER, ICU, OR, and specialty units while maintaining continuity of care through structured SBAR communication.
- Supported quality improvement by reporting incidents, maintaining infection-control compliance, and participating in departmental safety initiatives.

Deenanath Mangeshkar Hospital and Research Center | – Hospital
Shift in charge - Stroke Unit

June 2017 – January 2019
Maharashtra, India

- Supervised stroke-unit operations as Shift In-Charge, ensuring policy adherence, resource allocation, and smooth workflow management.
- Performed rapid neurological assessments and implemented evidence-based stroke protocols, improving door-to-needle time for thrombolysis.
- Administered and monitored thrombolytic therapy, identifying complications promptly and coordinating escalation to ICU or specialty teams.
- Delivered structured patient and family education on stroke recovery, rehabilitation, and lifestyle modifications to improve long-term health outcomes.

- Mentored junior nursing staff, enhancing team competency through training on stroke scales, emergency response, and unit procedures.

Deenanath Mangeshkar Hospital and Research Center | – Hospital
Registered Nurse - Medical surgical ward

October 2014 – May 2017
Maharashtra, India

- Managed postoperative care for TKR, THR, CABG, and general-surgery patients, ensuring early identification of complications.
- Performed comprehensive clinical assessments including neurovascular monitoring, vital signs evaluation, surgical site checks, and fluid balance management.
- Administered antibiotics, anticoagulants, analgesics, IV medications, and managed infusion pumps with high accuracy and safety.
- Collaborated with physicians and allied health teams to develop individualised care plans and maintain timely, accurate documentation.
- Assisted with wound care, drain management, safe admissions and discharges, and educated patients on postoperative precautions and rehabilitation.

Education

Bachelor of Science in Nursing
Rajiv Gandhi University of Health Science

October 2009 – May 2014
Karnataka, India

Certifications

Basic life support (BLS)

September 2025

Advanced Cardiovascular Life Support (ACLS)

October 2025

Language

English: Read, Write, Speak

Malayalam: Read, Write, Speak

Hindi: Read, Write, Speak

Arabic: Speak
