



Abinand MK

RN - Registered Nurse (DHA ID : 42495002)

Al Nahda - Sharjah UAE

0502619910 | abinandmk1999@gmail.com

OBJECTIVE

To achieve success, and knowledge in the modern healthcare field and to strive hard for career development, thereby benefiting the institutions and patients to serve the best of my ability.

EXPERIENCE

- **A.J Hospital and Research Centre - Mangalore**

JAN 2023 - NOV 2025

Registered Nurse (OT)

- Provide active and skilled surgical assistance in Ortho and trauma , Spine, Gastroenterology, ENT, Endoscopic , OMFS Surgery, Laparoscopic , Maxillofacial, Plastic and Reconstructive , General Surgery and OBG-GYN procedures.
- Ensured accurate identification of patient, procedure, and surgical site according to safety and WHO protocols.
- Prepared OT rooms by assembling surgical instruments and equipment based on specific patient surgical needs.
- Maintained aseptic techniques and a sterile field, adhering to international infection prevention and control standards.
- Performed comprehensive checks of the pre-operative checklist, including diagnostic and laboratory investigations.
- Monitored patient vitals and condition during pre, intra, and post- operative phases, ensuring stability and comfort.
- Safely positioned patients using appropriate aids, maintaining physiological integrity and patient dignity.
- Followed hospital safety protocols to minimize risks to patients and the surgical team.
- Maintained precise and confidential patient records in accordance with hospital policies and data protection standards.
- Administered CPR and emergency support confidently during intraoperative crises.
- Reported intraoperative incidents and patient care concerns promptly through established nursing channels.
- Participated in clinical audits, unit meetings, and continuous professional development sessions.
- Delegated to lead OT operations in the absence of the Head Nurse, demonstrating leadership and accountability.
- Assisted the Head Nurse with daily managerial and administrative responsibilities as assigned.

SKILLS

- Emergency Management
- Interpersonal communication
- Adaptability and Observation
- Orthopedic care
- Aseptic and sterilize
- Pre-operative assessment
- Equipment & Instrument Setup
- Patient monitoring and positioning
- CPR and BLS
- Surgical site & patient identification

CERTIFICATE

- BLS certification
- ACLS certification
- NABH

LANGUAGE

- English
- Malayalam
- Hindi
- Kanada

EDUCATION

- **Gangothri College of Nursing** 2018 - 2022
Bsc Nursing
63.4 %
- **Sree Narayana Higher Secondary School** 2016 - 2018
12th
78 %

REFERENCE

- **Dr. Rohan Shetty - AJ Hospital and Research Center**
Gastroenterology Laproscopic Surgeon
9400464277
- **Dr. Mithun Shetty - AJ Hospital and Research Center**
Orthopedic and Arthroscopy Surgeon
9880368697

PERSONAL DETAILS

- Date of Birth : 14/07/1999
- Marital Status : Single
- Nationality : Indian
- Passport : R0779024
- Gender : Male
- DHA ID: : 42495002