

VRINDHA PM

MOH Eligible Nurse



+91 81290 58030



vrindhapm@gmail.com



Umm Al Quwain, UAE

CAREER SUMMARY

Dedicated and compassionate Registered Nurse with over 4 years of experience in cardiac and cardiothoracic care across reputed healthcare institutions. MOH eligible with strong clinical exposure in managing post-operative cardiac patients, emergency care, ICU operations, and advanced nursing procedures. Proven expertise in handling critical conditions with precision, collaborating with multidisciplinary teams, and ensuring adherence to patient safety standards. Skilled in-patient education, medication administration, and post-surgical rehabilitation. Committed to delivering high-quality, evidence-based care and continuously enhancing professional competencies.

EDUCATION

B.Sc. Nursing

PVS College of Nursing, Pantheerankavu,
Kerala, India
2018

Higher Secondary

Board of Higher Secondary Examinations,
Kerala, India
2014

High School

Board of Public Examinations, Kerala,
India
2012

WORK EXPERIENCE

Nursing Officer February 2021 – August 2025

Baby Memorial Hospital, Kozhikode, Kerala, India
Department: Cardiology and Cardiothoracic Ward

- Provide comprehensive nursing care, including monitoring vitals, wound care, and post-surgical support.
- Manage critical cardiac cases and respond promptly to emergencies, including arrhythmias, cardiac arrests, and complications post-intervention.
- Assist in performing and preparing patients for procedures such as ECG, ECHO, angioplasty, and pacemaker insertions, ensuring comfort and safety.
- Administer prescribed medications including cardiac drugs, anticoagulants, and IV infusions, while monitoring side effects and documenting outcomes.
- Collaborate with cardiologists, physiotherapists, and dietitians to create individualized care plans that support patient recovery and rehabilitation.

KEY SKILLS

- Patient Care & Safety
- Cardiology & Critical Care
- Emergency Response
- Infection Control
- Pediatric & Neonatal Care
- Dialysis Handling
- Labor & Delivery Support
- Operation Theatre Assistance
- Documentation & Record Keeping
- Communication Skills
- Team Collaboration
- Problem Solving
- Time Management
- Empathy and Compassion
- Patient & Family Education

EQUIPMENTS HANDLED

- ECG Machine
- Defibrillator
- Syringe and Infusion Pumps
- Cardiac Monitor
- BP Apparatus
- Ambu Bag
- Oxygen Concentrator / Flowmeter
- Suction Apparatus
- Ventilator
- Glucometer
- Nebulizer
- Pulse Oximeter

Staff Nurse | February 2020 – February 2021

Metromed International Cardiac Centre Pvt. Ltd., Calicut, Kerala, India

Department: Cardiac Ward

- Delivered pre- and post-operative care to patients undergoing cardiac surgeries such as CABG, valve replacements, and angioplasty.
- Ensured accurate documentation of clinical data, medication administration, and nursing interventions as per NABH standards.
- Monitored cardiac monitors, ECG readings, and oxygen levels, quickly identifying deviations and escalating to medical teams.
- Provided patient and family education on medication compliance, lifestyle changes, and post-discharge cardiac care.
- Supported emergency situations with BLS and ACLS protocols, including managing patients in acute cardiac distress or arrest.

CASES ATTENDED

- BP monitoring
- managing CABG patients
- Post-Cardiac Surgery Care
- Congestive Heart Failure (CHF)
- Hypertensive Emergencies
- Dialysis Cases
- Myocardial Infarction (Heart Attack)
- Neonatal and Pediatric Cardiac Care
- Postpartum Complications
- Arrhythmias and ECG Abnormalities
- Angioplasty and Stenting Cases

PERSONAL DETAILS

Nationality : Indian
Gender : Female
Date of Birth : 25.05.1997
Marital Status : Married

DECLARATION

I hereby declare that all the details mentioned above are in accordance with the truth and fact as per my knowledge and I hold the responsibility for the correctness of the above-mentioned particulars.

VRINDHA PM

CERTIFICATIONS

BLS Certification (Basic Life Support):

- Target Audience: All healthcare providers (nurses, paramedics, doctors, dentists, etc.)

ACLS Certification (Advanced Cardiovascular Life Support):

- Target Audience: Healthcare professionals involved in emergency response, ICU, or critical care units

LANGUAGES

- English
- Malayalam
- Hindi

SOFTWARE PROFICIENCIES

- MS Word
- MS Excel

PASSPORT DETAILS

Passport No : C4627896
Date of Issue : 18.12.2024
Date of Expiry : 17.12.2034
Place of Issue : Kozhikode

HOBBIES

