

SARANIA SADASHIVAN NAIR

REGISTERED NURSE

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PROFESSIONAL SUMMARY

Registered Nurse with 10 years' experience providing safe, evidence-based, and patient-centered care across the emergency department, stroke unit, and medical-surgical ward. Capable of multidisciplinary team collaboration, patient assessment, and care planning. Managed high-acuity patients, mentored junior staff, and maintained compliance with hospital and international healthcare standards.

AREAS OF EXPERTIES

- Patient Assessment
 - Nursing Care Plan
 - Medication Administration
 - IV Therapy
 - Emergency & Critical Care Nursing
 - Wound Care Management
 - Vital Signs Monitoring
 - Triage Management
 - Resuscitation & Life Support
 - Multidisciplinary Team Collaboration
 - Electronic Medical Records (EMR)
 - Infection Control
 - Patient Advocacy
 - International Patient Safety Goals (IPSG)
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PROFESSIONAL EXPERIENCE

REGISTERED NURSE - EMERGENCY DEPARTMENT
TURABAH GENERAL HOSPITAL, TAIF, SAUDI ARABIA

March 2019 - July 2025

- Provided immediate nursing care to critically ill and injured patients, including trauma, cardiac, medical, and surgical, and pediatric emergencies.
- Performed rapid triage of RTA cases, initiated life-saving interventions, stabilized facilities, controlled bleeding, and assisted with advanced trauma procedures.
- Monitored vital signs and patient response while administering emergency medications, IV fluids, blood, and blood products.
- Assisted in advanced procedures, including intubation, chest tube insertion, central line placement, and resuscitation efforts
- Collaborated with multidisciplinary team to implement evidence-based care and emergency protocol.
- Supported interdepartmental coordination for patient transfers and referrals, enhancing patient safety and continuity of care.
- Delivered frontline emergency care during the pandemic, including triage of suspected cases and management of critically ill patients.
- Provided patient and family education on emergency care, treatment plans, and discharge instructions.

SHIFT IN CHARGE- STROKE UNIT
DEENANATH MANGESHKAR HOSPITAL, PUNE, INDIA

June 2017-January 2019

- Supervise and coordinate daily nursing activities in the Stroke Unit, ensuring smooth workflow and adherence to hospital policies.
- Lead and manage a team of nurses and support staff, delegating responsibilities and providing guidance during shifts.
- Conduct rapid assessments of stroke patients, monitor neurological status, and initiate evidence-based stroke protocols.
- Administer thrombolytic therapy and monitor patients for complications, ensuring timely interventions.
- Coordinate emergency transfers to ICU or other specialty departments as required.
- Provide education to patients and families on stroke recovery, rehabilitation, and secondary prevention strategies.
- Ensure accurate documentation of patient progress, treatments, and shift handovers in EMR systems.
- Train and mentor junior nurses in stroke care, emergency response, and patient safety practices.

- Provided specialised postoperative care for patients recovering from Total Knee Replacement (TKR), Total Hip Replacement (THR), and Coronary Artery Bypass Graft (CABG) surgeries.
- Monitored vital signs, oxygen saturation, neurovascular status, and surgical sites to detect early complications.
- Administered analgesics, anticoagulants, and antibiotics as prescribed, ensuring effective pain management and infection prevention.
- Assisted in wound care, drain management, and dressing changes to promote healing and prevent surgical site infections.
- Supported early ambulation and physiotherapy for orthopaedic patients (TKR, THR) to enhance mobility and prevent deep vein thrombosis (DVT).
- Educated patients and families on postoperative precautions, rehabilitation exercises, dietary modifications, and discharge planning.

EDUCATION

Bachelor of Science in Nursing

October 2009 -May 2014

Rajiv Gandhi University of Health Science, Karnataka, India

Register No: 063626

CERTIFICATIONS/LICENSE

- **MOH / DATAFLOW COMPLETED**
- Basic life support (BLS): 14 September, 2025
- Advanced Cardiovascular Life Support (ACLS): 01. October 2025

PROFESSIONAL DEVELOPMENT

- Continuous training in patient safety, infection control, and evidence-based practice.

ADDITIONAL SKILLS

- Technical Skills: Computer literacy. Proficiency in technical device maintenance.
- Languages: English, Arabic, and Hindi.
- Specific skills: Diagnostic Test Interpretation, Patient Admission and Discharge Process, Regulatory Compliance (MOH License), Clinical Documentation, Communication and Teamwork, Interprofessional Collaboration & Teamwork, Adaptability & Flexibility Across Departments, Patient-Centered Care, Emergency & Critical Care Nursing, Clinical Procedures Assistance.

VISA STATUS

VISIT VISA

Expiry date : 16/12/2025
