



Ammara Waqas

ICU Nurse

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Professional Summary

Experienced Cardiology ICU nurse with a DHA Eligibility Letter, prepared to manage critically ill cardiac patients. Skilled in advanced cardiac life support (ACLS), hemodynamic monitoring, ventilator management, and post-cardiac procedure care. Expertise in managing myocardial infarctions, heart failure, and arrhythmias, ensuring timely interventions and optimal patient outcomes. Strong team player focused on collaborative patient care, adapting to dynamic environments while maintaining the highest standards in patient safety and critical care..

Work History

09.2022 - 05.2025

Staff Nurse, Intensive Care Unit

National Hospital and Medical Center - Lahore

- Managed critical care patients with complex medical conditions, providing compassionate care and support to families.
- Continuously expanded clinical knowledge base through participation in educational workshops, seminars, and conferences related to critical care nursing.
- Mentored new ICU nurses, sharing knowledge and expertise to enhance their professional growth and development.
- Provided life-saving interventions during emergency situations, stabilizing patients and preventing further complications.
- Monitored patients' respiratory status and ventilator operation and made adjustments to promote stabilization.
- Improved patient outcomes by implementing evidence-based nursing practices in the ICU setting.
- Recorded patients' medical status and treatment details in electronic charts to accurately document medical care.
- Observed patients' vital signs and administered physician-prescribed medications and treatments.

10.2020 - 11.2021

Staff Nurse

Shalamar Institute of Science - Lahore

- Monitoring patient's condition and assessing their needs to provide the best possible care and advice
- Observing and interpreting patient's symptoms and communicating them to physicians
- Collaborating with physicians and nurses to devise individualized care plans for patients
- Inspect the facilities and act to maintain excellent hygiene and safety (decontaminating equipment, sanitizing surfaces, preparing beds etc.)

- Perform routine procedures (blood pressure measurements, administering injections etc.) and fill in patients' charts
- Adjust and administer patient's medication and provide treatments according to physician's orders
- Provide instant medical care in emergencies
- Assist surgeons during operations
- Foster a supportive and compassionate environment to care for patients and their families
- Supported diagnoses by taking blood, urine or sputum samples from patients for laboratory testing
- Expand knowledge and capabilities by attending educational workshops, conferences etc

01.2016 - 08.2020

● **Student Nurse**

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- Completed [1254] hours of clinical work and [1254] hours as precepted
- Collaborated with staff members to facilitate quality care
- Observed patient care and assessed feedback to ensure ongoing quality care
- Investigated diagnoses to learn more about mechanism, action, peak and onset of each
- Monitored patient vital signs, reporting any changes to experienced nursing staff.
- Performed regular rounds to check on well-being of patients.

Education

08.2015 - 09.2020

● Bachelor of Science, Nursing, Shalamar Nursing College - University Of Health Sciences, Lahore, Pakistan

License & Certificate

04.2030

● Ministry Of Health (MOH) Eligibility Letter

03.2026

● Dubai Health Authority (DHA) Eligibility Letter

06.2027

● Pakistan Nursing Council (PNC) License

02.2027

● Basic Life Support (BLS), National CPR Foundation

Skills

- Venous Catheterization Proficiency
- Urinary Catheterization Proficiency
- Intravenous Drug Management
- Tailored Patient Support
- Medication Management
- Patient Vital Sign Monitoring
- Wound Management Expertise
- Wound Dressing Management
- OR and A&E experience
- Catheter and wound care
- Advanced life support