



JESSINA ANNIE VARUGHESE

REGISTERED NURSE

CONTACT

+971 565407387

jessina.varughese@gmail.com

Dubai, UAE

LICENSE

- Dubai Health Authority (DHA) ID: 04738499

CERTIFICATIONS

- Basic Life Support (BLS) – valid till May 2027
- Advanced Cardiovascular Life Support (ACLS) – valid till May 2027

SKILLS

- Emergency & Critical Care Nursing
- Triage & Rapid Patient Assessment
- Wound Care & Suture Assistance
- Hemodynamic Monitoring & Interpretation
- Mechanical Ventilation Management
- Patient Stabilization & Transfer Coordination
- IV Medication & Infusion Therapy
- Infection Prevention & Control
- Patient & Family Education
- Clinical Judgment Under Pressure
- Electronic Medical Records (EMR)
- Team Collaboration & Communication

LANGUAGES

English | Malayalam | Hindi

PROFILE SUMMARY

Compassionate and detail-oriented Registered Nurse with 3.5+ years of clinical experience in high-acuity settings, including Emergency and HDU. Proficient in patient assessment, critical care management, and delivering patient-centered care. Skilled in collaborating with multidisciplinary teams, handling emergency situations, and applying sound clinical judgment. Holds a valid DHA license, BLS, and ACLS certifications.

WORK EXPERIENCE

Al Noor Hospital, Kerala

Emergency Department (ER) | 16/01/2023 - 28/01/2025

- Delivered emergency nursing care, performing triage and rapid assessments for critically ill patients.
- Assisted in life-saving interventions including airway management, resuscitation, and IV access.
- Coordinated patient stabilization and safe transfer to ICU/HDU.

Believers Church Medical College Hospital, Kerala

HIGH DEPENDENCY UNIT (HDU) | 01/06/2022 - 31/12/2022

- Monitored and managed critically ill patients requiring continuous support.
- Administered medications, IV therapies, and infusions under physician guidance.
- Supported ventilated patients with accurate hemodynamic and respiratory monitoring.

Baptist Christian Hospital, Assam | 03/06/2019 - 07/11/2020

HIGH DEPENDENCY UNIT (HDU) & Operation Theatre

- Assisted in pre-, intra-, and post-operative nursing care.
- Provided critical care monitoring and patient recovery management in HDU.
- Ensured strict compliance with infection control and sterile techniques.

EDUCATION

Bachelor of Science in Nursing (BSc Nursing)

Josco College of Nursing, Kerala University of Health Sciences | 2014 – 2018