



TEENU THANKACHAN

DHA REGISTERED STAFF NURSE

DHA License No: 65917133 | Visa Status: Family Visa Holder

CONTACT DETAILS

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📍 Dubai, United Arab Emirates

CORE COMPETENCY

Critical Care Management
Emergency Response Techniques
IV Fluid Administration
Tracheostomy Tube Care
Wound Dressing Procedures
Blood Sampling Techniques
ABG Test Analysis
Cardiac ICU Monitoring
Suctioning and Airway Maintenance
ECG Interpretation Skills
Catheter Insertion Skills
Nasogastric Tube Management
PEG Feeding Knowledge
CPR and BLS Execution
Pressure Sore Management
Ventilation Support Methods
Palliative Patient Care
Medication Administration Accuracy

PROCEDURES WE DO

Bag Mask Ventilation
Blood Product Transfusion
Bladder Catheter Insertion
IV Fluid Administration
Chest Compression Support
Nasogastric Tube Insertion
Tube Suctioning Procedure
ABG Sample Analysis
Venous Blood Sampling
Tracheostomy Wound Care
Basic Life Support
Colostomy Site Care
Sterile Wound Dressing
IV Line Cannulation
Bedsore Wound Management
PICC Line Removal
CVP Line Removal
Thrombolysis Medication Procedure
Patient Data Recording
Bladder Irrigation Assistance
Postmortem Death Care

PROFILE SUMMARY

Registered nurse with ICU experience managing ventilated patients, emergencies, and high-dependency medical cases effectively. Skilled in ABG analysis, medication administration, sepsis management, and critical care equipment operations. Collaborated with multidisciplinary teams to deliver evidence-based care and ensure consistent patient recovery outcomes. Led a family communication improvement project in ICU, reducing stress and enhancing transparency for caregivers. Seeking growth in advanced critical care environments, utilizing clinical expertise and continuous learning mindset.

ACADEMIC QUALIFICATION

● BACHELOR OF SCIENCE IN NURSING (BSC NURSING)

Little Flower College of Nursing, Angamaly, Kerala (2015 – 2019)

● HIGHER SECONDARY EDUCATION (PLUS TWO – SCIENCE STREAM)

Kerala Board of Higher Secondary Education (2013 – 2015)

WORK EXPERIENCE

● REGISTERED NURSE – MEDICAL ICU

Little Flower Hospital & Research Centre, Angamaly | Dec 2022 – Apr 2025

Size of the hospital: 950 beds | Nurse patient Ratio : 1:2

- Coordinated sepsis care bundle project improving early detection outcomes.
- Assisted ventilator-dependent patient management during high-acuity treatment rounds.
- Implemented central line protocol reducing catheter-associated infection rates.
- Streamlined ABG analysis process accelerating respiratory failure interventions.
- Developed family communication workshops enhancing emotional support standards.
- Led multidisciplinary ICU rounds optimizing treatment coordination efficiency.
- Executed medication safety checks minimizing dosing errors during emergencies.
- Trained junior nurses in emergency procedures and ICU equipment.
- Audited ICU equipment logs ensuring readiness and maintenance compliance.
- Monitored critical vitals changes enabling timely clinical decision-making.
- Facilitated emergency intubation procedures under multidisciplinary supervision.
- Reviewed patient care protocols with quality improvement initiatives.

● TRAINEE NURSE – MEDICAL ICU

Little Flower Hospital and Research Centre, Angamaly | Mar 2021 – Mar 2022

Size of the hospital: 950 beds | Nurse patient Ratio : 1:2

- Assisted intubations training, improving emergency airway management.
- Participated Ryle's tube project reducing feeding complications.
- Supported venous cannulation initiative enhancing IV access success.
- Overhauled ECG monitoring protocol ensuring timely arrhythmia detection.
- Joined simulation training improving code-blue response readiness.
- Performed dressing and suture removal maintaining aseptic technique.
- Contributed pleural tapping protocol under senior nurse supervision.
- Applied skin traction practices minimizing patient musculoskeletal complications.
- Recorded ICU vitals, ensuring accurate shift hand-offs.
- Operated central suction and oxygen delivery systems competently.
- Observed biopsy, tracheostomy, and intubation procedures carefully.
- Educated families on ICU care practices and procedures.

EQUIPMENTS HANDLED

Cardiac Monitor
Syringe Pump
Infusion Pump
BP Monitor
Ambu Bag
T-Piece
Laryngoscope Device
Cardiac Defibrillator
BP Apparatus
Oxygen Humidifier
Urine Urometer
Pulse Oximeter
Digital Stethoscope
ECG Machine
Suction Device
ICU Ventilator
ABG Machine
ACT Machine
Crash Cart
Medical Nebulizer
Blood Glucometer
Chest Drainage
Alpha Bed
Peripheral Doppler
Blanker Roll
Warmer Roll
Emergency Ambubag
Blood Transfusion

LANGUAGES KNOWN

English
Hindi
Malayalam

PERSONAL DETAILS

Date of Birth: 02/02/1997
Marital Status: Married
Nationality: Indian
Passport Number: U276358

PROFESSIONAL REGISTRATION

- **DHA License** – Licensed Registered Nurse under the Dubai Health Authority (License No: 65917133)
- **Registered Nurse and Midwife** – Kerala Nurses and Midwives Council, India
- **Basic Life Support (BLS)** – Certified in BLS for immediate response to cardiac and respiratory emergencies
- **Advanced Cardiac Life Support (ACLS)** – Certified in ACLS with proficiency in managing cardiac arrest and life-threatening emergencies
- **Infection Control Training** – Completed hospital-based program on infection prevention and aseptic protocols in critical care
- **ICU Equipment Handling Certification** – Trained in operating ventilators, defibrillators, ABG analyzers, and other critical ICU tools

CASE EXPERIENCE

Ventilator-Dependent Patients, Post-Cardiac Arrest Care, Neurological ICU Cases, Post-Surgical ICU Monitoring, Infectious Disease Cases (e.g., COVID-19, TB), Gastrointestinal Emergencies

ACHIEVEMENTS

- Recognized for ICU care during critical patient shifts.
- Led project improving ICU-family communication and emotional support.
- Trained Students on ventilator use and emergencies.
- Reduced infection rates by enforcing central line protocols.
- Awarded Best Nurse for accuracy and emergency care.