



# RAIJU THANKAM THOMAS

## REGISTERED NURSE

Highly skilled and committed Registered Nurse with 8+ years of comprehensive experience in Operating Theatre (OT), Outpatient Department, Emergency Department (ER), and specialized cardiac, cardiothoracic, and transplant surgeries, including international exposure in Saudi Arabia. Demonstrates exceptional proficiency as a scrub nurse, circulating nurse, team leader, and patient-care coordinator, adept at managing high-pressure, fast-paced surgical & emergency environments. Known for maintaining sterile technique, surgical efficiency, while providing holistic, patient-centered care. Recognized for strong clinical judgment, leadership & teamwork, with a proven ability to coordinate multidisciplinary teams, mentor junior staff, and implement effective patient care strategies. A dedicated and professional nursing practitioner seeking a challenging role where clinical expertise, organizational skills, and commitment to high-quality patient care can contribute to organizational excellence and improved patient outcomes.

## EDUCATION

### B.Sc. Nursing

Indira Nursing College, Karnataka  
Rajiv Gandhi University | Sep 2015

### Higher Secondary School (H.S.C.)

State Board of Kerala | March 2011

## CERTIFICATIONS

### Basic Life Support (BLS) Certification

American Heart association – AHA  
Certification Number: 265607562602  
Valid Until: November 2027

## KEY SKILLS

- Patient Assessment & Monitoring
- Emergency Care & Trauma Management
- Operating Room (OR) Procedures
- Scrub & Circulating Techniques
- Cardiovascular & Cardiothoracic Surgery Assistance
- Heart Transplant Support
- Medication Administration
- Intravenous (IV) Therapy & Cannulation
- Wound Care & Dressing Management
- Basic Life Support (BLS) & CPR
- Infection Control & Sterile Techniques
- Surgical Instrument Handling & Preparation
- Pre-operative & Post-operative Care
- Critical Thinking & Excellent Clinical Decision Making
- Patient Education & Counseling
- Documentation & Medical Record Keeping
- Multidisciplinary Team Collaboration
- Excellent Time Management & Organizational Skills
- Staff Training & Mentoring
- Strong clinical judgment and problem-solving
- Excellent interpersonal and communication skills



+971 542457894



Al Karama, Dubai, UAE



[raijuthankam@gmail.com](mailto:raijuthankam@gmail.com)



<http://www.linkedin.com/in/raiju-thankam-thomas-673812397>

## WORK EXPERIENCE

### Registered Nurse

| 30/11/2021 – 16/10/2025

### Dariyah General Hospital – Saudi Arabia

#### Department : OPD (Outpatient Department), Emergency Department

- Conduct initial patient assessments, record vital signs, and determine the urgency of care, ensuring proper prioritization in a high-volume OPD environment.
- Administer medications, injections, and IV therapy as prescribed by physicians, maintaining strict adherence to safety protocols and hospital policies.
- Accurately document patient histories, treatment plans, and clinical observations in electronic medical records, ensuring confidentiality.
- Monitor patients' conditions during and after treatment, promptly reporting any adverse reactions or clinical changes to the physician.
- Support physicians during minor surgical procedures, wound dressing, and other outpatient interventions, ensuring sterile technique and patient safety.
- Liaise with laboratory, pharmacy, and radiology departments to ensure timely diagnostics and treatment, facilitating smooth patient flow within the OPD.
- Respond promptly to medical emergencies within the department, performing first aid, CPR, or other critical interventions as needed.
- Address patient concerns, provide emotional support, and create a comfortable and empathetic environment for individuals attending the OPD.
- Maintain strict infection control practices, including hand hygiene, disposal of medical waste, and adherence to hospital safety protocols.
- Stay updated with current nursing practices, participate in departmental meetings, and mentor junior staff and trainee nurses in OPD protocols.

### Operation Theatre Staff Nurse (Cardiac & Cardiothoracic) | 31/03/2017 – 19/02/2021

#### Kokilaben Dhirubhai Ambani Hospital – Mumbai, India

- Prepared operative areas and positioned patients to ensure full accessibility and optimal surgical exposure for the surgical team.
- Assisted in high-risk cardiovascular procedures, including open-heart surgeries, bypass surgeries, and valve replacements.
- Scrubbed for complex surgeries, anticipating surgeon requirements for instruments, sutures, and specialized equipment.
- Maintained sterile field integrity and monitored patient responses throughout surgical procedures to detect complications.
- Prepared, arranged, and ensured immediate accessibility of surgical instruments, supplies, and emergency equipment for operating room staff.

## REGISTRATIONS

- **Dubai Health Authority (DHA), UAE** –License No.: 71419717
- **Maharashtra Nursing Council** Registration No.: XVII-18092
- **Saudi Commission for Health Specialties (Saudi Arabia)** – Registration No.: 22392692

## COMPUTER SKILLS

- MS Office Suite (Word, Excel, PowerPoint, Outlook)
- Electronic Medical Records (EMR) Documentation
- Internet & Emailing

## LANGUAGES KNOWN

- English – Proficient
- Arabic – Intermediate
- Hindi – Proficient
- Malayalam – Native

## PERSONAL INFO

DOB : 22 March 1993  
Nationality : Indian  
Gender : Female  
Marital Status : Married

## PASSPORT INFO

Passport No : AH514213  
Date of expiry : 20/10/2035  
Place of Issue : Trivandrum

## REFERENCES

### Mr. Bijesh Mathew

Head Nurse, Platinum Hospital, Mumbai  
Mobile: +91-8097131985

### Mrs. Sonali Mhatre

Head Nurse, KDA Hospital, Mumbai  
Mobile: +91-9049535134

### Mr. Dakhilallah bin Ayedh bin

### Tuleihan Al Mutairy

ER Manager, Dariyah General Hospital, Saudi Arabia  
Mobile: +966-555859596

- Managed administration of blood products, IV fluids, and medications as per surgical protocols and physician instructions.
- Operated and ensured proper functioning of electrosurgical units, cautery devices, and other specialized OR equipment.
- Monitored and supported perioperative patient safety, including pre-operative preparation and post-operative handover.
- Trained and mentored junior nursing staff on OR safety, aseptic techniques, and cardiac surgical procedures.
- Assisted surgeons in draping patients, positioning equipment, and handling instruments efficiently during critical steps.
- Coordinated with multidisciplinary teams to ensure smooth surgical workflow, timely availability of supplies, and compliance with hospital standards.

### Staff Nurse – OT & Ward

| 01/02/2016 – 04/02/2017

### Platinum Hospital – Mumbai, India

- Assisted surgeons in minor and major surgeries, including general, plastic, gastric, and emergency procedures.
- Prepared patients for surgery, conducted pre-operative assessments, and provided post-operative care ensuring patient comfort and safety.
- Monitored and recorded vital signs, maintaining accurate and up-to-date patient charts.
- Administered medications and supported nursing interventions including ECG monitoring, nebulization, catheterization, and wound care.
- Assisted in surgical preparation, including sterilization of instruments and arranging equipment for operations.
- Observed and reported patient responses during surgery and post-operative recovery to physicians.
- Provided patient and family education regarding post-operative care and recovery processes.
- Supported overall OR workflow by anticipating surgical needs, assisting during procedures, and maintaining operational efficiency.

## PROCEDURAL COMPETENCIES

- C.P.R, NG tube insertion, Foley catheterization
- IV cannulation & blood transfusion
- Oxygen therapy, nebulization, steam inhalation
- Dressing, colostomy care, sitz bath
- ECG monitoring, vital signs assessment
- Assisting in intubation, central line insertion, intercostal drainage (ICD)
- Defibrillation & crash cart management | Airway management & resuscitation
- Administration of oral, IM, IV & SC medications
- Pre-operative & post-operative patient management
- Triage assessment & emergency patient stabilization

## EQUIPMENTS HANDLED

- Defibrillator, Ventilator / Mechanical Ventilator
- Crash Cart, ECG Machine, Infusion Pump
- Suction Machine, Oxygen Cylinder & Flow Meter
- Electro-surgical Unit (ESU) / Cautery Machine
- Patient Monitors (BP, SpO<sub>2</sub>, HR), Surgical Lights,
- Operating Table, Sterilization Autoclave, Syringe Pump, Nebulizer,
- Pulse Oximeter, Central Line Kit, Suction Catheter Sets,
- Wound Dressing & Suturing Instruments, NG Tube & Foley Catheter Equipment

## DECLARATION

I hereby declare that the above-mentioned information is correct to the best of my knowledge and belief.

**RAIJU THANKAM THOMAS**