

# Meera Mohanan



*Compassionate Registered Cardiovascular Nurse Matron with more than a decade of experience in surgical and critical care settings. Proficient in delivering comprehensive pre- and post-operative care for cardiac patients, monitoring vital signs, and managing complex health situations. Recognised for excellence in nursing leadership and quality improvement initiatives, achieving multiple awards throughout the career. Committed to enhancing patient outcomes through multidisciplinary collaboration and dedicated educational support. Ready to contribute expertise in cardiology to advance healthcare excellence.*

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## WORK EXPERIENCE

### **Registered Cardiovascular Nurse Matron/ Nursing Quality Coordinator**

Indian Army Military Nursing service

Headquarters pune

11/2014 – 11/2024

- Delivered comprehensive pre-, intra-, and post-operative nursing care for cardiac and cardiothoracic surgery patients.
- Monitored vital signs, hemodynamic parameters, and ECG trends, ensuring timely intervention in response to complications.
- Assisted surgeons during transcatheter valve replacements, valve repairs, and open-heart surgeries, upholding strict aseptic techniques.
- Administered medications, managed infusion pumps, and ensured precision in postoperative monitoring and wound care.
- Educated patients and families on recovery protocols, medication adherence, lifestyle modifications, and cardiac rehabilitation.
- Responded promptly to cardiac emergencies, including arrhythmias and cardiac arrests, ensuring coordinated team response.
- Provided emotional and psychological support to patients and their families throughout the treatment journey.
- Collaborated effectively with multidisciplinary cardiac teams, including cardiologists, anaesthetists, and perfusionists to deliver holistic, patient-centred care.
- Managed patient records, operative documentation, and consent forms with utmost confidentiality.
- Spearheaded clinical audit programmes, ensuring adherence to JCI/NABH quality indicators and infection-control standards.
- Organised Continuing Nursing Education (CNE) sessions and skill evaluations to maintain high competency levels within the team.
- Honoured with multiple awards for excellence in nursing leadership, patient care, and quality improvement in military healthcare.

## Clinical Instructor

Krishna Institute of Nursing & Research Science

Kanpur

02/2013 – 10/2014

- Delivered engaging lectures and clinical demonstrations in Medical-Surgical and Critical-Care Nursing to undergraduate students.
- Supervised student clinical placements and guided research projects, ensuring adherence to academic and hospital quality standards.
- Designed innovative lesson plans and practical evaluation tools in alignment with Rajiv Gandhi University of Health Sciences requirements.
- Conducted workshops and simulation sessions to enhance clinical judgement and patient safety awareness.

## Nursing Tutor / Academic Faculty

Academic Faculty (Shekhar College of Nursing)

Bengaluru

02/2009 – 04/2010

- Taught core courses in Fundamentals of Nursing, Community Health, Medical-Surgical Nursing, and Patient Assessment.
- Evaluated student competencies through rigorous written examinations, practical assessments, and clinical supervision.

## EDUCATION

### Master of Science in Nursing - Cardio-Thoracic & Vascular Surgery Specialization

Sushrutha College of Nursing

Bengaluru , India

05/2010 – 05/2012

### Bachelor of Science in Nursing

Shekhar College of Nursing (Rajiv Gandhi University)

Bengaluru, India

10/2004 – 10/2008

## SKILLS

Nursing Leadership & Governance

Quality Assurance & Clinical Audits (JCI/NABH)

NQAS

Policy & Procedure Development (Standard Operating Procedure)

Faculty Mentoring & Academic Program Design

Research & Evidence-Based Nursing

Critical-Care & Cardiac/Transplant Nursing

Practice

Continuing Nursing Education (CNE) & Skill

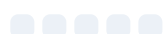
Patient Safety & Risk Management

Evaluation

Interdisciplinary Team Coordination & Training

## LANGUAGES

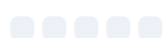
English



Hindi



Kannada



Malayalam



Tamil



Arabic



## **CERTIFICATES**

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**DHA Registered Nurse**

*08/2025*

**Advanced Cardiac Life Support (ACLS)**

Dubai

*2025*

**Pediatric Advanced Life Support (PALS)**

Dubai

*2025*

**Basic Life Support (BLS)**

Dubai

*2025*

**Transplant Coordinator Certification**

National Organ & Tissue Transplant Organisation, India

*2021*

**Operation Theatre Management Course**

Indian Navy Hospital Ship Asvini, Mumbai

*2015*