

Jesteena Manuel

Registered Nurse – ICU

jesteena90@gmail.com +971 507068408 Dubai, UAE

linkedin.com/in/jesteena-manuel-596594238

Professional Summary

Dedicated Registered Nurse with 6 years of ICU experience in the UAE and India. Proficient in managing critically ill patients requiring ventilator support, invasive monitoring, and emergency interventions. Demonstrates advanced skills in airway management, IV medication administration, hemodynamic monitoring, and interpreting ABGs. Experienced in managing central lines, pain control, and infection prevention measures. Collaborates effectively with multidisciplinary teams to deliver safe, patient-centered care aligned with DHA and international standards. Committed to maintaining accurate documentation, ensuring patient dignity, and promoting continuous improvement in clinical practice.

Professional Skills

- Critical care nursing
- Ventilator & management
- IV therapy & drug titration
- Central/arterial line management
- ABG sampling & analysis
- Emergency response (BLS, ACLS, PALS)
- Infection control protocols
- Pain management (PCA, PCE)
- Electronic health record documentation
- Patient/family communication
- Multidisciplinary collaboration
- Time management & prioritization

Work Experience

Registered Nurse – Medical ICU

Sep 2022 – Present

Dubai London Hospital, Dubai, UAE

- Monitor critically ill patients using ventilators, CVP, arterial lines, and telemetry systems.
- Administer IV medications, inotropes, and sedatives per protocol.
- Assist in intubation, CPR, and resuscitation procedures in emergency cases.
- Interpret arterial blood gases and adjust oxygen and ventilator settings accordingly.
- Maintain infection prevention standards and manage isolation cases.
- Collaborate with physicians, pharmacists, and allied health staff on care planning.
- Provide emotional support and condition updates to families.
- Maintain comprehensive and timely EMR documentation per DHA standards.

ICU Nurse – Medical ICU

Apr 2020 – Mar 2022

MSS Hospital & Nursing College Pvt. Ltd., Kerala, India

- Delivered 24/7 care to ICU patients with sepsis, ARDS, and cardiac complications.
- Managed ventilators, performed tracheostomy care, and monitored sedation levels.
- Conducted neurological and respiratory assessments; escalated changes immediately.
- Provided post-operative and end-of-life care.
- Participated in infection control rounds and nursing audits.

Staff Nurse – Medical ICU

Mar 2019 – Mar 2020

Medical Trust Hospital, Kerala, India

- Monitored vital signs, neurological status, and fluid balance hourly.
- Administered IV, IM, SC, and oral medications as per physician orders.
- Assisted with invasive procedures and documented clinical data.
- Ensured safe handling of controlled medications and patient confidentiality.

Equipment Experience

- Ventilator (Covidien, Dräger), defibrillator
- Infusion & syringe pumps, PCA pumps
- ECG, ABG analyzers, pulse oximeter
- CVP, arterial line monitors
- Suction apparatus, Ryle's tube, Foley catheter

Education

Bachelor of Science in Nursing (BSc)

2013

Mahatma Gandhi University, Kerala, India

Licenses & Registrations

- DHA Registered Nurse License, ID: 94255601
- Kerala Nurses and Midwives Council, Reg. No: KL03201703849

Languages

- English — Proficient
- Hindi — Proficient
- Malayalam — Native
- Tamil — Conversational

Personal Details

- Date of Birth: 25 July 1990
- Nationality: Indian
- Marital Status: Married
- Visa Status: UAE Work Visa