

## CURRICULUM VITAE



**MITHILA ANOOP REGISTERED NURSE**  
**Mobile: +971 524570657**  
**Email: [anoopmithila@gmail.com](mailto:anoopmithila@gmail.com)**

### PROFESSIONAL SUMMARY:-

Registered Nurse with over 10 years of experience delivering high quality care to patients in various units(Intensive Care Unit, Out Patient Department, Dental Department, OB Gynae OPD, Assisted Dermatologist in Botox, PRP, Wart and skin tag removal, mesotherapy )

### PERSONAL PROFILE:-

Name	:	Mithila Anoop
Date of Birth	:	07/02/1987
Gender	:	Female
Marital Status	:	Married
Nationality	:	Indian
Religion	:	Hindu
Place of Birth	:	Kerala, India

### PERSONAL & PROFESSIONAL SKILLS:-

- Good organizational Skills
- Self-Motivated, positive attitude and energetic.
- An outgoing and confident approach
- Knows about DHA standards and attend DHA Inspection as and when DHA team arrives.
- Able to Keep all necessary documents ready at all times as per DHA i.e., all policies, licenses, and paperwork.
- Follow DHA portal and informing/reminding management for Licenses renewal.
- Able to escalate issues of e-claim link, DHA portal, E Source with the concerned authority via e mail and get the issue resolved.

- Able to enlist items required for the clinic.
- Able to Prepare the Purchase Order for the purchase of clinic required medicines/equipment (GP, Dental, Home Care Services, PCR, Botox, Glutathione injection administration).
- Arrangement of PPM for all the medical machinery and always keep the machines in best working condition.
- Knows how to delegate duties/assignments to perform in a team.
- Purchase of Emergency Controlled Medicine as per the required standards as per DHA.
- Able to assist and teach the team regarding Dental procedures (orthodontic; prosthodontic; endodontic ;implantology) according to DHA standards.
- Able to assist physician in Botox, fillers and PRP; wart and skin tag removal.
- Able to perform blood collection; iv infusions- glutathione; hair boost; immune boost iv therapies; nebulization; ecg; IM and Iv injections;Adult immunizations.
- Able to arrange and assist for PAP smear; urethral swab; IUD removal and IUD insertion.

### **EDUCATIONAL QUALIFICATIONS: -**

- Bachelor of Nursing (BSc Nurse), Florence College of Nursing, Bangalore
- Higher Secondary Education at G.H.S.S Chattannoor, Kerala
- Schooling at Bethany St. Johns English High School, Kunnamkulam, Kerala

### **CLINICAL EXPERIENCE AS PART OF CURRICULUM: -**

- Successfully completed Basic New born Care & Resuscitation Programme Under NRHM, The Indian Academy of Paediatrics and National Neonatology forum on 12/06/2010 at Thrissur
- Attended the training on HIV/AIDS conducted as a part of the Red Ribbon Express Campaign, Ver 2.0 – Kerala, By KSACS on 04/03/2010 at Thrissur

### **MEDICAL SURGICAL NURSING: -**

- Columbia Asia Hospital, Hebbal
- KCG Hospital, Maleswaram
- ESI Hospital, Indiranagar

### **MIDWIFERY & GYNAECOLOGY: -**

- Columbia Asia Hospital, Hebbal
- KCG Hospital, Indiranagar
- Sri Sai Hospital, Nagwara

### **MENTAL HEALTH NURSING: -**

- Spandana Hospital, Mysore Road
- Spandana Nursing Home, Rajajinagar
- Spandana Rehabilitation Centre Bangalore

## **PAEDIATRIC NURSING: -**

- Columbia Asia Hospital, Hebbal
- KCG Hospital, Maleswaram

## **COMMUNITY HEALTH NURSING: -**

- K. Narayana Pura
- Hedge Nagar
- Rendered the service during Pulse Polio Programme

## **TEACHING PRACTICE: -**

- Florence College of Nursing

## **PROFESSIONAL EXPERIENCE**

- Worked as Staff Nurse at Medical ICU and General ward and OB Gynae Ward/Labour Room in Unity Hospital (P) Ltd. Kunnankulam, Kerala – India. During the period of 01.10.2009 to 29.03.2011
- Staff Nurse( ICU )in Divine Medical Centre Ltd, Wadakkanchery, Kerala – India. From 21.07.2014 to 04.04.2015
- Registered Nurse at Al Borj Medical Centre from January 2017-October 2017
- Registered Nurse at Care One Polyclinic from 19/11/2016 – 30/11/2018
- Registered Nurse (Head Nurse) at GSM Medical Center from 12/09/2019 till 30/01/2024.
- Currently working as Registered Nurse (Head Nurse ) at Healway Medical Center from 01/02/2024 till present.

## **TECHNICAL PROFILE: -**

- Operating System : Ms WINDOWS, Ms WORD, Ms EXCEL
- Packages : Ms Office
- Languages Known : English, Hindi, Malayalam, Tamil

## **INTEREST: -**

- Cultural Activities
- Reading Books

## **OTHER DETAILS: -**

- Passport Number : V5012726
- Valid Up to : 05/12/2031

**DHA LICENSE NUMBER: -**

00177773-002

**BLS Certificate:** : Acquired from Al Ibtikar, Dubai

**Infection Control Certificate** : Acquired from Al Ibtikar, Dubai

**DECLARATION**

I do hereby declare that the particulars given above are genuine to the best of my knowledge and belief.

Date :

31/08/2025 Place:

Dubai

MITHILA ANOOP

Reference will be provided upon request