



STERIN PUTHIYAVEETIL THEKKATHIL SAJI

Registered Nurse – Operation Theater

Professional Summary

Dedicated and compassionate Registered Nurse – Operation Theater (OT Nurse / Perioperative Nurse) with over 8 years including 6 years in OT and 2 years in Pediatric department of multi-country experience across UAE, Saudi Arabia, and India. Highly skilled in pre-operative preparation & intraoperative surgical support with proven expertise in scrubbing and circulating roles across general, gynecology, plastic, ENT, pediatric and laparoscopic surgeries. Licensed under the Dubai Health Authority (DHA) and certified in ACLS and BLS, with advanced knowledge of infection control, sterile techniques, surgical documentation, and patient education. Adept at equipment management, anesthesia monitoring, and critical care response, ensuring safe, high-quality, and evidence-based perioperative nursing. Recognized for strong communication, leadership, and teamwork, consistently contributing to patient satisfaction and surgical success.

Work Experience

REGISTERED NURSE – OPERATION THEATER

Emirates Specialty Hospital, Dubai, UAE

Dec 2023 – Aug 2025

- Performed scrub and circulating duties in plastic, gynecology, general, ENT, pediatric, and laparoscopic surgeries, maintaining strict aseptic standards.
- Coordinated with surgeons and anesthesiologists to optimize surgical workflow and ensure patient safety.
- Prepared operating rooms, stocked sterile instruments, and verified functionality of surgical equipment.
- Monitored patient vitals and anesthesia responses intraoperatively, initiating timely interventions.
- Delivered post-anesthesia recovery care in PACU, managing airway, vitals, and pain relief.
- Accurately documented surgical procedures, nursing interventions, and patient outcomes in compliance with DHA standards.

REGISTERED NURSE – OPERATION THEATER

Valiyath Institute of Medical Science, Kerala, India

Aug 2022 – Feb 2023

- Assisted in general, gynecology, ENT, pediatric, and laparoscopic surgeries as scrub and circulating nurse.
- Conducted pre-operative assessments, verifying patient readiness, surgical consents, and equipment availability.

Contact Info

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📍 Dubai, UAE

Key Skills

- Perioperative Nursing (Scrub & Circulating Roles)
- Patient Care & Clinical Assessment
- Operation Theater Management
- Anesthesia & PACU Recovery Care
- Laparoscopic & Minimally Invasive Surgeries
- Pediatric & Cardiac Nursing
- Infection Prevention & Control
- Emergency & Critical Care Nursing
- Patient Monitoring (ECG, Vitals, Hemodynamics)
- Medication Administration & IV Therapy
- Surgical Instrument Handling
- Documentation & Electronic Health Records (EHR)
- Aseptic & Sterile Techniques
- Team Collaboration & Multidisciplinary Care
- Patient & Family Education
- Time Management & Organization
- Communication & Interpersonal Skills
- Evidence-Based Nursing Practice

Licenses & Certifications

- **Dubai Health Authority (DHA) License** – Reg. No: 77462492
- **ACLS** – Advanced Cardiovascular Life Support
- **BLS** – Basic Life Support

Education

- **B.Sc. Nursing** – MGM Muthoot College of Nursing, Pathanamthitta, Kerala (2014)
- **Higher Secondary (Science)** – Board of Higher Secondary Education, Kerala (2010)
- **SSLC** – Board of Public Examination, Kerala (2008)

Additional Information

- **Nationality:** Indian
- **Date of Birth:** 16/05/1993
- **Languages:** English, Hindi, Malayalam, Tamil

- Prepared and maintained sterile OR environments, minimizing infection risks.
- Monitored patient vitals during surgeries, ensuring early recognition of complications.
- Provided post-operative care and family education on wound care and medication compliance.
- Documented surgical events, equipment usage, and recovery outcomes per hospital policy.

REGISTERED NURSE – OPERATION THEATER

Rafha Central Hospital, Ministry of Health, Saudi Arabia
Jul 2017 – Jun 2021

- Delivered comprehensive perioperative care across general, gynecology, ENT, urology, pediatric, and laparoscopic surgeries.
- Assisted surgical teams as scrub and circulating nurse, anticipating intraoperative needs.
- Monitored anesthesia levels and patient vitals to maintain intraoperative safety.
- Managed PACU recovery care including airway stabilization, vital monitoring, and pain control.
- Maintained sterile surgical fields, ensuring compliance with MOH infection control protocols.
- Accurately recorded nursing interventions and intraoperative events in electronic health records.

REGISTERED NURSE – PEDIATRIC CARDIOLOGY DEPARTMENT

Kokilaben Dhirubhai Ambani Hospital, Mumbai, India
May 2015 – May 2017

- Provided specialized nursing care for pediatric patients undergoing cardiac surgeries and interventions.
- Assisted with IV cannulation, oxygen therapy, Ryle's tube insertion, dressing changes, and suctioning.
- Monitored ECG, oxygen saturation, and hemodynamic stability in critically ill children.
- Supported cardiologists and anesthesiologists in pre- and post-operative cardiac procedures.
- Educated parents and caregivers on recovery protocols, wound management, and medication adherence.