

# MARIAMMA PADANILATHU MARKOSE

## REGISTERED NURSE

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### PROFESSIONAL SUMMARY

Experienced and compassionate Registered Nurse with over 14 years of dedicated service in Dubai's healthcare sector, specializing in outpatient and medical-surgical care. Skilled in patient assessment, clinical procedures, and providing evidence-based nursing support across diverse specialties. Adept at maintaining accurate documentation, ensuring infection control, and fostering patient-centered care within multidisciplinary teams. Committed to upholding high standards of safety and professionalism while supporting efficient clinical operations. Holds active DHA and Kerala Nursing Council licenses with BLS certification.

### SKILLS

- Patient Assessment
- Vital Signs Monitoring
- Medication Administration
- Wound Care Management
- Outpatient Procedures
- Infection Control
- Clinical Documentation
- Electronic Medical Records (EMR)
- Intravenous Therapy
- Postoperative Care
- Emergency Response
- Basic Life Support (BLS)
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### WORK EXPERIENCE

#### Staff Nurse – Speciality OPD

(09/2011 – Present)

Al Warqa Medical Center (DM Healthcare), Dubai, UAE

- Performed systematic nursing assessments to identify patient needs and promote patient health.
- Provided clinical support during cardiac procedures including TMT, Echo, Holter monitoring, and Ambulatory BP monitoring and conducted ECG recording and ensure accurate capture for clinical evaluation.
- Maintain a safe and clean working environment by adhering to infection control policies and protocols.
- Coordinated patient appointments and follow-ups and ensuring timely consultations and continuity of care.
- Intravenous cannulation and administration of injections and infusions as per Order.
- Conducted uroflowmetry as part of urological diagnostic assessments.
- Documented patient care services accurately to ensure continuity of care among nursing teams.
- Liaised with laboratory and radiology departments to ensure investigation results were available before follow-up visits.
- Assisted the ophthalmologist in minor procedures including foreign body removal, intralesional injections, and eyelid lesion removal.
- Maintained professional competence through ongoing education and active participation in team problem solving.

### **Staff Nurse – Medical & Surgical Ward**

(09/2009 – 02/2010)

Athura Hospital, Kerala, India

- Delivered high-quality nursing care to patients in medical and surgical wards, ensuring timely medication administration and treatment support.
- Monitored vital signs, managed patient charts, and assisted physicians during examinations and minor procedures.
- Supported recovery and rehabilitation processes by providing education to patients and families on post-discharge care.
- Ensured strict adherence to hospital hygiene, safety, and infection prevention standards.

### **Staff Nurse – Medical & Surgical Ward**

(08/2008 – 08/2009)

Apollo Hospital, Hyderabad, India

- Managed pre- and post-operative patient care within high-acuity medical and surgical units.
- Assisted medical teams in administering prescribed treatments and closely monitored patient responses.
- Maintained detailed nursing documentation and contributed to multidisciplinary case discussions for improved care planning.
- Upheld quality assurance and patient safety measures in alignment with hospital protocols and JCI accreditation standards.

### **Staff Nurse – Medical & Surgical Ward**

(07/2007 – 08/2008)

Athura Hospital, Kerala, India

- Provided routine and emergency nursing support to patients across general and surgical wards.
- Assisted in wound dressing, IV therapy, and pre/post-operative care under physician supervision.
- Documented vital signs, treatment progress, and care plans with precision and accuracy.
- Maintained clean and safe patient environments through adherence to infection control procedures.

## **EDUCATION**

### • **Bachelor of Science in Nursing (B.Sc Nursing)**

Mahatma Gandhi University (2007)

## **CERTIFICATION**

### • **DHA License**

Dubai Health Authority

### • **Kerala Nurses and Midwives Council License**

### • **Basic Life Support (BLS)**

American Heart Association

## **ADDITIONAL INFORMATION**

- **Languages:** English, Malayalam, Hindi, Arabic control policies and protocols.