

# ARLIN ASHWITHA LOBO

DHA Registered Nurse | Medical-Surgical & Post-Operative Care Specialist

I am a DHA Registered Nurse with solid hands-on experience in medical-surgical nursing and post-operative patient care across tertiary healthcare settings. My practice is built on careful patient assessment, clinical accuracy, and compassionate bedside care. I have worked across diverse specialties including medical, surgical, orthopedic, urology, gastrointestinal, oncology, pediatric, antenatal, and postnatal units, allowing me to adapt quickly to complex clinical environments. I consistently follow hospital policies, infection control standards, and DHA guidelines while coordinating closely with physicians and multidisciplinary teams to ensure safe, ethical, and high-quality patient outcomes.



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📍 Dubai, UAE

## CORE COMPETENCIES

- Patient Assessment and Care Planning
- Medical-Surgical Nursing
- Post-Operative and Recovery Care
- Patient and Family Education
- Multidisciplinary Team Coordination
- Emergency Response and Basic Life Support
- Ethical and Patient-Centered Care
- Post-Operative and Recovery Care
- Medication Administration and IV Therapy
- Infection Prevention and Control

## WORK EXPERIENCE

### Staff Nurse – Medical Surgical Ward

Father Muller Medical College Hospital, Mangalore, India

May 2023 – November 2025

#### Duties & Responsibilities

- Provided comprehensive nursing care to patients with acute and chronic medical and surgical conditions across multiple specialties.
- Conducted systematic patient assessments, developed individualized nursing care plans, and evaluated patient progress throughout hospitalization.
- Monitored vital signs, neurological status, and post-operative recovery, ensuring accurate and timely documentation in patient records.
- Administered medications, IV fluids, and infusion therapies in accordance with physician orders and hospital protocols.
- Assisted physicians during clinical rounds, diagnostic procedures, and emergency situations, ensuring patient safety at all times.
- Maintained strict infection control practices, patient safety standards, and compliance with hospital and regulatory guidelines.

## CLINICAL EXPOSURE

- Medical conditions including pyrexia, respiratory disorders, seizures, gastroenteritis, diabetes mellitus, and hypertension.
- Post-operative care for orthopedic procedures such as TKR, ORIF, and CR.
- Urology procedures including TURP and PCNL.
- Gastrointestinal surgeries including total gastrectomy, cholecystectomy, and hernioplasty.
- Gynecological surgeries including TAH and BSO.
- Care of patients undergoing amputations and free flap surgeries.
- Additional exposure to antenatal and postnatal care, pediatric nursing, and oncology patient management.

## EDUCATION

### Post Basic Bachelor of Science in Nursing

Nitte Usha Institute of Nursing Sciences, Mangalore, India | 2020 – 2022

### General Nursing and Midwifery (GNM)

Nitte Usha Institute of Nursing Sciences, Mangalore, India | 2018 – 2020

### Pre-University Course

St. Theresa Composite PU College, Karnataka, India | 2017

### Secondary School Leaving Certificate (SSLC)

Government High School, Karnataka, India | 2015

## CERTIFICATIONS

- Basic Life Support (BLS) – American Heart Association
- CPR and AED Training

## **PROFESSIONAL SKILLS**

- Vital Signs Monitoring and Documentation
- IV Cannulation and Infusion Therapy
- Blood Sample Collection and Transfusion Support
- ECG Monitoring and Recording
- Nasogastric Tube Insertion and Feeding
- Urinary Catheterization and Care
- Central Venous Catheter Care
- Tracheostomy Care and Suctioning
- Oxygen Therapy and Nebulization
- Wound Care, Dressing, and Drain Management
- Intake and Output Monitoring
- Patient Safety, Positioning, and Mobility Assistance
- Shift Handover and Clinical Reporting

## **LICENSES AND REGISTRATION**

- **DHA Registered Nurse**
- **DHA ID:** 77841254 | Exam Date: 03 July 2025

## **LANGUAGES**

- English – Fluent
- Hindi – Fluent
- Kannada – Native
- Konkani – Fluent
- Tulu – Fluent

## **REFERENCES**

### **Sr. Nancy Priya Mathias**

Chief Nursing Officer

Father Muller Medical College Hospital, Mangalore – 575002

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### **Mrs. Jyothi Pinto**

Human Resource Manager

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