

# SULU JOSEPH

## STAFF NURSE

### PROFILE SUMMARY

Compassionate and skilled Staff Nurse with **over 10 years** of experience providing high-quality care across MICU, ICU, Emergency, and Acute Care Units in leading hospitals in India. Proven ability to manage critically ill patients, assist in complex procedures, and collaborate effectively within multidisciplinary teams. Experienced in handling life-support systems, emergency interventions, and post-operative care while maintaining strict adherence to infection control and patient safety protocols. Known for strong clinical judgment, excellent communication, and a commitment to delivering patient-centered care.

### WORK EXPERIENCE

**STAFF NURSE** 02 May 2023 – 20 May 2025

**NIRAMAY CLINIC AND HOSPITAL, INDIA**

**DEPARTMENT: MICU**

#### ROLES & RESPONSIBILITIES

- Provided critical care and continuous monitoring of patients with serious and life-threatening conditions.
- Administered medications, IV fluids, and assisted with emergency procedures as per medical guidelines.
- Collaborated with doctors and healthcare teams to ensure effective treatment and care planning.
- Maintained strict infection control, hygiene, and patient safety standards in the MICU.
- Prepared and updated patient records accurately, reporting important changes in patient status to the medical team.

**STAFF NURSE** 05 November 2020 - 15 November 2022

**LIFE HOSPITAL & MEDICAL CENTER, KERALA**

**DEPARTMENT: MICU**

#### ROLES & RESPONSIBILITIES

- Provided advanced nursing care to critically ill patients, including those on mechanical ventilation and other life-support systems.
- Conducted frequent patient assessments and interpreted diagnostic reports to assist in clinical decision-making.
- Participated in code blue and rapid response situations, delivering immediate critical interventions.
- Trained and guided junior nursing staff and nursing students during clinical rotations.
- Assisted in implementing patient care protocols, quality improvement initiatives, and audits within the MICU.

**STAFF NURSE** 04 March 2019 - 10 October 2020

**ST. RITAS HOSPITAL, NALUKODY, KERALA**

**DEPARTMENT: EMERGENCY**

#### ROLES & RESPONSIBILITIES

- Performed rapid assessment, triage, and prioritization of patients based on severity of condition.
- Assisted in managing trauma cases, medical emergencies, and resuscitations in collaboration with emergency physicians.

### CONTACT INFORMATION

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Sharjah, UAE

### EDUCATION

#### GENERAL NURSING & MIDWIFERY

- Lekshmi school of nursing, Hyderabad, India

#### HIGHER SECONDARY

- Board of Higher Secondary Examination, Kerala, India

#### SSLC

- Board of Public Examination, Kerala, India

### CERTIFICATIONS

- MOH Licensed Nurse
- BLS (Basic Life Support) Certified

### AREAS OF EXPERTISE

- Critical Care Nursing (MICU / ICU)
- Emergency & Acute Care
- Trauma and Resuscitation Management
- Post-operative Care (Cardiac, Neuro, General Surgery)
- Ventilator and Life-Support Management
- Medication Administration & IV Therapy
- Central Line and Dialysis Support Assistance
- Advanced Patient Monitoring and ABG Interpretation
- Infection Control & Patient Safety
- Wound Care and First-Line Emergency Treatment

## SOFTWARE PROFICIENCY

- MS Office  
Word | Excel | PowerPoint

## KEY SKILLS

- Communication
- Leadership
- Team Collaboration
- Critical Thinking
- Time Management
- Problem Solving
- Decision Making
- Attention to Detail

## PERSONAL STRENGTHS

- COMPASSIONATE AND PATIENT-CENTERED** – Always focused on providing care with empathy, dignity, and respect.
- HARDWORKING AND DEDICATED** – Committed to delivering high-quality care even under pressure.
- CALM UNDER PRESSURE** – Ability to stay composed and efficient during emergencies and critical situations.
- STRONG COMMUNICATION SKILLS** – Clear and respectful communicator with patients, families, and healthcare teams.

## PERSONAL DETAILS

- Nationality : Indian
- Gender : Female
- Date of birth : 20/11/1987
- Passport No. : V9243675
- Date of Expiry : 06/04/2032
- Place of Issue : Cochin

## LANGUAGES KNOWN

English	████████████████████
Hindi	████████████████████
Telugu	████████████████████
Malayalam	████████████████████

- Administered first-line treatments, wound care, and emergency medications.
- Maintained readiness of emergency equipment, supplies, and crash carts for immediate use.
- Provided emotional support and clear communication to patients and families during critical situations.

### STAFF NURSE

01 December 2012 - 31 July 2015

#### BCJ HOSPITAL, MUMBAI, INDIA

#### DEPARTMENT: -MICU, ICU

#### ROLES & RESPONSIBILITIES

- Delivered specialized care to post-operative and critically ill patients, including cardiac and neuro cases.
- Assisted with advanced procedures such as central line insertions, dialysis support, and arterial blood gas sampling.
- Monitored and adjusted settings on life-support equipment under physician guidance.
- Participated in multidisciplinary rounds, contributing nursing insights to patient care plans.
- Ensured proper documentation for audits, medico-legal records, and compliance with hospital standards.

### STAFF NURSE

07 October 2012 - 24 November 2012

#### KOKILABEN DHIRUBHAI AMBANI HOSPITAL, MUMBAI, INDIA

#### ROLES & RESPONSIBILITIES

- Supported pre- and post-operative care for patients in critical care units.
- Assisted in pain management and palliative care measures for terminally ill patients.
- Carried out detailed shift handovers ensuring continuity and safety of patient care.
- Ensured accurate stock management and preparation of medications and consumables for critical care.
- Participated in infection prevention initiatives and hospital-wide patient safety programs.

### STAFF NURSE

08 March 2010 - 25 May 2012

#### YASHODA HOSPITAL, SECUNDERABAD, ACU, INDIA

#### ROLES & RESPONSIBILITIES

- Assisted in the care and stabilization of acutely ill patients requiring immediate medical attention.
- Prepared patients for diagnostic tests, procedures, and surgeries, ensuring readiness and comfort.
- Monitored post-procedure recovery and responded promptly to any complications.
- Educated patients and families about treatment plans, medications, and post-discharge care.
- Supported doctors during critical procedures and maintained availability of emergency equipment.

## DECLARATION

I hereby declare that the above-mentioned information is true and I bear the responsibility for the correctness of the above-mentioned particulars.

**SULU JOSEPH**