



REENA ANTONY

Registered Nurse

Compassionate and dedicated Registered Nurse with over 13 years of progressive clinical experience across medical-surgical wards, antenatal units, Obs - Gynecology and outpatient settings in India, Saudi Arabia, and the UAE. Demonstrates clinical excellence in managing complex patient conditions including acute respiratory distress, renal failure, hepatic disorders, and post-surgical recovery. Proven ability to maintain composure during medical emergencies, coordinate multidisciplinary care teams, and deliver culturally competent patient education. Recognized for establishing therapeutic nurse-patient relationships that enhance treatment adherence and recovery outcomes. Currently serving as a Registered Nurse at Apollo Clinic, Dubai, bringing international healthcare standards and evidence-based practices to every patient interaction.



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Linkedin

CORE COMPETENCIES

Comprehensive Patient Assessment and Monitoring Acute and Chronic Disease Management Pre-operative and Post-operative Care
Pain Management and Palliative Support Diagnostic Procedure Assistance Multidisciplinary Team Collaboration Control Protocols
Antenatal and Postnatal Care Coordination Intravenous Therapy and Fluid Management Emergency Response and Crisis Intervention
Electronic Medical Records Documentation & Infection Prevention Multidisciplinary Team Collaboration Family Health Education

WORK EXPERIENCE

Registered Nurse

Apollo Clinic

February 2025 – Present

Dubai, UAE

- Perform comprehensive physical and neurological assessments upon patient admission, documenting findings and communicating critical changes to attending physicians for timely intervention.
- Administer prescribed medications, intravenous fluids, and treatments according to established protocols while maintaining strict aseptic techniques and infection control standards.
- Monitor patient vital signs, oxygen saturation levels, and pain scores, implementing appropriate interventions based on clinical findings and physician orders.
- Coordinate with multidisciplinary healthcare team members including physicians, specialists, and allied health professionals to develop and implement individualized care plans.
- Provide patient and family education regarding treatment regimens, medication management, lifestyle modifications, and discharge planning to promote optimal health outcomes.

Registered Nurse – Medical & Surgical Ward

Dr. Sulaiman Al Habib Hospital

April 2022 – June 2022

Dubai, UAE

- Delivered comprehensive nursing care to patients with diverse medical and surgical conditions including COPD, pneumonia, diabetes mellitus, and post-operative complications.
- Assessed patient conditions through systematic evaluation of vital signs, physical examinations, and neurological status, implementing appropriate nursing interventions as required.
- Managed intravenous fluid therapy, medication administration, and wound care while maintaining accurate documentation of all treatments and patient responses.
- Assisted physicians during diagnostic and therapeutic procedures, preparing patients and equipment to ensure procedural efficiency and patient safety.
- Identified changes in patient conditions promptly, initiating emergency protocols and collaborating with healthcare teams to prevent deterioration.

Registered Nurse – Medical & Surgical Ward

Medeore 24x7

November 2018 – December 2021

Dubai, UAE

- Provided comprehensive nursing care to patients diagnosed with acute and chronic conditions including renal failure, hepatitis, pancreatitis, cholecystitis, and deep vein thrombosis.
- Monitored patient progress through systematic assessment, evaluation of diagnostic results, and collaboration with healthcare teams to modify treatment plans.
- Operated and maintained specialized medical equipment including cardiac monitors, syringe pumps, infusion pumps, and pulse oximeters to ensure accurate patient monitoring.
- Assisted in emergency situations maintaining calm demeanor while implementing life-saving interventions and coordinating with emergency response teams.
- Documented patient care activities, medication administration, and treatment outcomes using electronic medical records systems, ensuring accurate and timely charting.

Registered Nurse – Antenatal Unit (OBS-Gynecology Department)

Maternity and Children Hospital

January 2013 – November 2018

Al-Hassa, KSA

- Managed comprehensive antenatal care for pregnant patients including assessment of maternal and fetal well-being, fetal Doppler monitoring, CTG interpretation, and patient education on pregnancy progression.
- Prepared patients for delivery by providing education on labor processes, pain management options, and postnatal care expectations.
- Assisted obstetricians during normal deliveries, LSCS procedures, hysterectomies, and induction of labor, ensuring sterile fields and patient safety throughout procedures.
- Monitored patients post-delivery for complications including hemorrhage, infection, and preeclampsia, implementing appropriate nursing interventions.
- Collaborated with obstetricians, anesthesiologists, and neonatologists to coordinate comprehensive maternal and fetal care plans.

Registered Nurse – Medical & Surgical Ward

QRG Central Hospital

April 2011 – January 2013

New Delhi, India

- Delivered evidence-based nursing care to patients with diverse conditions including pneumonia, pleural effusion, cirrhosis of liver, bronchial asthma, and electrolyte imbalances.
- Performed systematic patient assessments including vital signs, neurological status, and pain evaluation, documenting findings and communicating concerns to medical teams.
- Administered medications, intravenous fluids, and blood products in accordance with physician orders and established protocols.
- Supported patients undergoing orthopaedic procedures including TKR, THR, and arthroscopy, managing pain, mobility, and wound care during recovery phases.
- Facilitated safe patient transitions between care units, ensuring accurate transfer of clinical information and continuity of care.

PATIENT CARE RESPONSIBILITIES

Establish and maintain therapeutic nurse-patient relationships that promote trust and facilitate effective communication.

Conduct comprehensive physical and neurological assessments to identify patient needs and implement appropriate nursing interventions.

Monitor vital signs, interpret clinical data, and document patient progress to support evidence-based treatment decisions.

Manage intravenous fluid therapy, medication administration, and prescribed treatments according to established protocols.

Observe patients for changes in condition and respond promptly with appropriate interventions.

Assist in diagnostic and therapeutic procedures, ensuring patient comfort and procedural safety.

Apply therapeutic modalities including hot and cold applications to manage pain and promote healing.

TYPES OF CASES MANAGED

Acute Respiratory Distress Syndrome, COPD, Acute and Chronic Renal Failure, Acute Hepatitis, Epistaxis, TKR, THR, Arthroscopy, Appendectomy, Pancreatitis, Cholecystectomy, Pneumonia, Hypertension, Electrolyte Imbalance, Deep Vein Thrombosis, Pleural Effusion, Diabetes Mellitus, Cirrhosis of Liver, Bronchial Asthma, COVID-19, AFI with LRTI, Cholelithiasis, Cholecystitis, WALRI, TAH, TLH, Normal Delivery, LSCS, Hysterectomy, IOL.

EQUIPMENT UTILIZED

Cardiac Monitors, ECG Machines, CTG Machines, Fetal Doppler, Glucometers, Pulse Oximeters, Sphygmomanometers, Thermometers, Steam Inhalers, Nebulizers, Stethoscopes, Syringe Pumps, IV Infusion Pumps, Cryo Cuff Systems.

RANGE OF SERVICES EXPERIENCE

Ultrafast MRI and Whole-body Multislice Spiral CT scanning. Computerized Digital X-ray, Ultrasound, Mammography, OPG and C-Arm Imaging. State-of-the-art fully computerized laboratory diagnostic services. Colour Doppler, Echocardiography, TMT, Lung Function Testing, EEG. Modern CCU, Medical ICU, Neuro ICU, and Paediatric ICU. Baby Nursery equipped with advanced technology. Major Operation Theatres for Micro, Neuro, Paediatric and Laparoscopic Surgery. Executive Medical Check-up services. Specialist and Super Specialist consultations. 24-hour Pharmacy, Blood Bank, Ambulance and Mobile ICU services.

AREAS OF CLINICAL COVERAGE

Medical and Surgical Wards, Gynaecology Ward, Antenatal Unit, Examination Areas, Paediatrics Ward, Day Surgery Unit.

EDUCATION

Bachelor of Science in Nursing (B.Sc Nursing) | 2010

Rajiv Gandhi University of Health Sciences, Bangalore, Karnataka, India

Plus Two (Higher Secondary) | 2006

Kerala Board of Higher Secondary Education, Kerala, India

SSLC (10th Standard) | 2004

Board of Public Examination, Kerala, India

PROFESSIONAL REGISTRATIONS AND MEMBERSHIPS

Kerala Nurses and Midwives Council

Registration Number: KL04202402321

Dubai Health Authority (DHA)

Registered Nurse License Number: 00209091-003

PASSPORT AND VISA DETAILS

Passport Number: T4361918

Date of Issue: 18th November 2020

Expiry Date: 17th November 2030

Place of Issue: Dubai, UAE

Visa Status: Spouse Visa

PERSONAL DETAILS

Date of Birth: 19th April 1989

Nationality: Indian

Religion: Christian, RC

Marital Status: Married

Gender: Female

Blood Group: B Negative

Father's Name: Mr. Joseph Antony

Husband's Name: Sanu M George

REFERENCES

Mrs. Shoba Varughese

Assist Nursing Director

Medeor Hospital, Dubai

Phone: 04-3500600

Mrs. Sara Yahya Al Sabathi

Director of Nursing

Maternity and Children Hospital, KSA