

ABIDA R A

Registered Nurse | Cardiac, CTVS & Critical Care

Registered Nurse with 5 years of specialized experience in cardiothoracic and vascular surgery, cardiac intensive care, and critical care nursing across high-acuity hospital settings. Experienced in postoperative management of CABG, valve replacement, ECMO, IABP, pacemaker, and complex cardiac and thoracic patients. Proficient in ventilator management, invasive hemodynamic monitoring, vascular access, vasoactive infusions, emergency response, and advanced life-support equipment. Strong clinical practice in patient safety, infection prevention, multidisciplinary coordination, and evidence-based care, with the ability to support complex procedures and manage rapidly changing patient conditions.



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📍 Dubai, UAE

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CORE COMPETENCIES

Cardiothoracic & Vascular Surgery

Critical Care Nursing

Cardiac ICU / CTICU

Postoperative Recovery

Invasive Line Care

ECMO & IABP Care

Ventilator Management

Emergency & Resuscitation Care

Infection Control

Evidence-Based Nursing

WORK EXPERIENCE

Registered Nurse – CCU / ICU

NMC Speciality Hospital, Dubai, UAE

May 2026 – September 2026

Achievements/Tasks

- Provide comprehensive nursing care to critically ill cardiac and medical patients through continuous assessment, timely intervention, and ongoing evaluation.
- Monitor cardiac rhythms, invasive hemodynamic parameters, vital signs, and clinical status, responding promptly to acute changes.
- Administer IV medications, manage sedation, and titrate vasoactive infusions in accordance with physician orders and hospital protocols.
- Manage central lines, arterial lines, chest tubes, ventilators, defibrillators, infusion pumps, and other critical-care equipment.
- Participate in emergency response activities, including Code Blue, rapid response, resuscitation, and post-resuscitation care.
- Collaborate with physicians and multidisciplinary teams to develop and adjust individualized care plans while maintaining infection-control and patient-safety standards.

Senior Nurse – Cardiothoracic & Vascular Surgery (CTVS)

KIMS Health Hospital, Kerala, India

September 2022 – March 2025

Achievements/Tasks

- Delivered specialized postoperative nursing care to cardiac and thoracic surgery patients in the CTICU, including CABG, valve replacement, ECMO, and pacemaker cases.
- Monitored patients with invasive arterial and central lines, cardiac monitoring systems, and hemodynamic parameters to support safe postoperative recovery.
- Administered medications and IV infusions while maintaining accurate clinical documentation and adherence to hospital protocols.
- Assisted surgeons and intensivists during emergency resuscitations and invasive procedures, contributing to timely and effective critical interventions.
- Supported infection-prevention initiatives, cardiac emergency drills, clinical audits, and quality-improvement activities to promote patient safety.
- Educated patients and families regarding treatment plans, medications, recovery requirements, and post-discharge care.

Staff Nurse – Cardiothoracic & Vascular Surgery (CTVS)

Dr. D. Y. Patil Hospital & Research Centre, Pune, India

May 2018 – September 2020

Achievements/Tasks

- Provided specialized nursing care to postoperative cardiac, thoracic, vascular, and pediatric ICU patients requiring advanced critical-care support.
- Collaborated with cardiac surgeons, anesthesiologists, intensivists, & multidisciplinary teams to coordinate individualized patient care.
- Assisted with endotracheal intubation, arterial line insertion, central venous catheter placement, and other invasive procedures.
- Maintained strict compliance with infection-control procedures, clinical protocols, patient-safety standards, & quality requirements.
- Maintained accurate clinical documentation and contributed to quality-improvement initiatives within the critical-care environment.

EDUCATION

Bachelor of Science in Nursing

Laxmi Meghan College of Nursing, Kanhangad, Kasaragod, India

Higher Secondary Education

Government Vocational Higher Secondary School, Veeranakavu, Kasaragod, India

ASSISTING IN PROCEDURES

- Endotracheal Intubation
- Central and Arterial Line Insertion
- Hemodialysis Catheter Insertion
- Lumbar Puncture
- Bronchoscopy and Endoscopy
- Ascitic Tapping
- CT and MRI Patient Preparation

CERTIFICATIONS & LICENSES

- Advanced Cardiac Life Support (ACLS)
- Basic Life Support (BLS)
- DHA Registered Nurse License - 39115173
- Kerala Nurses & Midwives Council - KL03201803771

PROFESSIONAL SKILLS

- Cardiac & Cardiothoracic Critical Care Nursing
- Postoperative Cardiac & Thoracic Patient Management
- Hemodynamic & Continuous Cardiac Monitoring
- Ventilator, BiPAP & HFNC Management
- ECMO, IABP & Pacemaker Patient Care
- Vascular Access & Invasive Line Management
- Vasoactive Infusion & IV Medication Management
- Emergency Response & Resuscitation
- Advanced Life-Support Equipment Management
- Invasive Procedure Assistance
- Clinical Assessment & Patient Monitoring
- Infection Prevention & Control
- Patient Safety & Quality Assurance
- Clinical Documentation & EMR Systems
- Patient & Family Education
- Multidisciplinary Team Collaboration

LANGUAGES

- English
- Hindi
- Malayalam
- Tamil

PERSONAL DETAILS

Passport No.: S8642791

Place of Issue: Trivandrum

Date of Issue: 29 January 2019

Expiry Date: 28 January 2029

REFERENCES

Beena C. A.

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