

DEEPTHI PERUMCHERIL LUKOSE

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REGISTERED NURSE - CARDIO THORACIC SURGERY

About me

I am currently working with National Heart Center Singapore (NHCS), as a Senior Staff Nurse (Clinical) in the Cardiothoracic unit with a total of 13 years of professional experience in nursing in Singapore. My Nursing career started as a Registered Cardiac Nurse in the Intensive Care Unit at Apollo Health City Hospital Hyderabad in India. I have 16 years of working experience in multidisciplinary areas in Apollo Health City Hospital Hyderabad, India and National Heart Center Singapore (NHCS).

Academic Chronicle

2019 - 2020	Institute of Health and Management (Australia) Graduate Diploma in Nursing (GDN)
2002 - 2005	City Institute of Nursing (India) Diploma in General Nursing and Midwifery

Core Procedural and Technical Skills

- Advance knowledge in Cardiology and Cardio Thoracic ward.
- Professional knowledge in current nursing Practices & Procedures
- Nursing care of patients undergoing CABG / valve surgery, thoracic surgery (Pre and post-operative) .

- Nursing care of patients who have congestive heart failure, cardiomyopathy, unstable angina, myocardial infarction, cardiac dysrhythmia, and coronary artery disease.
- Nursing care for LVAD (left ventricular assist device) patients
- Caring of a patient after angiogram, PCI, PPM and AICD insertion
- Administering of Intravenous Medicine and Oral Medication
- Perform venipuncture for blood sampling and I/V cannulation
- Competent in the use of advanced medical equipment such as smart pumps, syringe pumps, 12-lead ECG machine, defibrillator, Automated Medication Cabinet, and more
- Care of Pressure Sore.
- Monitoring blood pressure and peripheral glucose test
- Management of patient with Chest tube and assisting in bedside chest tube insertion & removal
- Performing Tracheostomy care, Tracheal Suctioning & Oral Suctioning
- Administration of blood and blood products
- Perform Nasogastric tube insertion & female bladder catheterization
- Collection of Specimens
- Clinical treatment for surgery patients and surgical wound dressing.
- Safekeeping, handling and administration of controlled drugs
- Handling patients with TPN
- Maintaining Patient's Records, Reports, Discharge Summary, Medication and Appointments etc
- Well versed in the cardiopulmonary resuscitation with using LP 15 defibrillator (as per ACLS Protocol)
- Operating powered Air purifier respirator (PAPR)-JUPITER
- Ability to demonstrate Critical Thinking & Problem solving Skills in a priority manner.
- Excellent Communication and Interpersonal skills.
- Remarkable knowledge in Medical Terminology
- Solid Computer Proficiency (software and data processing applications),
- Proficiency with the use of Electronic system platforms: E-Meal ordering, E-Medical record tracing, E-Clinical appointment system, E-Potering, E-Bed management system, E-Charting, and E-Medication record.
- Active and Hardworking, with an ability to adapt to any new environment.

Career Summary

Senior Staff Nurse (Clinical) : Cardio Thoracic Surgery Unit 2008 - Present

NATIONAL HEART CENTRE, *Singapore*

About the Hospital

The National Heart Centre Singapore (NHCS) is a national and regional referral centre for cardiovascular diseases. Established in 1998, NHCS is the pioneer in cardiovascular care in Singapore.

NHCS provides a one-stop comprehensive cardiac care ranging from preventive, diagnostic, therapeutic to rehabilitative services. It is also the only heart and lung transplantation centre in Singapore.

Each year, NHCS handles over 120,000 outpatient consultations, 9,000 interventional and surgical procedures and 10,000 inpatients. Its clinical outcomes for heart attack treatment, balloon angioplasty with stenting and coronary bypass surgery have been shown to be equivalent to international benchmarks.

NHCS ranked top 50 globally and top in Singapore in Newsweek's World's Best Specialised Hospitals 2022 for Cardiology specialty.

Duties & Responsibilities

A full-time Registered Nurse, part of a multi-disciplinary team providing day-to-day high quality patient care in the cardiothoracic surgery and Cardiovascular Medicine specialty, especially for Post-surgery like CABG, VATS, MVR, AVR, VSD Closure and other Cardiac Disease, KidneyDisease, Infectious

Diseases and more. Involved in inpatient areas, assisting in invasive and non-invasive investigations and procedure.Undertake major responsibilities as follows:

- Assessment, Planning, Implementation, evaluation of nursing care of patients admitted in Cardiothoracic unit under accepted nursing practice and standards.
- Developing individualised care plan and specialised plan of care to meet person specific need.
- Giving and taking detailed handovers at each shift.
- Partake in complex procedures - invasive and non-invasive within scope of job
- Participates in pressure injury prevention work group as a committee member
- Working as Shift Incharge
- Assisting clients with activities of daily living who need help. Promote independency and enhance self-esteem of the clients within the residential care.
- Collection of various lab specimens, correct labelling and sending to the laboratory. Interpreting various lab report and refer to medical attention as required.
- Pain assessment and Pain management.
- Precepts new staffs
- Provide health and discharge education to patients and their family.

Registered Nurse : Cardiology Intensive Care Unit 2006 - 2008

APOLLO HOSPITALS HYDERABAD, *India*

About the Hospital

Apollo Hospitals Hyderabad first opened its doors to the world in 1988. It was built with a mission to bring world-class healthcare to the people with a firm belief in the values of excellence, expertise, empathy and innovation.Today, after nearly 3 decades, Apollo Hospitals, Hyderabad has emerged as the most renowned and trusted integrated Health City in Asia, specializing in the entire spectrum from illness to wellness and holistic therapy.The Apollo Group was the first to invest in pre-requisites for international quality accreditations such as the JCI and other initiatives including the ACE@25 and TASSC, conveying a commitment to global benchmarks and clinical excellence.Major specialities

including Heart, Cancer, Bones, Joints & Spine, Organ Transplants, Neurology, Gastro & Colorectal, Bariatric Surgery, Gynaecology and Ophthalmology are some of the Centres of Excellence available, which offer exceptional group practice programmes.

Duties & Responsibilities

Especially for patients with Acute MI, Angina, CCF and Post Invasive Procedure are as follows:

- Handles patients with critical conditions such as myocardial infarction, congestive cardiac failure, post coronary Angiogram and Angioplasty, post invasive cardiac procedures, and dangerous heart rhythms.
- Utilise modern technological equipment such as intra-aortic balloon pump, arterial blood gas machine, and ventilator.
- Administration of medications through oral, rectal, intravenous, subcutaneous and intramuscular routes
- Collected specimens, monitored Vital Signs, Blood Glucose, GCS and ABG; and maintained intake and output chart.
- Operated temporary pacemaker and permanent pacemaker according to hospital and manufacturer's guidelines to help manage patients.
- Initiated thrombolytic therapy with Streptokinase, Urokinase and Acute MI .
- Care of patient with Ventilator, IABP, BIPAP, and Humidifier.
- Performed and provided Tracheostomy care to patients who have suffered trauma or catastrophic neurologic insults.
- Monitored CVP to provide guide to hemodynamic therapy.
- Maintained a good nurse-patient relationship and provided follow-up treatment to patients.

Professional Certifications

- Basic ECG interpretation I & II
- BCLS, CPR & AED
- Life Support Course for Nurses (LSCN)
- Nursing Documentation and IT Security

Awards, Achievements & Registration History

Awards

- Long Service Award 2018 - National Heart Centre Singapore
- Gold Award 2018 - Singapore Health Quality Service
- Productivity Award 2018 - National Heart Centre Singapore
- Silver Award 2015 - National Heart Centre Singapore
- Star Award 2012 - Singapore Health Quality Service
- Bronze Award 2012 - National Heart Centre Singapore
- Silver Award 201 - National Heart Centre Singapore
- Service Champion 2010- National Heart Centre Singapore
- Bronze Award 2009 - National Heart Centre Singapore
- Service Champion 2009 - National Heart Centre Singapore

Professional Registration History

Singapore Nursing Board, Singapore : N0836315D

The Karnataka State Nursing Council, India : 65393

Language Proficiency

English (OET Grade B), Malayalam, Tamil ,Telugu and Malay

Personal Details

Date of Birth : 30/05/1985

Religion : Christian

Nationality : Indian

Marital Status : Married

Gender : Female

References

1. Ms. Zapatero Rhea Panado
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2. Ms. Maria Yvetta Glco Caballero
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Hereby certify that the above information is true and correct to the best of my knowledge and belief.

Deepthi Perumcheril Lukose