

Personal Details

Name: Bathmavathi Balaraman

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Date of Birth: 15th February 1988

Nationality: Malaysian

Personal Profile

A focused dedicated professional who is committed to safeguarding the medical needs, comfort, and emotional wellbeing of patients under my care. I have good communication skills and I am focused, conscientious and physically fit individual who has a long track record of successfully identifying, planning, implementing and evaluating the nursing care requirements of patients. I am able to demonstrate a consistently high standard of nursing care and I am more than able to contribute to the continuing development of professional nursing practice in any clinical environment alongside promoting and maintaining high standards of nursing care.

Professional Qualification

2013 – 2015

Bachelor of Nursing

University of Huddersfield, United Kingdom

2009 – 2010

Post Basic - Professional Certificate in Coronary Care Nursing

University of South Australia, Australia

2006 – 2009

Diploma in Nursing

Malaysian Allied Health Science Academy (MAHSA), Malaysia

Work Experience

Charge Nurse

Adult Cardiothoracic ICU (ACICU)

Prince Sultan Cardiac Centre

Riyadh, Saudi Arabia

April 2018 – Present

- Provides supervision and support for the adult cardiology or cardiac surgery critical care team during each span of duty.
- Responsible for maintain the highest standards of clinical care
- Responsible for performing duties of ward manager in the absence of the Head Nurse

Staff Nurse II

Adult Cardiothoracic ICU (ACICU)

Prince Sultan Cardiac Centre

Riyadh, Saudi Arabia

September 2016 – April 2018

The adult surgical intensive care unit (ACICU) admits patients directly from the operating theatre, performing four to five theatre cases a day. Such cases include coronary bypass grafting, valvular surgery, heart transplants, LVAD insertion, beating heart surgery and a wide variety of cases with congenital anomaly's requiring surgical intervention. The time spent working on the unit has further compounded my experience of caring for the critically ill patient, these are as follows:

- Assisting with the insertion and care of chest drains, intra-aortic balloon pumps, re intubations, tracheostomy's, central lines, arterial lines and swan ganz catheters.
- Caring for the ventilated patient and aspects of weaning ventilation.
- Caring for patients receiving both hemofiltration and CRRT.
- Caring and assessing the need for CPAP and BiPAP therapy.
- Caring for the nutritional needs of patient's including NG insertion and TPN management.
- Cardiac output management
- Aspects of pain management and wound care.
- Care of patients post LVAD insertion.

- Caring for patients receiving nitric oxide therapy.
- Caring for patients with cardiac anomaly requiring surgical intervention.

I have also been able to develop new skills whilst working on the unit. These are as follows:-

- Caring for patients post heart transplant.
- Caring for patients requiring a multidisciplinary team approach including patients with neurological deficits, gastroenterology procedures, respiratory and pulmonology procedures.
- Took on the role of shift in-charge nurse.
- Acting as preceptor to students.

Staff Nurse

Adult General ICU

Mahkota Medical Center

Melaka

May 2015 – May 2016

The general ICU comprises 17 beds inclusive (ICU/ CCU/ CSICU) which admits patient from emergency department as well from operating theater post op patient.

- Caring for patients requiring a multidisciplinary team approach including patients with neurological deficits, gastroenterology procedures, respiratory and pulmonology procedures.
- Caring for patients receiving both hemofiltration and CRRT.
- Caring and assessing the need for CPAP and BiPAP therapy.
- Caring for the nutritional needs of patient's including NG insertion and TPN management.
- Cardiac output management
- Aspects of pain management and wound care.

Staff Nurse II

Adult Cardiothoracic ICU (ACICU)

Prince Sultan Cardiac Centre

Riyadh, Saudi Arabia

Dec 2011 – Dec 2014

The adult surgical intensive care unit (ACICU) admits patients directly from the operating theatre, performing four to five theatre cases a day. Such cases include coronary bypass grafting, valvular surgery, heart transplants, LVAD insertion, beating heart surgery and a wide variety of cases with congenital anomaly's requiring surgical intervention. The time spent working on the unit has further compounded my experience of caring for the critically ill patient, these are as follows:

- Assisting with the insertion and care of chest drains, intra-aortic balloon pumps, re intubations, tracheostomy's, central lines, arterial lines and swan ganz catheters.
- Caring for the ventilated patient and aspects of weaning ventilation.
- Caring for patients receiving both hemofiltration and CRRT.
- Caring and assessing the need for CPAP and BiPAP therapy.
- Caring for the nutritional needs of patient's including NG insertion and TPN management.
- Cardiac output management
- Aspects of pain management and wound care.
- Care of patients post LVAD insertion.
- Caring for patients receiving nitric oxide therapy.
- Caring for patients with cardiac anomaly requiring surgical intervention.

I have also been able to develop new skills whilst working on the unit. These are as follows:-

- Caring for patients post heart transplant.
- Caring for patients requiring a multidisciplinary team approach including patients with neurological deficits, gastroenterology procedures, respiratory and pulmonology procedures.
- Took on the role of shift in-charge nurse.
- Acting as preceptor to students.

Staff Nurse

Adult Cardiothoracic ICU

National Heart Institute

Kuala Lumpur, Malaysia

July 2009 – November 2011

The National Heart Institute has a large 30 bedded cardiac ICU/HDU, where I had the opportunity to care for post cardiac surgery patients. My experience gained includes:-

- Assisting with the insertion and care of chest drains, intra-aortic balloon pumps, re intubations, tracheostomy, central lines, arterial lines and pulmonary artery catheters.
- Caring for the ventilated patient and aspects of weaning of ventilation.
- Caring for patients receiving both hemofiltration and CRRT.
- Caring and assessing the need for CPAP and BiPAP therapies.
- Caring for the nutritional needs of patients including NG insertion and TPN management.
- Cardiac output management
- Aspects of pain management and wound care.
- Meeting the needs of the patient.
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I have also been able to develop new skills whilst working on the unit and these are as follows:-

- Care of patients post LVAD insertion.
- Caring for patients receiving nitric oxide therapy.
- Caring for patients with cardiac anomaly requiring surgical intervention.

Nursing Registration

2011 – Present: Saudi Commission for Health Specialties

2009 – Present: Malaysian Nursing Board

Courses Attended
January 2021: Advanced Cardiac Life Support Certification (AHA) April 2020: Basic Life Support (AHA) Cardiac Anomalies Course: June 2018 April 2013: Palliative Nursing Symposium May 2013: Prince Sultan Military Medical Centre Nursing Symposium July 2010: 21st Century Critical Care Nursing Conference - National Heart Institute, Malaysia July 2009: "Pain Screening and Assessment Training" – National Heart Institute, Malaysia

Interests
In my spare time I enjoy traveling, I also enjoy reading both for pleasure and to further develop my clinical knowledge base thus ensuring my practice is evidenced based.

References
<p>Carina Murray Head Nurse – Cardiothoracic ICU Prince Sultan Cardiac Centre, Riyadh Contact: +966 11 478 300 (ext. 88509) Contact: +966502977560</p> <p>Dalilah Nurse Manager - Cardiothoracic ICU National Heart Institute, Malaysia Contact: +603 2617 8200</p>