

# RITU VERMA

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## OBJECTIVE

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Experienced and dedicated ICU Staff Nurse with over 4 years in CTVS ICU settings, skilled in critical care, post-operative management, and emergency response. Seeking a challenging nursing role to contribute clinical expertise and compassionate care in a dynamic healthcare environment.

## EXPERIENCE

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### Max Vaishali Hospital – CTVS ICU

#### Clinical Nurse / ICU Staff

February 7, 2023 – March 25, 2025

- **2 years of hands-on experience in the Cardiothoracic and Vascular Surgery Intensive Care Unit (CTVS ICU).**
  - Provided critical care to post-operative patients, including ventilator support, hemodynamic monitoring, and emergency response.
  - Collaborated with a multidisciplinary team to ensure high standards of patient care and safety.
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### Apollomedics Super Speciality Hospitals, Lucknow – CTVS ICU

#### Staff Nurse

2019 – 2021

- Delivered specialized nursing care to patients undergoing cardiothoracic and vascular surgeries.
  - Assisted in invasive procedures and ensured continuous monitoring in a high-acuity ICU setting.
  - Maintained patient safety, infection control, and high standards of critical care nursing.
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### Clinical Experience (During Training)

- **Regional Hospital, Solan – Clinical Rotation (10 months)**  
Gained hands-on experience in general medical and surgical wards, patient assessment, and routine nursing procedures.
- **Indira Gandhi Medical College, Shimla – Clinical Posting (2 months)**  
Assisted in specialized departments, including internal medicine and emergency care.
- **Community Health Nursing – Field Training at Oachghat and Dharampur (2 months)**  
Participated in community outreach, health education, and primary care services.
- **Institute of Human Behavior and Allied Sciences (IHBAS), Delhi – Mental Health Nursing (1 month)**  
Observed and supported psychiatric care for patients with acute and chronic mental health conditions.
- **Kamla Nehru Hospital, Shimla – Pediatric and Maternity Care (1 month)**  
Involved in maternal and child health services, including labor room observation and pediatric ward care.

## EDUCATION

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### B.Sc. Nursing

MLM College of Nursing, Solan  
Graduated in 2019 | 66.42%

### Senior Secondary (12th)

Shri Thakur Dwara Balika Vidyalaya,  
Ghaziabad – C.B.S.E. Board  
Passed with 71.4%

### Secondary (10th)

Shri Thakur Dwara Balika Vidyalaya,  
Ghaziabad – C.B.S.E. Board  
Passed with 72.2%

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**SKILLS**

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**Hard Skills**

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- Critical Care & Post-Operative Nursing (CTVS ICU)
- Ventilator & Hemodynamic Monitoring
- Emergency Response & Patient Safety
- Medication Administration & IV Therapy
- Infection Control & ICU Protocol Compliance

**Soft Skills**

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- Compassionate and Patient-Centered Care
- Effective Communication with Patients and Team
- Team Collaboration in High-Pressure Environments
- Strong Ethical and Professional Conduct
- Time Management & Multitasking Abilities

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**DECLARATION**

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I am a sociable individual who values teamwork and is able to build and maintain strong working relationships with colleagues at all levels. I am open to learning, embrace challenges, and approach tasks with a proactive and forward-thinking attitude.