

Curriculum Vitae

JJI. S. VARUGHESE RN, MSN

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EUCATION

- Present** **DNP Student (Chamberlain College of Nursing)**
- Aug 2010 – Dec 2012** ***Masters of Science in Nursing/Nursing and Health Care Education***
University of Phoenix
- July 1998 – July 2000** ***Bachelor of Science in Nursing (BSN)*** The Tamil Nadu Dr.M.G.R
Medical University, Chennai, Tamil Nadu, S.INDIA
- Aug 1992 – Aug 1995** **Diploma in General Nursing and Midwifery (3 years)** The Karnataka
Nursing Council, Bangalore, Karnataka, S.INDIA.

PROFESSIONAL EXPERIENCE

- Aug 2012 – Present** **NCLEX-RN Trainer**
Solomon's NCLEX Prep Center Inc. The Colony, TX
- July 2017 - Present** **Nurse Educator – Procedural Area**, Parkland Hospital, Dallas, TX
- Feb 2016 – April 2017** **Assistant Dean of Nursing**, Carrington College, Mesquite, TX
- Oct 2013 – Feb 2016** **Faculty - Nursing**, West Cost University, Dallas, TX
- Feb 2014 – Apr 2014** **Adjunct Faculty**, Teamwork Services, Grand Prairie, TX
- Oct 2013 – Dec 2014** **Case Manager (PRN)**, Committed Home Health Care,
Carrollton, TX
- Aug 2012 – Oct 2013** **Cardiac Cath Lab & EP Lab Nurse**, THR Presbyterian
Hospital, Denton, TX
- Sep 2006 – July 2012** **Interventional Cardiology/Cath Lab Nurse**,

Boston Medical Center, Boston, MA

Apr 2011 – July 2012

Clinical Coordinator (Per Diem) Hebrew Rehabilitation
Center, Boston, MA

Jul 2004 – Jan 2009

Agency Nurse – RN (*Worked in Acute, Sub-acute Hospitals,
Rehabs & Nursing Homes*), DB Healthcare, Burlington, MA

Oct 2004 – Feb 2006

Staff Nurse, Northeast Specialty Hospital (Kindred), Waltham,
MA

Jul 2000 – May 2004

Clinical Instructor/Nursing Faculty, Bethany School of Nursing
(Tribal Mission), Anaikatty, Coimbatore, INDIA

Jul 1998 – Jul 2000

*Full time BSN Student at Matha College of Nursing, Madurai,
INDIA*

Oct 1997 – Jul 1998

*Staff Nurse (Cardiac Catheterization Lab), Sree Uthradom Thirunal
Hospital, Trivandrum, INDIA.*

Aug 1995 – Aug 1997

Staff Nurse (Cardiac Catheterization Lab), B.M Birla Heart
Research Centre, Calcutta, INDIA

CORE COMPETENCIES

Solution focused, Committed to excellence, Team Oriented, Patient Centric, Student Centric,
Educator/Mentor, Culturally humble

EXPERIENCE SUMMARY

- 10 year of teaching experience in United states and abroad
- 22 years of experience as an RN in India and US.
- Coordinating Education for Nursing Staff and Unlicensed assistive personnel with regard to orientation and continuing education to ensure that staff are credentialed, and able to demonstrate current competencies and meet professional nursing standards of practice in assigned areas.

- Served as an assistant Dean of nursing in nursing college. Provided administrative leadership in areas of curriculum development, hiring, faculty development and performance appraisals, budget and finance and facilitated planning and management.
- As a faculty for Critical Care Nursing, Advanced Medical/Surgical Nursing, Fundamentals of Nursing classroom, and skill lab for BSN course.
- Taught as a clinical instructor for Medical/Surgical Nursing
- Offer private tutoring for students who need additional support for NCLEX examination
- Taught skill labs for med-surge and fundamental courses using medium fidelity and high-fidelity simulators
- Taught as a clinical instructor for med –surg, critical care nursing, and Fundamentals of nursing.
- Taught Ob-gyn, Peds, & community health nursing (Auxiliary nurse midwifery Course)
- Worked as a Case Manager for home health care facility.
- Taught LVN's, auxiliary nurse midwives, and Home Health aides in US and abroad.
- Worked as a Cath Lab Nurse and Clinical Coordinator.
- Specialized background working Cardiac Catheterization Lab, Interventional cardiology unit, Coronary Care Unit, Post-Operative Intensive Care Unit, Emergency Department, Medical & Surgical units, Telemetry, Cardiac step down units, Long term care facilities, and rehabilitation facilities.
- Proficient in all procedures such as a Scrub Nurse and Circulatory Nurse, document Conscientious monitoring, recording, and reporting symptoms and changes in patients' conditions.
- Frequently volunteers to cover staffing call-ins and emergencies
- Relate well with patients, physicians and management.
- Managed/handled many complicated medical procedures and equipments such as IABP, Impella, rotator, IVUS, temporary pacemaker, defibrillator, etc.

CERTIFICATIONS

Telemetry, BLS, ACLS, IV

Fundamental Critical-Care Support (FCCS)

Boston ICU Consortium – Critical-Care Core Program

CGFNS, TOEFL, IELTS

CREDENTIALS

RN License, State of Texas

RN License, State of Massachusetts

RN License, State of New York

Registered Nurse and Registered Midwife License, INDIA

MEMBERSHIPS

Member of The International Nurses Association

(recognized as a Worldwide Leader in Healthcare & Top Registered Nurse and Nursing Professor in TX, MA and NY)

Member of Sigma Theta Tau International Honor Society of Nursing

Member of American association of critical-Care Nurses

Member of Massachusetts nurse's association

Life Member of the Karnataka Nursing Council

Member of the Kerala Nursing Council

Life Membership of the Trained Nurses association of India

Life member of Indian American Nurses Association of North Texas (IANANT)

Life member of National Association of Indian Nurses of America (NAINA)

SERVICES

Actively participates in the learning community activities

Served in the curriculum development committee

Served in the search committee for hiring Dean

Served in the appeal committee

Facilitated faculty meetings

Given training to Nurses about Pressure Ulcer prevention.

Served in the Skin Committee at Boston Medical Center, Boston, MA

Developed a course for training Nurses in Pressure ulcer prevention.

Participated in NDNQI and Hill-Rom Surveys.

Volunteered for community services, health education campaigns free medical camps for the homeless and refugees in U.S and abroad.

Provided education about diabetic diet for the community through religious organizations.

EQUIPMENT/SOFTWARE HANDLED

IVUS, ICE, Sonosite, Bladder scanner, FFR, Impella, IABP (arrow & datascope), Artic sone, defibrillator, Pacemaker, Alaris infusion pump, Co2 monitor, Angiojet, EKOS, Pathway (Jetstream), LV injector, I stat, ACT machine, Oxymetry machine (AVOX) etc.

Experience in using sunrise clinical manager, Meditech, and Epic

Familiarity with Xelera, Witt, and Mac lab, Knowledge of MS-OFFICE.

SKILLS HANDLED:

Teaching and leadership skills

- Teaching Fundamentals of Nursing skills lab, Medical Surgical Nursing and Critical Care Nursing for BSN students and LVN students.
- Teaching nursing students during clinical rotation in areas like, ICU, Cath Lab, ER, PACU, SICU, Medical Surgical/Telemetry units in acute care hospitals (Parkland, Medical Center Arlington, Medial Center Plano) and Rehab Facilities.
- One to one remediation for students as needed.
- Used e-college and blackboard to teach the students

- Utilization of ATI for teaching, Experience in using e-college and smart board.
- Experience in teaching using high fidelity and medium fidelity simulators.
- NCLEX-RN/PN training experience.
- Accompanying with the students to ward and supervising them in carrying out the Medical, Surgical & Obstetrical Nursing Service
- Teaching the students regarding all fundamental procedures and handling emergencies in the real clinical situations.
- Accompanying and Supervising the students in rural areas and provide community health services.
- As a nursing supervisor or charge nurse, directed and assisted in meeting the educational needs of staff nurses
- Served in skin committee
- Actively participated in educating staff nurses on pressure ulcer prevention
- Conducted presentations on pressure ulcer prevention strategies to educate staff nurses
- Participated in pressure ulcer prevention surveys of NDNQI and Hill Rom
- Taught student nurses as well as new nurses in the clinical area.
- Five years of teaching experience in an educational setting in India and one year in United States.

As a Case Manager

- Admission, Discharge, & Recertification of Home Healthcare patients.
- Teaching LVN's & Home Health aides.
- Assessing patients and communicate with Doctors.

As a Clinical Coordinator

- Coordinating the staffing & Supervising the nursing units
- Teaching nurses on clinical updates as needed by providing education and in-service to the staff nurses. Acts as a resource for the staff nurses
- Handling patients and families complaints and other clinical issues appropriately
- Respond to all levels of emergencies and various codes including cardiac arrest

As a Charge Nurse

- Working as a **Charge Nurse** on rotation basis.
- Coordinate the in-flow and out-flow of patients in the unit.
- Organizing staffing needs of the unit.
- Act as a **resource for the nurses**.
- Handled the day-to-day issues and trouble shoot appropriately.
- Act and liaison between Staff and the Supervisors.
- Help out the nurses as needed.
- Active participation in **skin committee**.

As Cardiac Catheterization Lab Nurse

- Administration of conscious sedation
- Handling SETMI cases by taking STEMI calls
- Recording procedures in the Witt system and Xcelera
- Handling emergencies like cardiac arrest, cardiogenic shock, & acute MI,
- Assisting physician in Cardio version/ defibrillation, & Trans-esophageal echocardiography
- Working as a Scrub Nurse, Circulator, and monitor during Cardiac Catheterization.

Assisting/ doing the following procedures as a circulatory nurse, patient care nurse:-

- Coronary Angiography, PTCA (Coronary angioplasty) and peripheral vascular interventions, and cerebral angiography.
- Cardioversion, defibrillation
- Setting up Arterial line/pressure lines and monitoring/trouble shooting the waveforms
- Assist for the emergent and elective insertion of balloon pump, chest tube etc.
- Percutaneous trans luminal Valvuloplasty, ASD closure, Cardiac biopsy
- Swan ganz catheter insertion and monitoring.
- Permanent Pacing, Temporary pacing, AICD, and Bi-Ventricular device implantations
- Disinfection/Sterilization of articles used and preparing equipment for **ETO** (gas) sterilization, and Autoclaving
- Handling sterile equipment's, setting the lab for the procedures, and maintaining the supply of equipment.
- As a circulating nurse during **EP studies and ablations** for various cardiac dysrhythmias

As a Bedside Nurse

- Receiving report from previous shift nurse
- Conducting Head to toe assessment of pt including level of pain.
- Prioritizing the needs of patient
- Developing plan of care for the day, carrying out the interventions and evaluating the outcome.
- Admitting walk in patients for cardiac cath, orienting the pt to the unit and hospital routines, starting peripheral IV access, and collecting blood specimen and sent them to lab appropriately.
- Prepare pts for interventional procedures-coronary angiography/ plasty, electrophysiology,cerebral angio(carotid stent placement),peripheral angiography/plasty

- Obtaining EKG, interpreting, and notifying the changes to physician as needed.
- Check for presence of peripheral pulses –pedal pulse, posterior tibial, radial ect..
- Monitor for presence of chest pain if any, monitor pt on telemetry
- Send the pt to cath lab, and receiving the pt back from cath lab after procedure
- Pull arterial and venous sheath, and asses the site for bleeding or hematoma
- Monitor vital sings, ACT post procedure as needed, maintain pt on bed rest, monitor for cardiac arrhythmia
- Administering &monitoring pts on critical medication like—
Integrilin, Angiomax, Reopro, IV nitroglycerin, Dopamine, Dobutamine, Amioderone, Adenosine, Sodium nitoproside, Epinephrine, Norepinephrine (levophed), Phenalephrine (neocenephrine), Heparine, Lasix, Diltiazem, Dilaudid, Morphine, Versed, and Fentanyl.
- Administering total parenteral nutrition, blood transfusion and monitoring the pt
- Foly catheter insertion for male and female
- Bladder scan, Post void residual
- Taking care of pt with CHF and pts on CHF solution (ultrafiltration)
- Managing pts with PCA pumps and wound vac
- Planning and implementing nursing care.
- Caring the patients with G-tubes, NG tubes
- Observing patients for Hypo and Hyperglycemia. Handling Glucometer.
- Taking care of patients on CPM machines.
- Taking care of patients with IV fluids and IV antibiotics.
- Taking care of patients with wounds of different stages.
- Providing patient teaching.

- Providing psychological and emotional supports of the patients.
- Meeting the personal and hygienic needs of the patients.
- Handling the Narcotic drugs.
- Taking out orders through telephone and carrying them out, proficient in EMAR, computerized documentation /receiving and acknowledging orders.
- Endotracheal suctioning and caring the patients on Ventilators.
- Providing patient teaching, psychological and emotional supports of the patients.
- Assisting in code-situations as needed
- Reporting of any change in the patient condition.

As an ICU Nurse

- Admission and assessment of patient admitted in Coronary Care Unit.
- Prompt identification of emergencies.
- Assisting the physician for all bedside invasive procedure especially temporary pacing wire insertion, TEE, and Cardioversion. **Swan ganz** and central line insertion, **IABP** monitoring, Endo tracheal intubation, Collection of ABG & other blood samples, peritoneal dialysis.
- Managing Myocardial infraction (thrombolization), Cardiac arrest (CPR) Ventilatory
- Administration of IV fluid with the use of Alaris pump
- Monitoring **Pulmonary artery wedge pressure** and other invasive monitorin
- Pre-operative teaching and preparing the patient for Cardiac surgeries and other diagnostic tests like, ECHO, PFT.