

NARESH SOLANKI

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Dedicated and compassionate healthcare professional with extensive experience in nursing care, clinical settings, home healthcare, and assisting in healthcare environments. Proficient in providing high-quality patient care, administering medications, and assisting with activities of daily living. Skilled in fostering a supportive and empathetic environment for patients while collaborating with interdisciplinary teams to ensure optimal patient outcomes. Strong communication, organizational, and critical thinking abilities. Committed to upholding the highest standards of patient safety and comfort.

AREAS OF EXPERTISE

- Proficient in conducting comprehensive patient assessments, including vital signs monitoring, physical examinations, and health history documentation, to accurately evaluate patient needs and develop appropriate care plans.
- Experienced in safely administering medications, including oral, injectable, and intravenous routes, adhering to strict protocols and ensuring dosage accuracy while prioritizing patient safety and medication efficacy.
- Skilled in providing specialized wound care management, including wound assessment, dressing changes, and infection control measures, to promote optimal wound healing and prevent complications.
- Capable of effectively educating patients and their families on various healthcare topics, including medication regimens, disease management, lifestyle modifications, and post-operative care, empowering them to actively participate in their own health management.
- Proficient in collaborating with multidisciplinary healthcare teams, including physicians, nurses, therapists, and social workers, to coordinate comprehensive patient care plans, ensure continuity of care, and address patient needs holistically.
- Well-versed in responding to emergency situations, such as cardiac arrest, respiratory distress, and trauma, utilizing advanced life support techniques, initiating appropriate interventions, and maintaining composure in high-pressure environments to optimize patient outcomes.

SKILLS

- Patient assessment
- Medication administration
- Wound care
- Patient Education
- Patient Advocacy
- Rehabilitation support
- Pediatric care
- Adaptive equipment use
- Emergency response
- Electronic health record documentation
- Infection control
- Vital signs monitoring
- Intravenous therapy
- Catheter care
- End-of-life care
- Blood glucose monitoring
- Interdisciplinary collaboration
- Mobility assistance
- Pain management
- Oxygen therapy
- Nutritional support
- Care planning
- Team communication
- Crisis intervention

PROFESSIONAL EXPERIENCE

Team Leader, Registered Nurse

Feb 2018 - Present

National Institute of Cardio Vascular Diseases Hospital

- Spearheaded nursing teams to ensure exceptional patient care, aligning with the hospital's vision and mission.
- Established robust liaisons with governmental, non-governmental, and mission sector clients, promoting the hospital's services and expanding clientele.
- Orchestrated end-to-end patient care, from admission to discharge, ensuring a seamless experience for patient and their families.
- Fostered inter-departmental collaboration, streamlining communication channels to enhance efficiency and optimize patient outcomes.
- Set, monitored, and ensured adherence to key performance metrics, maintaining product and service quality standards. Fostered a positive work environment, prioritizing team growth, training, and collaboration for achieving company goals.

Registered Nurse

Jun 2012 - Feb 2018

Aga Khan University Hospital

- Diligently monitored and assessed patients' conditions, tailoring nursing interventions to individual patient needs.
- Collaborated closely with multidisciplinary healthcare teams, formulating individualized care plans to ensure holistic patient care.
- Educated patients and their families on post-discharge care, ensuring continuity of care and preventing readmissions.
- Engaged in continuous professional development, staying updated with the latest medical practices and contributing to team knowledge sharing.

Registered Nurse

May 2011 - Jun 2012

Orthopedic Medical Institute (OMI)

- Conducted comprehensive patient assessments, including physical examinations and health histories, to inform care decisions.
- Played a pivotal role in preparing patients for surgeries, ensuring they were informed and comfortable throughout the process.
- Maintained meticulous patient records, tracking symptoms, interventions, and outcomes to inform future care.
- Collaborated with the orthopedic team, providing essential support during surgical procedures and post-operative care.

EDUCATION

Khyber School of Nursing (Sindh Examination Board Karachi) | Mar 2014

Specialization in Post Basic I.C.U | [PG Diploma Equivalent]

Karachi Adventist Hospital School of Nursing | Sep 2007

3-Year General Nursing Diploma | [UG Diploma Equivalent]