



MARIA LOURDES COSME

REGISTERED NURSE

CONTACT

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Dubai, United Arab Emirates

SKILLS

- Newborn & infant care
- Overnight home nursing
- Tracheostomy & suctioning
- Wound care & dressings
- NGT/PEG & catheter care
- Medication administration
- Vital signs & oxygen monitoring
- Pediatric & emergency nursing
- Parent education

PROFILE

Registered Nurse with a Bachelor of Science in Nursing and experience in home healthcare, newborn and infant care, pediatric and emergency nursing, aesthetic medicine, and clinical education across the UAE and Saudi Arabia. Provides overnight nursing care from newborns to critical-care patients and trains future healthcare professionals as a Clinical Instructor and DCAS-licensed BLS Instructor.

WORK EXPERIENCE

Newborn Night Care Specialist (Registered Nurse)

CareXperts Home Healthcare · Dubai, UAE · May 2023 – Present

- Provide overnight newborn and infant care at home so parents can rest while the baby is safely monitored.
- Monitor vital signs, temperature, breathing, color, feeding, weight, and output; document changes accurately.
- Support breastfeeding, bottle feeding, and formula preparation; watch for poor feeding or reflux.
- Perform diapering, bathing, cord care, skin care, and circumcision site care as ordered.
- Observe for jaundice, infection, and dehydration; report concerns promptly to the pediatrician or physician.
- Promote safe sleep and healthy routines, give medications as ordered, and educate parents on newborn care.

Registered Nurse (Night Shift)

CareXperts Home Healthcare · Dubai, UAE · May 2023 – Present

- Overnight home care from elderly to critical-care cases, in coordination with physicians and dietitians.
- Tracheostomy suctioning and care; NGT/PEG and Foley or suprapubic catheter care.
- Wound care and dressings; medication administration; vital signs and oxygen saturation monitoring.
- Recommend changes to the patient's care plan when care issues are identified.

Clinical Instructor, Internship Coordinator & BLS Instructor (DCAS)

CNA Training Institute · Dubai, UAE · March 2022 – Present

- Teach and certify students as a DCAS-licensed Basic Life Support Instructor.
- Orient and mentor students; assign activities aligned with clinical competencies and complete rotation evaluations.
- Support faculty with clinical skills logbooks and liaise with clinical site teams.

CERTIFICATIONS

- DCAS BLS Instructor Licence
- Certified First Aid and Basic Life Support
- Aesthetic Course

MORE SKILLS

- Aesthetic procedures
- Clinical teaching & mentoring
- Basic Life Support instruction
- Care planning & documentation
- Infection control
- Patient & family support

WORK EXPERIENCE

Clinic Nurse

Bloom Aesthetic and Laser Clinic · Dubai, UAE · April 2021 – December 2021

- Patient consultations, medical screening, skin assessment, and pre- and post-operative care.
- Assisted physicians with procedures; prepared and sterilised instruments and suites.
- Administered Botox and fillers; performed chemical peels, laser hair removal, dermabrasion, CoolSculpting, and tattoo removal.

General Nurse, Pediatric & Emergency Departments

Al Khaleej Medical Center · Riyadh, Saudi Arabia · October 2018 – February 2021

- Delivered care through the full nursing process with physicians and multidisciplinary teams.
- Provided physical and emotional support to patients and families.
- Upheld infection-control, medication-safety, and controlled-substance standards; kept accurate charting and handovers.

EDUCATION

Bachelor of Science in Nursing

Pines City College · 1998

References available on request.