Maryann Adaobi Umeh

Registered Nurse | BLS Certified | No. 11 A. Ezike Street, Isheri Oshun, Ejigbo, Lagos State | 08160371617 | umehadaobi17@gmail.com

Professional Summary

Compassionate and council-licensed Registered Nurse with diverse hands-on clinical experience across psychiatry, medical-surgical, trauma, obstetrics, pediatrics, and outpatient units. Skilled in providing holistic nursing care, administering medications, and responding to emergencies in high-pressure environments. Adept at maintaining patient safety, upholding confidentiality, and collaborating with multidisciplinary teams to deliver individualized care plans. Proficient in monitoring patient progress, educating families, and ensuring accurate documentation. Known for strong attention to detail, calmness under pressure, and a deep sense of responsibility to patients' well-being. Passionate about continuous learning and improving health outcomes through evidence-based nursing practice.

Professional Experience

Awoliyi Memorial Hospital & Maternity — **Lagos**

Staff Nurse — Aug 2024 - Present

- Deliver direct nursing care to over 30 patients weekly, ensuring strict compliance with hygiene and safety protocols
- Achieved 98% medication accuracy rate through diligent double-checking and time-sensitive administration
- Collaborate with physicians and lab teams to ensure timely diagnostics and execution of treatment plans
- Educate an average of 15 patients and caregivers weekly on discharge instructions, leading to reduced readmission rates

University of Nigeria Teaching Hospital — **Ituku Ozalla**

Student Nurse – Eye, ENT & Skin Clinics — Nov 2023 - Jan 2024

- Supported over 60 eye procedures, ensuring sterile conditions and pre-op prep for successful outcomes
- Assisted ENT team during over 40 diagnostic and minor surgical procedures, minimizing wait time by 20%
- Provided wound care and dermatologic treatments to patients in the skin clinic, reducing healing time through proper dressing techniques
- Documented patient responses and communicated key changes to consultants, contributing to timely care modifications

National Orthopedic Hospital — **Enugu**

Student Nurse – Burns, Trauma & Spinal Units — Sep 2023 - Nov 2023

- Provided bedside care for over 50 post-op patients in the burns and plastics unit with zero cross-infection incidents
- Actively participated in 10+ emergency trauma responses, improving patient stabilization outcomes
- Assisted with daily rehabilitation routines for spinal patients, increasing patient independence by 30%
- Maintained accurate fluid balance and vital records to guide pain and wound management

Federal Neuropsychiatric Hospital — **Enugu**

Student Nurse – Drug Ward, Emergency & Acute Wards — Dec 2022 - Aug 2023

- Supported medication administration and behavior monitoring for over 80 psychiatric patients
- Assisted in crisis de-escalation during 20+ emergency cases, contributing to a safer ward environment
- Conducted daily mental health assessments and documented therapy outcomes to support ongoing treatment plans
- Liaised with psychologists and family members to reinforce patient-centered recovery goals

Nnamdi Azikiwe University Teaching Hospital **Nnewi**

Student Nurse – Male Surgical, Labour Ward & Theatre May 2022 - Aug 2022

- Cared for 25+ male surgical patients, assisting in wound dressing and catheter care with 100% adherence to sterile protocols
- Supported over 30 successful deliveries in the labour ward and theatre, including observation of C-sections
- Participated in surgical instrument prep and post-op recovery, improving procedural efficiency
- Delivered bedside education to patients and family members, enhancing understanding of procedures and care routines

Our Lady of Lourdes Hospital Complex **Ihiala**

Student Nurse – Male/Female Wards, Pediatrics & OPD Jan 2021 - Dec 2022

- Provided comprehensive care for medical patients including medication administration, daily vitals, and chart updates
- Assisted in treating over 45 pediatric patients, focusing on hydration, temperature control, and caregiver support
- Participated in outpatient consultations, triaging 20+ patients per day for appropriate department referrals
- Contributed to early detection of patient deterioration through close monitoring and escalation to senior nurses

Education

College of Nursing Sciences, Our Lady of Lourdes May 2024

Registered Nurse Certificate | General Studies

Ihiala

Regina Caeli Secondary School Jul 2018

West African Senior School Certificate (WASSCE) | General Studies

Nnewi South, Anambra State

Core Clinical & Professional Skills

Electronic Medical Records (EMR) · Interdisciplinary Collaboration · Time Management & Multitasking · Vital Signs Monitoring & Patient Assessment · Emergency Nursing & Basic Life Support (BLS) · Aseptic Technique & Wound Dressing · Drug Administration & IV Cannulation · Maternal & Neonatal Care · Psychiatric Patient Monitoring & Crisis Intervention · Accurate Clinical Documentation · Surgical Preparation & Recovery Room Support · Infection Prevention & Control Measures · Health Education & Discharge Planning · Patient Advocacy & Confidentiality · Empathetic Communication & Cultural Sensitivity

Licensure & Certifications

Registered Nurse (RN) May 2024

Nursing and Midwifery Council of Nigeria

Basic Life Support (BLS, CPR & AED) May 2025

Lagos State Health Management Agency (LASHMA)