

INDU BALAKRISHNAN

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Professional Summary

Patient-centered Psychiatric Mental Health Nurse Practitioner experienced in managing acute patients with schizophrenia, bipolar disorder, ADHD, depression, anxiety, and other psychiatric disorders in adults and adolescents.

Skills

- Psychiatric Emergencies Management
- Strong clinical judgement & Decision making.
- Patient & Family advocate.
- Critical thinking ability and Strong work ethic.
- Proficient in Electronic Health Records - Epic, Cerner
- Therapeutic Communication.
- Strong knowledge in Seclusion and restraint policies.

PMHNP Clinical Experience

Family Psychiatry, League City, TX & Eastern State Hospital, Williamsburg, VA

- Interviewed patients in outpatient clinic and crisis stabilization units and made diagnosis and recommended medications under preceptor's supervision.
- Diagnosed bipolar disorders, depression, anxiety, substance abuse disorders and personality disorders and recorded comprehensive patient histories and coordinated treatment plans with multi-disciplinary team members.
- Documented observations, interventions, and concerns in patient charts and electronic systems, sustaining the continuum of care.
- Documented all medications administered to mental health patients, following instructions from psychiatrists and provided psycho education and medication education.
- Met patient needs by devising and coordinating highly tailored care plans for each individual.

Work History

Registered Nurse II

04/2021 to date

UTHealth Harris County Psychiatric Center (HCPC) / John S. Dunn Behavioral Health Sciences Center Houston, TX.

- Provided direct quality care to patients by monitoring, recording and evaluating psychiatric conditions.
- Performed patient assessments to monitor expected response to medications and altering treatment plans.
- Facilitated therapeutic communication, conflict resolution and crisis intervention by redirecting negative behaviors and helping patients regain or improve coping abilities.
- Quickly responded to situations impacting safety and security to unit, actualizing crisis prevention interventions to control and de-escalate situations.
- Administered medications via oral, intramuscular and subcutaneous route and monitored responses, performs EKG and other therapeutic interventions.
- Advocated for and strived to protect health, safety and rights of patient.
- Trained new nurses in proper techniques, care standards, operational procedures and safety protocols.

Registered Nurse II

09/2019 to 03/2021

Eastern State Hospital – Williamsburg, VA

- Worked as a charge nurse on the psychiatric admission unit to provide comprehensive nursing care to patients with various psychiatric disorders and managed care from treatment initiation.
- Responsible for the direct care of patients with psychiatric disorders, reporting and updating patient behavior status, maintaining and documenting patient care and responses, and administering medications and treatment to patients.
- Formulates treatment plan, set goals, evaluates patient outcomes, communicates, coordinates, and updates psychiatrists and psychologists on patient progress.
- Facilitate therapeutic communication, conflict resolution, and crisis intervention by redirecting negative behaviors and helping patients regain or improve coping abilities to prevent further disability.
- Contribute substantially to successful department JCAHO accreditation by consistently operating to the highest standards of care.

Assistant Professor of Nursing 11/2008 to 08/2019
Directorate Of Medical Education – Thiruvananthapuram, Kerala
• Supervised practicum assignments of graduate and undergraduate students in a 550-bed affiliated hospital.

Staff Nurse, Mother-Baby Unit 06/2006 to 10/2008
Al Wasl Hospital, DOHMS – Dubai, UAE.

Staff Nurse, Labor and Delivery 04/2004 to 10/2004
Al Wasl Hospital DOHMS – Dubai, UAE

Nursing Tutor 04/1999 to 05/2001
Manipal Academy of Higher Education – MAHE, Karnataka

Staff Nurse 04/1998 to 04/1999
Sreekandapuram Nursing Home – Mavelikara, Kerala

Education

Post-master's Certificate in Psychiatric Mental Health Nurse Practitioner 11/2023
Walden University, Minneapolis, Minnesota 55401

MSN Obstetric & Gynaecological Nursing: OBGN 10/2003
St. John's College of Nursing - Bangalore, IN

BSN: Nursing 01/1998
Govt. College of Nursing - Thiruvananthapuram, IN

License & Certificates

APRN-CNP License (Texas Board of Nursing): License Number: 1032089
Prescriptive Authority Number: 48228
RN License (Texas Board of Nursing): License Number: 1032089
BLS