

Ahmad Zia Nasrat

Registered Nurse | Nursing Team Supervisor (Reserve Pool) — MSF (Helmand)

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PROFESSIONAL SUMMARY

Dedicated Registered Nurse with over 7 years of experience in clinical and emergency healthcare settings, including trauma and emergency nursing in both hospital and humanitarian contexts. Experienced in supervising nursing staff, coordinating patient care activities, ensuring compliance with infection prevention standards, maintaining accurate documentation, and supporting healthcare quality improvement. Strong communication, reporting, and team leadership skills, with fluency in Pashto, Dari, and English. Selected for the reserve pool following a Nursing Team Supervisor recruitment process with Médecins Sans Frontières (MSF) in Helmand.

WORK EXPERIENCE

Nurse

Emergency NGO · Lashkar Gah, Helmand, Afghanistan · Aug 2024 – May 2026

- Delivered emergency and trauma nursing care in a high-volume trauma centre.
- Coordinated daily nursing activities to ensure continuity and quality of patient care.
- Supervised and supported junior nurses and auxiliary staff during assigned shifts.
- Monitored compliance with infection prevention and control (IPC) protocols and patient safety standards.
- Maintained accurate patient records, clinical documentation, and departmental reports.
- Participated in multidisciplinary medical rounds and clinical decision-making processes.
- Supported medical stock monitoring, equipment management, and supply availability.
- Assisted with staff orientation, on-the-job training, and knowledge sharing.
- Contributed to shift planning and effective workflow coordination within the department.

Professional Nurse

Zubair Hospital · Lashkar Gah, Helmand, Afghanistan · Jul 2018 – Mar 2024

- Provided comprehensive nursing care for medical and surgical patients.
- Administered medications and monitored patient responses to treatment plans.
- Supervised support staff and junior nurses to ensure quality patient care.
- Ensured adherence to infection prevention and hospital safety protocols.
- Participated in mentoring newly recruited nursing staff.

EDUCATION & TRAINING

Diploma in Higher Nursing

Ghazanfar Institute of Health Sciences · Helmand, Afghanistan · 2015 – 2018

Emergency Trauma Nursing Induction Program — Step 1 & 2

Emergency NGO · Sep 2024 – Nov 2025

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Shock management, catheterization, tracheostomy and stoma care, wound and burn management, chest/surgical drains, blood transfusion, basic ECG, neuro assessment, palliative care, infection prevention and control, and leadership in nursing.

Protection Mainstreaming and PSEAH

INTERSOS · Feb 2025

Protection mainstreaming principles; prevention of sexual exploitation, abuse and harassment (PSEAH); professional conduct and accountability.

BLS-D Training (Basic Life Support & Defibrillation)

IRC · [Add date]

Adult and paediatric CPR, chain of survival, recognition of cardiac arrest, airway management and rescue breathing, choking / foreign body airway obstruction response, and use of an automated external defibrillator (AED) in emergency resuscitation.

Certificate issued; the training provider has not yet published an online verification portal. Physical certificate available on request.

SKILLS

Team supervision and coordination · Performance monitoring · Interdepartmental collaboration · Clinical documentation and reporting · Training support for junior staff · Shift scheduling support · Emergency and trauma nursing care · Infection prevention and control (IPC)

Languages

Pashto (mother tongue)
English, Dari — fluent
Hindi — conversational

Digital Skills

MS Word & Excel
Email communication
Internet research & online reporting
Data entry & record management

REFERENCES

Mariachiarla Zaroni

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