Zainab Bdeir

Senior Registered Nurse| Operating Room & Perioperative Care Professional

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PROFESSIONAL SUMMARY

Senior Nursing Professional with over 30 years of extensive experience in clinical and surgical nursing, specializing in perioperative care, Operating Room management, and pre-admission services. Currently serving as Head Nurse of the Pre-Admission Unit at Lebanese Medical Center – LMC-H, providing leadership in nursing operations, supervising clinical workflows, coordinating pre-operative assessments, and ensuring patients' readiness for surgical procedures. Previously served as Head Nurse of the Operating Room, bringing strong expertise in surgical coordination, multidisciplinary team management, infection prevention and control, patient safety, and quality assurance. Demonstrates exceptional leadership, clinical judgment, and commitment to delivering high-quality, patient-centered care while maintaining efficient hospital operations.

EDUCATION

July 2010: **License Technique (LT)** in Nursing –Bir Hassan Institute. Beirut, Lebanon

July 2009: **Technician Superior (TS)** in Nursing –Al Afak Institute. Beirut, Lebanon

July 1996: **Baccalaureate Technique (BT)** in Nursing –Al Rassoul Azam Institute. Beirut, Lebanon

PROFESSIONAL EXPERIENCE

Jan 2026 – Present: Full Time – Head Nurse Pre-Admission unit – Lebanese Medical Center (LMC-H). Beirut, Lebanon

- Lead and supervise daily operations of the Pre-Admission Unit, ensuring efficient patient flow and high-quality pre-operative care.
- Oversee pre-operative patient assessments, medical documentation, and surgical readiness.
- Coordinate with surgeons, anesthesiologists, insurance departments, and multidisciplinary teams to facilitate timely patient admissions and surgical procedures.
- Supervise nursing staff, delegate responsibilities, and ensure adherence to clinical protocols and institutional policies.
- Monitor admission requirements, insurance approvals, and authorization processes to minimize delays and optimize operational efficiency.
- Ensure patient safety, confidentiality, and compliance with hospital quality standards.

Jan2022 – Jan2025: Full Time - Head Nurse Pre-Admission unit –Saint George hospital-Hadath. Beirut, Lebanon

- Managed daily activities of the Pre-Admission Unit, ensuring smooth coordination of pre-operative patient preparation.
- Supervised nursing staff and coordinated workload distribution to maintain efficient unit operations.
- Oversaw patient assessments, medical file preparation, and completion of pre-admission requirements.
- Coordinated with physicians, anesthesiologists, insurance providers, and hospital departments to facilitate timely approvals and admissions.
- Monitored patient readiness and identified potential barriers that could delay scheduled surgical procedures.
- Promoted patient-centered care while maintaining compliance with hospital policies and safety standards.

2014 – 2022: Full Time – Head Nurse Operating Room – Saint George hospital-Hadath. Beirut, Lebanon

- Managed daily Operating Room operations, ensuring effective utilization of resources and smooth surgical workflows.
- Supervised, mentored, and evaluated nursing staff while coordinating schedules and clinical responsibilities.
- Coordinated with surgeons, anesthesiologists, and surgical teams to ensure safe and efficient surgical procedures.
- Monitored compliance with infection prevention and control protocols, aseptic techniques, and patient safety standards.
- Oversaw surgical room preparation, equipment availability, and adherence to established clinical procedures.
- Supported staff training, performance improvement, and continuous quality assurance initiatives

2002 – 2013: Full Time – Operating Room Nurse – Al Rassoul Azam hospital. Beirut, Lebanon

- Provided perioperative nursing care and assisted surgical teams throughout operative procedures.
- Prepared operating rooms, surgical instruments, and equipment according to procedure-specific requirements.
- Maintained strict aseptic techniques and infection prevention practices.
- Assisted with patient positioning, monitoring, and safe transfer between clinical departments.
- Collaborated with surgeons, anesthesiologists, and other healthcare professionals to ensure continuity and safety of care.

1996 – 2001: Full Time –Registered Nurse – Al Rassoul Azam hospital. **Beirut, Lebanon**

- Delivered comprehensive nursing care to patients in accordance with established clinical standards.
- Performed patient assessments, monitored vital signs, and documented clinical observations.
- Administered medications and treatments as prescribed by physicians.
- Assisted with nursing procedures and supported patients throughout their hospitalization.
- Educated patients and families regarding care needs and treatment instructions.
- Collaborated with multidisciplinary healthcare teams to promote patient safety and quality of care

SKILLS

Soft Skills: Leadership, Communication skills, decision-making, Multitasking & Prioritization, and Team Management.

Computer Skills: Microsoft Word, PowerPoint, Excel.

Languages: Arabic – Native, English – Fluent.