

# Don Mostar, RN

## Head Nurse and Clinical Governance Lead

DHA-licensed Registered Nurse | Regenerative, longevity and IV specialist

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## PROFILE

DHA-licensed Registered Nurse with clinical experience in Dubai since 2017 across regenerative, longevity, IV, functional medicine, aesthetic and dermatology nursing. Currently Head Nurse and Clinical Governance Lead at a DHA-licensed precision medicine and longevity clinic, responsible for clinical governance, regulatory compliance, staff competency and the safe delivery of IV, ozone, EBOO and peptide therapies.

## PROFESSIONAL EXPERIENCE

### Head Nurse & Clinical Governance Lead

Jan 2026 to present

Omics Precision Health, Dubai | DHA-licensed precision medicine and longevity clinic

- Lead clinical governance for the clinic, maintaining compliance with Dubai Health Authority (DHA) regulatory requirements.
- Own document control for clinical SOPs, policies and informed consent forms.
- Oversee staff competency across the clinical team.
- Lead a team of nurses and a laboratory technician.
- Ensure the safe delivery of IV, ozone (5-pass and 10-pass), EBOO and peptide therapies.
- Trained in and assist with Medselect plasmapheresis.
- Perform Anovator body composition analysis.

### Functional Medicine Nurse

Dec 2025 to Jan 2026

NextHealth Wellness and Medical, Dubai

- Helped commission the NextHealth Dubai clinic, working closely with the Head Nurse; created and approved SOPs.
- Administered IV drip therapies and assisted with stem cell therapies in line with clinic protocols.
- Performed Anovator body composition analysis to support individualised wellness plans.
- Trained in and delivered Art of Cryo therapies: M.C.S. (Multi Cryo-Hacking System), cryotherapy and the Flow System.

### Regenerative, Dermatology and Aesthetics Registered Nurse

Mar 2024 to Nov 2024

AEON Clinic, Centre for Regenerative & Longevity Wellness, Palm Jumeirah, Dubai

- Assisted in administering regenerative treatments, including stem cell therapy, ozone therapy and intravenous laser light interventions, following established protocols.
- Administered IV therapies, peptides, vitamins and supplements to support cellular regeneration and individual health goals.
- Collaborated with the medical team on individualised care plans incorporating functional medicine, detoxification and hormone balancing.
- Conducted comprehensive assessments (medical history, lifestyle and Visbody body analysis) and monitored progress through physical examination and laboratory work.
- Main nurse for patient education on take-home anti-ageing therapies, home testing kits and preventive health measures.

## EARLIER EXPERIENCE

### Aesthetics and Dermatology Registered Nurse

Nov 2020 to Feb 2024

Cosmomedit Al Sharq Polyclinic, Jumeirah 3, Dubai

Sole assistant to a high-profile aesthetic practitioner and dermatologist; Botox, fillers, PRP, Profhilo, Sculptra, skin boosters and collagen treatments; lead nurse for DHA and infection control.

## Outpatient Registered Nurse

Aug 2018 to Nov 2020

IMC Medical Center, Al Barsha 1, Dubai

Assisted with outpatient and surgical dermatology procedures; main nurse for wound care and post-operative care; monthly DHA census.

## IV Specialist Registered Nurse

Oct 2017 to Jul 2018

Revitalife Clinic, Healthcare City, Dubai

Main nurse for IV therapies; blood sample and culture collection for laboratory testing.

## LICENCE AND CERTIFICATIONS

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- DHA Registered Nurse, Dubai Health Authority, Licence No. 00218092-007 (valid to Jan 2027)
- Advanced Cardiovascular Life Support (ACLS)
- Basic Life Support (BLS)

## EDUCATION

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**Bachelor of Science in Nursing** 2010

Aquinas University of Legazpi, Legazpi, Philippines

## SKILLS

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|---------------------------------|----------------------------------------------|
| • IV cannulation and IV therapy | • Functional medicine therapies              |
| • Ozone 10-pass therapy         | • Laser, light-based and aesthetic therapies |
| • EBOO                          | • Infection control                          |
| • Peptide therapies             | • Clinical governance and DHA compliance     |

## LANGUAGES

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English, Tagalog, Bisaya, Bikol

## REFERENCES

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Available on request.