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## **RESUME**

### **OBJECTIVE**

To work in a challenging and growth demanding working environment that encourages continuous learning and provides exposure to new ideas and stimulates personal and professional growth while delivering the best quality care.

- To gain knowledge and expertise through a full-time/part-time position.
- To obtain a position in an esteemed organization that will enable utilizing my strong organizational skills, educational background, and ability to work well among people.
- To encourage self-improvement and seek perfection in delivering quality health care.

### **PERSONAL AND PROFESSIONAL STRENGTH**

Good communication skills, Quick learner, Goal oriented action, Strong health care knowledge and background. Extensive experience in Canadian Healthcare system as a health care provider for the last 7 years.

- Knowledge and skill powered by empathetic quality care possible.
- Plan a given task ahead and finish it in time.
- Advanced writing and verbal presentation skills.
- Individual oriented and significant ability to work in various groups.
- Exceptional skills in time management, prioritizing tasks, and meeting deadlines.
- Strong interpersonal skills to work efficiently in a team.
- Hands-on Experience in adult care in various settings and performed different caregiving roles.

### **CLINICAL TRAINING EXPERIENCE**

**Grand River Hospital, Kitchener, Ontario**

**June-August 2016**

- Administered medications via subcutaneous injection, oral and topical and IV routes.
- Resolved client problems and needs by utilizing multidisciplinary strategies.
- Assured quality of care by adhering to therapeutic protocols.

- Maintained clean and safe environment by complying with the rules, procedures, and regulations.
- Protected patients and employees by adhering to infection-control policies and protocols; medication administration and storage procedures; and controlled substance regulations.
- Documented patient care services by charting in patient and unit records.
- Maintained a cooperative relationship among health care teams by communicating information and by participating in problem solving methods.

## **Cambridge Memorial Hospital, Cambridge, Ontario**

### **General Medicine**

**Oct- Dec 2016**

- Safely administered medications via subcutaneous injections, oral, topical, IV and inhalations.
- Assessed client's conditions by thoroughly going through their medical histories and records.
- Interviewed patients to determine complaints and take notes to add to their records.
- Checked and recorded patients' vitals such as pulse, respiration, blood pressure and temperature.
- Completed assessment of bodily systems and reported significant findings.
- Observed patients to determine changes (deterioration or betterment) in condition and ensure that they are reported and recorded immediately.
- Established treatment plans after assessing patient conditions and ruling out aversion or allergies to medication.
- Performed diagnostic tests by firstly taking samples of blood and urine and then following up with the lab to ensure that results are promptly provided.
- Educated patients and their families about conditions and medication.
- Measured health outcomes against patient care goals and provide / incorporate suggestions for improvements.
- Ascertained that a clean and sanitized environment is maintained for patients by adhering to infection control procedures.
- Documented patient care services by making sure that all medications, conditions, responses, and observations are properly recorded.

### **Medical Rehabilitation**

**Feb- April 2017**

- Possessed the specialized knowledge and clinical skills necessary to provide care for people with physical disability and chronic illness.
- Coordinated educational activities and uses appropriate resources to develop and implement an individualized teaching and discharge plan with clients and their families.
- Performed hands-on nursing care by utilizing the nursing process to achieve quality outcomes for clients.

- Provided direction and supervision of ancillary nursing personnel, demonstrated professional judgment, used problem solving techniques and time-management principles, and delegated appropriately.
- Coordinated nursing care activities in collaboration with other members of the interdisciplinary rehabilitation team to facilitate achievement of overall goals.
- Coordinated a holistic approach to meeting patient's medical, vocational, educational, and environmental needs.
- Demonstrated effective oral and written communication skills to develop a rapport with clients, their families, and health team members and to ensure the fulfilment of requirements for legal documentation and reimbursement.
- Facilitated community education regarding acceptance of people with disabilities
- Actively engaged in legislative Initiatives affecting the practice of rehabilitation nursing or the people in their care.

**Kingston General Hospital, Kingston, ON**

**May- July 2022**

- Assessed patients to identify appropriate nursing interventions.
- Collaborated with members of an interdisciplinary health team to plan, implement, co-ordinate and evaluate patient care in consultation with patients and their families.
- Administered medications and treatments as prescribed by a physician or according to established policies and protocols.
- Monitored, assessed, addressed, documented, and reported symptoms and changes in patients' conditions to the nurse preceptor or the physician.
- Operated or monitored medical apparatus or equipment.
- Implemented initiation of IV, blood transfusion and other medical procedures under the supervision of the nurse preceptor.
- Developed and implemented discharge planning process on admission of patients.
- Provided teaching and counselling to patients and their families on health-related issues in collaboration with other health care providers.

## **EDUCATION & CLINICAL TEACHING EXPERIENCE**

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**NCLEX- RN Licensure Examination CRNE-Canada**

**October 2019**

**Graduated from Conestoga College, Kitchener, Ontario, Canada May 2016- Aug 2017**

Enhanced Professional Practice- Gerontology and Chronic illness.

Enhanced Nursing Practice- Critical Care.

**BSc. Nursing, Rajiv Gandhi University of Health Sciences, Bangalore  
Sept 2006- 2010**

**Nursing Tutor & clinical Instructor, Universal College of Nursing, Bangalore -2 years (2010-2012)**

**Assist. Lecturer & clinical Instructor, Brite College of Nursing, Bangalore- 1 year (2012-2013)**

### **EMPLOYMENT HISTORY**

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**Live Well Senior Care and Rehabilitation, Cambridge, ON, Student nurse (Residential Care Worker)**

**Nov 2016 – Sep 2019**

- Followed the care plan, observing and reporting any substantial findings and/or changes in patient/resident/client's behavior to the appropriate registered member of the healthcare team.
- Worked under the supervision of a Registered Healthcare Professional such as a Registered Nurse (RN) or Director of Care.
- Performed tasks delegated by Registered Nurse.
- Assisted with ambulation, positioning, and transferring using mechanical lifts such as a Hoyer lift.
- Assisted or providing total personal care such as toileting, bathing, and perineal care.
- Assisted with eating, dressing, and grooming and exercise.
- Assisted nursing staff by answering call bells.
- Performed sitter duty or patient watch for memory care patients in the residence.
- Computer or paper documentation of Activities of Daily Living (ADL's) and other findings.
- Reported behavioral and clinical changes to a Registered Nurse, Registered Practical Nurse, Resident doctor, Physiotherapist, Resource Nurse, or Manager.
- Self -actualization by helping patient/resident/client to reach maximum potential in their day-to- day life.

**METRO COMMUNITY LIVING, Lower Sackville, Nova Scotia.**

**Residential Counselor (Developmental & Disability Services)**

## **January 2020 – March 2022**

- Assisted individuals with developmental and mental health challenges in attaining their optimum level of independence and self-reliance to live and participate in their communities.
- Implemented life skill programs and group recreation therapy in the homes and outside.
- Promote independence of clients in their daily activities and personal care needs and exercises if needed.
- Supported clients in identifying and using their personal strengths, skills, and abilities towards the achievement of their personal goals.
- Implemented Individual program planning.
- Advocated and liaised for the clients with other community agencies, organizations, and governmental organizations.
- Utilized and practiced evidence-based care and behavior protocols for the management of challenging mental health issues.
- Identified and minimized risk factors to personal and environmental safety in small option homes.
- Engaged and supervised clients in the community during social gatherings and outings.
- Administered oral and topical medications and medication management adhering to the company policies.
- Effective management of crisis situations through Non- Aversive Behavior Strategies and implementing Life skill Activities.

## **VOLUNTEER EXPERIENCE**

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**Sunbeam Center, Kingsway Drive, Kitchener**  
**May- Aug 2017**

**Developmental Service Worker**

- Assisted in planning and implementing social and recreational activities such as games, craft making, walks, outings, storytelling, special events and transporting clients in wheelchairs.
- Responded to clients' needs within the volunteer role.
- Balanced volunteer time and attention between all clients.

- Participated in social and recreational activities with the clients.
- Supported clients to participate in the activities or provided one-to-one attention if needed.
- Assisted set-up and clean-up of activities.
- Acted with a positive attitude and always demonstrated respect.

## **CERTIFICATIONS**

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- **First Aid and CPR certification**
- **Food Safety Certification**
- **Non-Violent Crisis Intervention and Gentle Persuasive Approach Certification**

## **COMPUTER PROFICIENCY**

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Excellent knowledge in MS office, Photo-shop, and Internet applications, Proficient in using Electronic Medication Administration Record (e-MAR).

## **LANGUAGE PROFICIENCY**

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Advanced Proficiency in speaking, writing, and reading English, Hindi.

***References available upon request***