**Cristina**



[**Cristina.332990@2freemail.com**](mailto:Cristina.332990@2freemail.com)

**OBJECTIVE:**

To seek a challenging position as staff nurse which will allow me to both further utilize my developed patient-centered philosophy of care through innovative caring skills together with practical clinical skills and to acquire new abilities that will offer the opportunity for career progression and rewards on merit.

**QUALIFICATIONS AND SKILLS:**

* Good Communication and Writing Skills
* Computer Literate (Microsoft Word, Microsoft Excel, Power Point)
* Enthusiastic, Assertive and Patient
* Has warm personality and concern for patient’s needs
* Patient rights advocate
* Practices Time Management; does multi-tasking
* Hardworking and energetic
* Adapt easily to change of environment and work schedule
* Maintain critical thinking skills which is essential in providing competent patient care
* With a positive attitude
* Calm under pressure
* Discreet when dealing with confidential information
* Respect for all with a commitment to equality and diversity
* Has interest and willingness to work and learn with individuals/groups in a variety of settings
* In-depth knowledge of medical terminology
* With knowledge in operating equipment such as suction machine, ECG machine, pulse oximeter, Doppler machine, glucometer, feeding pump, hoist machine, nebulizer and others

**EMPLOYMENT HISTORY:**

**Gulf Diagnostic Center Hospital, Abu Dhabi, UAE**

**Registered Nurse** August 15, 2015 to Present

* Responsible for the assessment, planning, implementation and evaluation of patient care in accordance with the organization’s policy and procedures and the unit scope of service
* Provided direct pre- and post-operative nursing care to patients
* Assessed physical, emotional, cultural, and social needs of patients and their families
* Prepared the patient for the surgical procedure by verifying informed consent, doing skin preparation, removing jewelry, nail polish, prosthesis and dentures, and administering pre-operative medications as ordered
* Demonstrates a professional commitment to patients and fellow health care professionals
* Demonstrates sound critical thinking, conflict management and problem solving ability
* Establishes a compassionate environment by providing emotional, psychological and spiritual support to patients, friends and families
* Promotes patient’s independence by establishing patient care goals, teaching patient, family and friends to understand condition, medications and self-care skills
* Carries out the requisite treatments and medications.
* Adheres with the protocols, norms, rules and regulations in order to maintain complete medical records.
* Maintains continuity among nursing teams by documenting and communicating actions, irregularities and continuing needs
* Maintains hygienic and safe working environment by adhering to infection-control policies and protocols, medication administration and storage procedures, and controlled substance regulations.
* Maintains patient confidence and protects operations by keeping information confidential
* Ensures operation of equipment by completing preventive maintenance requirements; following manufacturer’s instructions; troubleshooting malfunctions; calling for repairs, maintaining equipment inventories, evaluating new equipment and technique.
* Checks the stock on a regular basis for maintaining the inventory level; anticipating needed supplies and placing orders for supplies as needed.
* Attends educational workshops for enhancing professional and technical knowledge.

**American Surgecenter/Americare Home Health Services, Abu Dhabi, UAE**

**General Nurse/ Home Health Nurse** March 17, 2013 up to April 04, 2015

* Conducts thorough physical assessment to the patient and family’s physical, emotional, intellectual and spiritual needs
* Monitor vital signs and observe any changes in the behavior and condition
* Make referrals to the other health care professionals to ensure early diagnosis and prompt intervention
* Coordinate the implementation of the care plan
* Assist patient in doing ADL’s such as bathing, grooming and eating and transport
* Changes wound dressing
* Administer medications and report any adverse reactions to the physician
* Educate patient and family regarding patient care
* Document care done in patient record in accordance to protocols
* Evaluate care on an ongoing basis to determine the effectiveness and appropriateness of the care done and make changes as indicated

**EMIRATES CLINIC AND MEDICAL SERVICES CENTRE, Al Ain, Abu Dhabi, UAE**

**Registered Nurse** February 17, 2011-March 7,2013

* Conducts focused patient assessment related to reason of visit
* Obtains and documents vital signs and medical history
* Create, manage and maintain patient medical health records
* Assist physicians during examination and treatments
* Administers injections and medications in accordance to physician’s orders and protocols
* Monitors and evaluates patients progress after the given treatment such IV therapy, nebulization and oxygen therapy
* Prepare equipment and practice sterile techniques in minor surgical operations such as incision and drainage, suturing andlocal injection
* Facilitates patient’s referral to a transferring facility
* Educate patient and its family members regarding home medications and lifestyle modification
* Instruct patient and family member about importance of compliance to medical regimen and follow-up visits
* Protects patients and employees by adhering to infection-control policies and protocols
* Maintains nursing supplies inventory by checking stock to determine inventory level; anticipating needed supplies

**ALAMINOS DOCTORS’ HOSPITAL, Alaminos, Pangasinan, Philippines**

**Medical-Surgical Nurse** November 1, 2009 - November 15, 2010

* Provided direct pre- and post-operative nursing care to patients
* Assessed physical, emotional, cultural, and social needs of patients and their families
* Prepared the patient for the surgical procedure by verifying informed consent, doing skin preparation, removing jewelry, nail polish, prosthesis and dentures, and administering pre-operative medications as ordered
* Formulated treatment plans
* Implemented therapies to restore function
* Educated patients and their families on disease processes, surgical procedures and other aspects of therapeutic regimens, including medication and pain management techniques
* Encouraged deep breathing exercise and splinting of incision when coughing
* Instructed importance of early ambulation and wound care
* Evaluated and documented patient's response to nursing interventions rendered
* Makes proper endorsement for continuity of care
* Coordinated with other health team regarding patient’s care
* Implemented nursing care standards, hospital policies, rules and regulations
* Maintained confidentiality and safe keeping of patients’ records

**Emergency Room Nurse** October 2, 2008 - October 31,2009

* Provided care to patients suffering from trauma, chest pain, cardiac arrest, respiratory complaints, and drug overdose
* Accurately acquired and recorded client’s information, vital signs, and medical history.
* Assessed patient’s conditions and needs
* Prioritized patients according to urgency of needs
* Initiated emergency resuscitative measures as needed
* Correctly administered IV fluids and prescribed medications
* Managed delivery of patient care safely and effectively
* Coordinated patient admission, referral and discharge planning activities
* Prepared patient for surgical procedures
* Performed sterile procedures in minor operations such as incision and drainage, suturing, excision of mass, and circumcision
* Educated patients and family members about health care
* Ensured the provision of quality emergency medical care to patients requiring emergency treatment in accordance with physician orders, hospital policy, and standard nursing practice.

**PROFESSIONAL AFFILIATIONS / LICENSE**

* HAAD (Health Authority-Abu Dhabi) License No. as Registered Nurse

Expiry Date: August 20, 2017

* Professional Regulation Commission License No. as Philippine Registered Nurse

Expiry Date: December 20, 2017

**TRAINING and SEMINAR**

* **Basic Life Support** held on 28th of September 2015 valid until September 2017
* **Pediatric Advanced Life support** held on 13th and 14th of December 2015 valid until December 2017
* **Advanced Cardiac Life Support** held on 26th and 27th of October 2015 valid until October 2017
* **ECG Interpretation Made Easy: Cardiac Rhythm Introductory Course** held on 22nd and 23rd of November 2015
* **Venipuncture and IV Cannulation** held on 18th of October 2015
* **Cardiac Arrhythmias and the Proper Use of Manual and Automated Defibrillator** held on 16th February 2015 at Sheikh Khalifa Energy Complex-Auditorium
* **Best Practices in Infection Prevention and Control** held on 17th October 2014 at Eduscope International
* **Management of Emergency Department and Triage** held on 31st October 2014 at Eduscope International
* **Medication Management** held on@8th November 2014 at Eduscope International