**LARRAINE**

[**LARRAINE.337919@2freemail.com**](mailto:LARRAINE.337919@2freemail.com)

**PROFESSIONAL OBJECTIVE**

To be able to impart my professional background in nursing through utilizing my knowledge and skills which are mainly competency-based. Thus helping to achieve the healthcare institution's goals and objectives.

**EDUCATION SUMMARY**

**Degree:** BACHELOR OF SCIENCE IN NURSING

TARLAC STATE UNIVERSITY

Year: 2005-2009

**LICENSES AND ELIGIBILITY**

Registered Nurse

Health Authority Abu Dhabi (HAAD Passer)

December 2014

Registered Nurse

Professional Regulation Commission, Philippines

November 2009

**WORKING EXPERIENCE**

1. **AL SHROOQ HEALTH SERVICE CENTER**

*(Al Wagan West, Al Ain, Abu Dhabi, U. A. E.)*

**POSITON TITLE: STAFF NURSE**

APRIL 15, 2015 – PRESENT

**RESPONSIBILITIES:**

* Perform independent health assessments of individuals and families by evaluating their physical, mental and social and environmental health status; and provide nursing intervention based on assessment of need.
* Make skilled nursing observations and assessments of client health care status by monitoring and documenting such things as vital signs, pulse, presence of edema, heart and lung auscultation, blood and urine laboratory values, intake and output, consciousness and orientation levels; by completing a health history and evaluation, and evaluating living arrangements.
* *Gives and records medications (orally, subcutaneously, per NGT, per PEG tube, rectally) and monitors for any reactions*
* *Gives NGT or PEG tube feeding*
* *Cleans ulcers if any*
* *Assists clients on their activities of daily living such as bathing, oral feeding, diaper changing, oral care, and accompanying them while ambulating or when on their wheelchair*
* *Makes sure that all the necessary stocks of supplies and medicines are always available and not running out of stocks*
* *Accompanied clients on their hospital appointments*
* *Educates clients and their families on health care*
* *Reports directly to homecare physician and family regarding concerns for the condition of the client*
* Protects patients and employees by adhering to infection-control policies and protocols, medication administration and storage procedures, and controlled substance regulations.
* Documents patient care services by charting in patient and department records.
* Maintains continuity among nursing teams by documenting and communicating actions, irregularities, and continuing needs.
* Maintains patient confidence and protects operations by keeping information confidential.
* Maintains a cooperative relationship among health care teams by communicating information; responding to requests; building rapport; participating in team problem-solving methods.

1. **TARLAC PROVINCIAL HOSPITAL**

*(Tarlac, Philippines)*

**POSITION TITLE: STAFF NURSE**

FEBRUARY 2011 TO FEBRUARY 2015

**RESPONSIBILITIES:**

**GENERAL WARD**

* Monitoring patients input and output in response to therapy.
* Assessing the patient for any discomfort or any untoward symptoms and reports to the attending physician.
* Assist physician during diagnostic and therapeutic procedure.
* Teaching both client and family the importance of health nutrition in the continuity of care, upon clients transfer or discharge.
* Give direct nursing care.
* Response to the patient’s basic need of care, irrespective of their race and religious belief.
* Assessing patient during pre, intra and post operatively.
* Promoted child patient’s total safety, security and comfort at all times.
* Administered prescribed medications, started intravenous fluids, and documented patients' charts by recording food and fluid intake and output.
* Answered patients' calls and determined how to assist them, as well provided family support.
* Measured and recorded patients' vital signs, such as height, weight, temperature, blood pressure, pulse and respiration.
* Provided basic patient care and treatments, such as dressed wounds, treated bedsores, gave enemas, douches, and performed catheterizations.
* Assisted patients with bathing, dressing, maintaining personal hygiene, moving in bed, standing and walking.
* Integral member of a health care team charged with assessing patient needs, planning or modifying care and implementing interventions.
* Performed assessments; provided intravenous therapy; complex wound care; monitored various drainage devices, etc.
* Collaborated daily with physicians and health care team to achieve optimum patient care.
* Established strong relations with physicians built on trust and knowledge of patient care.
* Served as mentor, coach and team builder of inexperienced licensed and unlicensed staff.
* Documented the patient's plan of care using identified nursing diagnoses, expected patient outcomes, and selected nursing interventions.
* Assessed signs and symptoms indicating physiologic and psychosocial changes in the patient's condition.
* Supervision of patient care assistants.

**BLOODBANK NURSE/ NURSE PHLEBOTOMIST**

* Interviewing of possible walk-in donors.
* Assessing the possible donors.
* Checking the vital signs of the donor.
* **Collecting blood samples for hematocrit and hemoglobin test.**
* **Collecting blood samples for blood typing and Rh typing.**
* Interpreting the results.
* **Performing the blood extraction to the blood donors.**
* Monitoring the condition of the donors during the blood extraction.
* Doing the proper sealing of the blood bag after the blood extraction.
* Advising the donors some health teachings after blood donation.
* Explaining to them the benefits of blood donation.
* Assist Medical technologist in performing the screening test from the blood samples of the blood donors.
* Assist Medical technologist in doing the proper labeling of the screened blood bags.

**KEY SKILLS AND COMPETENCIES:**

* Trained as a Phlebotomist.
* Experience in the end-referral 300 bed capacity hospital in the Philippines
* Ability to work under pressure with minimum supervision.
* Good written and verbal command in English.
* Ability to use resources efficiently.
* Physically able to discharge the full range of nursing duties.
* Understanding and respecting different religious and cultural beliefs.
* Ability to follow instructions and feedback and able to accept constructive criticisms.
* Skilled at prioritizing and completing deadline sensitive tasks efficiently.
* Detail oriented and resourceful in the completion of tasks with ability to multi-task effectively.
* With extensive grasp of medical terminology and knowledge to medical equipment, products and pharmaceuticals.
* Conscientious and eager to work on shifting schedules.
* Willingness to be trained and attend/undergo continuing education seminars/workshops relevant to the development of practice and profession.
* Uses Ethico-Moral Responsibilities and maintains essence of personal and professional development within the organization, clients and as well as non-working personnel.

**SEMINARS AND TRAININGS**

* BASIC LIFE SUPPORT (CPR Training for Health Care Providers)
* RESPIRATORY INFECTION CONTROL TRAINING
* BASIC CUSTOMER SERVICE
* BASIC INTRAVENOUS THERAPY TRAINING

**PERSONAL DATA**

AGE: 27 Y/O

BIRTHDATE: JUNE 25, 1989

CIVILSTATUS: SINGLE

CITIZENSHIP: FILIPINO

VISA STATUS: RESIDENCE VISA

LANGUAGE: ENGLISH, FILIPINO, ARABIC

**REFERENCES**

Upon request.

**I hereby certify that the above information is true and correct.**