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**BETHANY**

[**BETHANY.358426@2freemail.com**](mailto:BETHANY.358426@2freemail.com)

**OBJECTIVE** :

To provide quality service in the area of health nursing, utilizing the knowledge I acquired

from my experiences and formal education.

**PROFESSIONAL QUALIFICATION AND CERTIFICATION:**

1. Registered Nurse (11th Placer) - conducted by Philippine Professional Regulations Commission, June 30 – July 1, 2012
2. Passer, Health Authority – Abu Dhabi (HAAD) Licensure Examination for Registered Nurses conducted on August 23, 2016

**PERSONAL INFORMATION:**

**Date of Birth/Age** : August 20, 1991/25 years old

**Height**  : 5’0”

**Nationality**  : Filipino

**Gender**  : Female

**Marital Status** : Single

**CAREER PROFILE :**

* Proven record of diligence, reliability and responsibility
* Remains calm and professional throughout critical incidents
* Resourceful problem solver capable of implementing solutions to complex problems
* Possesses special sensitivity to meeting diverse needs in varied situations
* Develops rapport with colleagues
* Relates well to people from a variety of cultures
* Shows good time management skills and consistent performance

**PROFESSIONAL EXPERIENCES:**

**STAFF NURSE , December 16, 2013 – December 31, 2015,** Borja Family Hospital Corporation in Tagbilaran City, Bohol, Philippines, with rotations in special areas including:

1. **Intensive Care Unit –** October 1, 2015 to December 31, 2015
2. Assess patient to determine needs, create relevant nursing care plan, monitor for changes & refer pertinent information to the physician
3. Perform bedside care – change linens / soiled diapers, assist with elimination through bedside commode or bedpan, and institute safety precautions at all times
4. Monitor and record vital signs, including pain scale and neurological vital signs (i.e. Glasgow Coma Scale)
5. Set up and regulate life-saving maintenance equipment (i.e. mechanical ventilator, cardiac monitor, infusion pump, syringe pump) and record patient’s responses accurately
6. Perform nursing procedures such as maintaining oxygenation (by nasal cannula or face mask), suctioning secretions, and doing tracheostomy care
7. Give regular enteral feedings with strict aspiration precautions
8. Administer medications orally, intravenously, through gastric tubes, or by other methods
9. Assist physicians with procedures such as cardioversion, defibrillation, and endotracheal intubation
10. Maintain skin integrity and optimum blood circulation by performing passive and active range-of-motion exercises and changing patient’s position from side to side regularly
11. Monitor catheters (i.e. Foley catheter), tubings (i.e. Endotracheal tube, Tracheostomy tube, Chest tube), and drains (i.e. Jackson-Pratt drain) to ensure proper placement and functioning
12. Educate patient and family about how to manage the patient’s illness
13. Respond to life-saving situations by performing CPR per hospital policy and in accordance to standards of nursing practice; perform post mortem care for unrevived patients
14. Maintain the sterility of the unit
15. Record all nursing care completely and accurately
16. **Private Rooms, Semi-Private Rooms, and Female Ward** – July 1, 2015 to September 30, 2015
17. **Private Rooms, Male Ward, and Pediatric Ward** – October 1, 2014 to June 30, 2015
18. **Private Rooms & Obstetrical Ward**  – December 16, 2013 – March 31, 2014
19. Receive and usher patient comfortably to designated room
20. Assess for signs and symptoms, and create comprehensive nursing care plan
21. Take and record vital signs and pain scale, including fetal heart rate (for pregnant patients), bearing in mind the age-appropriate vital sign ranges, and report any unusualities to the physician
22. Assist physician with their daily rounds, and execute physician’s orders
23. Deliver designated nursing interventions to patients that are consistent with patient’s medical plan of care
24. Educate new mothers on essentials of newborn care, such as feeding and burping, thermoregulation through mother-baby skin contact, and bathing
25. Administer medications safely and properly
26. Perform nursing procedures which includes but is not limited to reinserting IV access, administering blood and blood products, giving Total Parenteral Nutrition, doing catheterization, inserting nasogastric tubes, and assisting physicians on medical procedures
27. Perform admission, discharge, and transfer procedures per hospital policy
28. Institute safety precautions, aseptic technique, isolation procedures, and infection control measures
29. Measure and record intake and output accurately
30. Educate and provide support to patients and family members regarding patient’s illness
31. Maintain privacy and confidentiality of patient’s records
32. Evaluate patient response to the nursing care plan
33. Document nursing care in corresponding health records accurately
34. **Emergency Room** – April 1, 2014 to September 30, 2014
35. Receive patient in the ER, perform quick yet thorough assessment of patient needs, and consult the health care team members to plan and implement patient care plan
36. Measure and record patient’s vital signs and weight
37. Perform triage using appropriate guidelines & nursing standards to determine patients with emergent, urgent and non-urgent needs
38. Stabilize the patient until the physician is available, using standards of nursing practice
39. Initiate IV access, provide IV therapy, and administer prescribed medications
40. Collect samples (i.e. urine, stool, sputum, blood) for laboratory tests
41. Assist physician during physical examination and medical procedures
42. Perform emergency life-saving procedures in the event of code blue
43. Provides basic bedside care
44. Educate and support patient’s family
45. Display professionalism while completing multiple urgent tasks
46. Record all pertinent information concisely and accurately, in a timely manner
47. Usher and endorse patient information to corresponding room

**NURSING BOARD EXAMINATION REVIEW RATIONALIZER AND REVIEW ASSISTANT OF IELTS,** August 12, 2012 to May 31, 2013at Powerhouse Training and Review Center, Tagbilaran City, Bohol, Philippines

1. Rationalize and discuss post tests and simulations using concepts from accredited nursing textbooks
2. Answer and clarify reviewees’ questions regarding nursing concepts
3. Prepare nursing board exam sample practice questions to stimulate reviewees’ thinking and analytical skills
4. Form core groups and provide tutorials based on topics requested by reviewees
5. Assist nursing board examination national lecturers with their needs, such as food, lodging, and teaching materials
6. Make monthly reports regarding nursing board exam reviewees’ progress
7. Prepare and maintain supplies for IELTS reviewees
8. Administer IELTS practice tests, and rate writing tasks using a standard band score guide

**TRAININGS, SEMINARS, AND MEDICAL MISSIONS ATTENDED:**

**February 24 – 25, 2016**

**Basic Life Support for Healthcare Providers Course – Accredited by American Heart Association**

University of Cebu Campus

Cebu City, Cebu, Philippines

**September 5 – 12, 2015**

**Cleft Lip and Palate Surgical Mission**

Borja Family Hospital Corporation

Tagbilaran City, Bohol, Philippines

**May 5 - 6, 2014**

**ECG Clinical Interpretation**

Borja Family Hospital Corporation

Tagbilaran City, Bohol, Philippines

**February 17 – 24, 2014**

**Operation Giving Back Bohol Surgical Mission**

Borja Family Hospital Corporation

Tagbilaran City, Bohol, Philippines

**January 24 – 26, 2014**

**Regular IV Training Program – Accredited by ANSAP**

Tagbilaran Community Hospital Corporation

Tagbilaran City, Bohol, Philippines

**November 4, 2013**

**Lactation Management Training**

Don Emilio del Valle Memorial Hospital

Ubay, Bohol, Philippines

**EDUCATION:**

**PERIOD DEGREE/COURSE HONORS/SCHOOL**

2008-2012 BACHELOR OF SCIENCE IN NURSING Magna cum Laude, Holy Name University

2004-2008 SECONDARY EDUCATION Valedictorian, Holy Name University

1998-2004 ELEMENTARY EDUCATION Valedictorian, Holy Name University

1996-1998 KINDERGARTEN Salutatorian, St. Therese Kindergarten School

1994-1996 NURSERY Valedictorian, Merne Graham School

School address : all in Tagbilaran City, Bohol, Philippines