

Amit Pal, RN

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PROFESSIONAL SUMMARY

Registered Nurse with extensive experience in community health, primary care delivery, and clinical instruction. Skilled in comprehensive assessments, chronic disease management, health promotion, and autonomous clinical decision-making. Background includes advanced practice-aligned responsibilities as a Community Health Officer, providing primary care services, managing acute and chronic conditions, and leading public health initiatives. Recognized for strong communication, critical thinking, and the ability to deliver culturally sensitive, patient-centred care across diverse populations.

LICENSURE & CERTIFICATIONS

- Registered Nurse (RN), College of Nurses of Ontario (CNO) – Active
- Basic Life Support (BLS) – Certified
- Standard First Aid / AED & CPR Level C – Certified

KEY SKILLS

- Comprehensive Patient Assessment
- Clinical Decision-Making & Care Planning
- Primary Care & Chronic Disease Management
- Medication Administration & Protocol-Based Prescribing
- Preventive Care & Health Education
- Maternal, Newborn & Child Health
- Community Health & Public Health Programming
- Interdisciplinary Collaboration
- Training, Mentorship & Clinical Instruction
- EMR/EHR Documentation
- Ethical & Professional Practice
- Emotional Resilience & Adaptability

EDUCATION

Transition to Nursing Practice

Conestoga College, Kitchener, ON
Completed November 2025

Post-Graduate Diploma in Community Health

Indira Gandhi National Open University, Delhi
July 2019 – February 2020

Bachelor of Science in Nursing (BScN)

LLR College of Nursing, Gulab Devi Hospital, Jalandhar
September 2011 – October 2015

PROFESSIONAL EXPERIENCE

Community Health Officer – Health and Wellness Center, Maheru (March 2020 – August 2024)

- Performed comprehensive health assessments, including physical exams, risk screening, and clinical decision-making for patients across the lifespan.
- Managed common acute and chronic conditions through evidence-informed interventions, patient counselling, and ongoing monitoring.
- Delivered primary care services autonomously within program guidelines, including triage, care planning, and follow-up management.
- Provided maternal, newborn, and child health services, including prenatal assessments, growth monitoring, and early identification of complications.
- Prescribed and administered medications according to national protocols, ensuring safe and appropriate therapeutic management.
- Led immunization programs, outbreak surveillance, and community-level disease prevention initiatives.
- Conducted home visits to assess patient needs, evaluate treatment adherence, and provide individualized health education.
- Collaborated with physicians, public health teams, and community health workers to coordinate interdisciplinary care.
- Developed and implemented community-based health promotion programs targeting chronic disease prevention, maternal health, and infectious disease control.
- Trained and supervised community health workers, improving their clinical skills, documentation accuracy, and patient-care competencies.

Nursing Tutor – SGL College of Nursing, Jalandhar (July 2017 – September 2019)

- Delivered lectures and practical demonstrations across core nursing subjects.
- Supervised students during clinical placements, ensuring safe practice and competency development.
- Provided individualized academic support, facilitated study groups, and evaluated student performance.
- Collaborated with faculty and clinical partners to enhance curriculum quality and learning outcomes.

Clinical Instructor – Punjab Medical Institute of Nursing and Hospital, Jalandhar (March 2016 – June 2017)

- Supervised nursing students in clinical settings, ensuring adherence to professional standards and clinical guidelines.
- Designed and facilitated clinical learning experiences, providing constructive feedback to support skill development.
- Conducted debriefing sessions, maintained student progress records, and contributed to curriculum planning.
- Coordinated orientation programs and facilitated training at affiliated clinical sites.

Operation Theatre Assistant – Viridi Eye Hospital, Phagwara (November 2015 – February 2016)

- Assisted surgical teams with pre-operative preparation, instrument sterilization, and intra-operative support.
- Provided pre- and post-operative patient care to ensure safe recovery.
- Maintained surgical documentation and supported patient flow within the operating unit.

PROFESSIONAL DEVELOPMENT

- Participated in workshops and conferences on Community Health, Critical Care, and Patient Education.
- Regularly engage in professional forums and clinical research to stay current with evolving healthcare practices.

ADDITIONAL INFORMATION

- Languages: English, Hindi, Punjabi
- Proficient in Electronic Health Records (EHR) systems
- Knowledge of patient confidentiality and regulatory standards