

Anm Kaur anmkaursamrao@gmail.com

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Registered Nurse

PROFESSIONAL SUMMARY

Hardworking and passionate job seeker with strong organizational skills eager to secure entry level RN position. Ready to help team achieve company goals. Experienced leader with strong background in guiding teams, managing complex projects, and achieving strategic objectives. Excels in developing efficient processes, ensuring high standards, and aligning efforts with organizational goals. Known for collaborative approach and commitment to excellence.

PROFESSIONAL SKILLS

- Medication and IV administration.
- Documentation and charting.
- Direct patient care.
- Patient assessment.
- Strong clinical judgement.
- Patient education and counselling.
- Clinical judgement.
- Infection control measures.
- Diabetes management.
- Chronic disease management.
- Care plan development
- Evaluations

EDUCATION

- **Diploma of Chronic Disease Management** – Jan 2023 - Aug 2023 – Seneca College, King Campus.
- **Diploma of Nursing Leadership and Management**- May 2022- Dec. 2022 – Seneca College King Campus.
- **Bachelor of Science in Nursing** – 2016 – 2020- Baba Farid University of Health Sciences- Ajit Nursing Institute.

CLINICAL EXPERIENCE

Kristus Darzs Latvian Home, Vaughan, Ontario – September 2024 - Supervised Practice Experience Partnership (SPEP) – Charge Nurse.

- Collaborated with physicians to quickly assess patients and deliver appropriate treatment while managing rapidly changing conditions.
- Assessed patient conditions promptly upon admission to determine appropriate interventions and prioritize care needs.
- Managed care from admission to discharge.
- Administered medications and treatments as prescribed by physicians.
- Recorded details regarding therapies to keep patient charts updated.
- Facilitated therapeutic communication, conflict resolution and crisis intervention by redirecting negative behaviors and helping patients regain or improve coping abilities.
- Explained course of care and medication side effects to patients and caregivers in easy-to-understand terms.
- Implemented care plans for patient treatment after assessing physician medical regimens.
- Evaluated patient histories, complaints, and current symptoms.
- Educated family members and caregivers on patient care instructions.

Tulip nurses and caregivers, Mississauga, Ontario – June 2022 – July 2024 – PSW.

- Built strong relationships with clients to deliver emotional support and companionship.
- Assisted with dressing guidance, grooming, meal preparation, and medication reminders.
- Engaged patients in meaningful conversation, socialization, and activity while providing personal care assistance.
- Assisted with feeding and monitored intake to help patients achieve nutritional objectives.

- Provided safe mobility support to help patients move around personal and public spaces.
- Assisted clients with daily living needs to maintain self-esteem and general wellness.
- Collaborated with healthcare professionals to ensure seamless delivery of services for optimal patient outcomes.
- Maintained a safe environment for patients by following proper infection control procedures during personal care tasks.
- Supported clients with mental support and physical activities to accomplish quality of life and sustain needs.

Max Super Specialty Hospital, Punjab, India, March 2020 – March 2022- Rehabilitation Unit- Registered Nurse

- Collaborated with interdisciplinary teams for comprehensive patient care and improved treatment outcomes.
- Implemented therapeutic interventions tailored to each patient's unique needs and abilities, facilitating optimal recovery outcomes.
- Enhanced patient recovery by developing and implementing individualized rehabilitation plans.
- Provided emotional support to patients during difficult rehabilitation processes, fostering a trusting environment.
- Conducted community outreach events to educate the public on the importance of rehabilitation services and advocate for improved access to care.
- Evaluated the effectiveness of therapy equipment utilized within the facility; contributed suggestions for improvements or replacements when necessary.
- Coordinated with healthcare providers to create seamless transition plans for patients returning home or transferring to other facilities.
- Educated patients and families on post-discharge care, reducing readmission rates.
- Utilized evidence-based practices to deliver high-quality patient care consistently across all cases.

- Trained new nursing staff members in rehabilitation best practices, promoting consistency in patient care.

Dr. Vidyasagar Mental Hospital, Amritsar, Punjab, India- Mental Health Unit - Student Nurse.

- Conducted routine safety checks for open doors, windows, and hazards.
- Interviewed patients for medical information and vital signs.
- Monitored patients under close observation as per doctor's orders.
- Engaged patients during breaks to promote social involvement.
- Practice de-escalation techniques for emotional and behavioral management.
- Participated in group therapy sessions with healthcare professionals.
- Implemented de-escalation strategies for agitated patients.

Civil Hospital Sangrur, Punjab, India – Palliative Care Unit- Student Nurse

- Developed strong rapport with patients by actively listening to concerns and addressing individual needs.
- Assisted in conducting physical assessments to identify potential health concerns and inform appropriate interventions.
- Supported efficient operations during clinical rotations by completing assigned tasks promptly while adhering to established guidelines.
- Applied critical thinking skills to identify changes in patient conditions, initiating timely interventions as needed.
- Facilitated effective communication between patients, families, and healthcare team members to ensure optimal outcomes.
- Supported patient mobility and personal care, promoting dignified and respectful environment in healthcare setting.
- Educated family members and caregivers on patient care instructions.

Rajendra Civil Hospital, Patiala, Punjab, India- Medical Surgical Unit- Student Nurse

- Administered medications via oral, IV, and intramuscular injections and monitored responses.
- Provided compassionate care to diverse patient populations, promoting comfort and satisfaction throughout their treatment journey.
- Monitored patient vital signs, reporting any changes to experienced nursing staff.
- Collaborated with interdisciplinary healthcare teams to develop and implement personalized care plans for patients.
- Monitored vital signs and patient responses to treatments, adjusting care plans in consultation with healthcare team to optimize patient outcomes.
- Participated in interdisciplinary team meetings, offering insights from nursing perspective to improve patient care strategies

CERTIFICATIONS

- Registered Nurse CNO.
- First Aid & CPR/AED Level C.

References available on request.