

# **JATINDER KAUR GILL**

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## **PROFESSIONAL SUMMARY**

Compassionate and dedicated Certified Personal Support Worker with experience in long-term care, retirement, and hospital settings. Skilled in delivering person-centered care while maintaining safety, dignity, infection control, and resident rights. Recognized for strong teamwork, accurate documentation, and a commitment to improving residents' quality of life.

## **CORE COMPETENCIES**

- Personal care (bathing, grooming, toileting, feeding)
- Vital signs monitoring and documentation
- Infection prevention and control
- Resident safety and fall prevention
- Dementia and mental health support
- Medication assistance and intake/output monitoring
- Emotional support and companionship
- Time management, teamwork, and communication

## **PROFESSIONAL EXPERIENCE**

### **Personal Support Worker – Staff Relief Healthcare (January 2025-Current)**

Mon Sheong Long Term Care Centre, Markham, ON

- Provided complete personal care including bathing, dressing, grooming, feeding, and mobility support while promoting independence and dignity.
- Followed individualized care plans, long-term care policies, and safety protocols to ensure high-quality, compliant care.
- Monitored resident conditions and promptly reported changes to nursing staff to prevent complications.
- Built strong relationships with residents and families through compassionate and respectful care.

### **Personal Support Worker – Chartwell Scarlet Heights Retirement**

Centre Etobicoke ON, (November 2024- December 2024)

- Assisted residents with activities of daily living while maintaining privacy, dignity, and infection control standards.
- Accurately measured and documented vital signs and resident care according to facility policies. Provided emotional support and companionship to enhance residents' mental and emotional well-being.
- Encouraged resident independence and participation in daily routines.

**Personal Support Worker – West Park Long Term Care Home (July 2024- October 2024)**  
Toronto, ON

- Delivered physical, emotional, social, and cognitive support in a long-term care environment.
- Collaborated with nurses and interdisciplinary teams to ensure consistent, high-quality care. Maintained a clean, organized, and safe environment in compliance with health and safety regulations.
- Observed and reported changes in resident health status promptly.

**Staff Nurse – Garcha Nursing Home**  
India (Jan 2021 – Jan 2022)

- Supported patients with daily living needs, personal hygiene, and mobility assistance.
- Documented patient care accurately using electronic medical records systems.
- Provided compassionate, patient-centered care to individuals with diverse physical and mental health needs.

**Staff Nurse – Sham Nursing Home & Heart Center**  
Moga, India (Feb 2022 – Dec 2023)

- Monitored and recorded vital signs and promptly reported changes to ensure patient safety.
- Performed catheterization, catheter care, and bladder irrigation using sterile technique.
- Administered medications and supported preoperative and postoperative care.
- Assisted patients with bathing, feeding, grooming, toileting, and positioning.

**EDUCATION**

- Diploma in Personal Support Worker – Fleming College Toronto (May 2024 – Dec 2024)
- B.Sn Bachelors of Science in Nursing - Lala Lajpat Rai Institute of nursing (2016-2020)

**Core Nursing & Clinical Training:**

- Fundamentals of Nursing Practice
- Medical–Surgical Nursing
- Mental Health & Psychiatric Nursing
- Midwifery & Obstetrical Nursing

## **CERTIFICATIONS**

- First Aid
- CPR Certification
- GPA (Gentle Persuasive Approaches) Certification
- HCA Certification