

Alexta Kalo

London, ON • (226) 376-2054 • lexiekalo@gmail.com

REGISTERED PRACTICAL NURSE

SUMMARY

Compassionate and dedicated Registered Practical Nurse (RPN) with a strong clinical background and three years of hands-on experience as a Personal Support Worker (PSW) in a hospital environment. Proven ability to deliver high-quality patient care, assist in complex medical procedures, and collaborate effectively with multidisciplinary teams. Adept at patient assessment, medication administration, and implementing care plans. Committed to providing empathetic and patient-centered care, with excellent communication and critical-thinking skills. Ready to leverage extensive practical experience and recent nursing education to excel in a challenging healthcare setting.

SKILLS

- Personal Hygiene Assistance
- Communication Skills
- Technology skills and experience with Power Chart, Point Click Care, etc
- Patient Safety and Infection Control
- Patient Assessments
- CPR and BLS Certified
- Medication Management
- Intramuscular, Intradermal, and Subcutaneous Injections
- Wound Care
- Catheter Care and Insertion
- Experience with a variety of hands-on nursing skills

EXPERIENCE

Registered Practical Nurse
St Joseph's Parkwood Institute
Complex Care
London, ON

June 2024- Present

- Completed detailed charting using Power Chart
- Performed Tracheostomy Care, such as suctioning, mechanical insufflation- exsufflation, and tracheostomy wound care
- Performed Neurological monitoring
- Obtained vital signs and collected biological samples to assist with diagnostic testing and ongoing assessments
- Started intravenous fluids, administered medications and documented patient charts by recording food and fluid output and intake
- Wound care, ostomy care, pressure ulcer prevention and pain management
- Catheter insertion
- Managed patients' pain by implementing pharmacological and non- pharmacological pain management interventions, including opioid and repositioning, and music interventions

Personal Support Worker
St Thomas Elgin General Hospital
St. Thomas, ON

July 2023- June 2024

- Record vital signs including temperature, pulse, respiration rate, and blood pressure
- Assist clients with daily activities such as bathing, dressing, and grooming
- Transport clients to medical appointments or other destinations as needed
- Monitor changes in client behavior and reported any concerns to nursing staff
- Develop positive relationships with patients by demonstrating empathy and respect for their needs

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Registered Practical Nursing Student

September 2021- December 2023

Windsor Regional Hospital and Heron Terrace
Windsor, ON

- Administered medications and treatments in accordance with established protocols
- Implemented infection control measures such as hand hygiene compliance monitoring
- Protected patient wounds and infections by applying clean dressings, stockings and support bandages
- Obtained vital signs and checked blood glucose levels of assigned patients
- Performed nursing skills such as catheter insertions, subcutaneous and intramuscular injections, head- to - toe assessments
- Established positive relationships with patients by demonstrating empathy and respect.
- Assisted in physiotherapy sessions with clients

Personal Support Worker

May 2022- January 2023

Caressant Care on Bonnie Place
St. Thomas, ON

- Provided personal hygiene assistance including oral care, shampooing hair, changing bed linens
- Collected and recorded patients' blood pressure, pulse and respirations (TPRs) to evaluate and note basic health status
- Helped patients during ROM exercises to maintain musculoskeletal functions and increase strength
- Built strong and trusting rapport with clients and loved ones
- Followed safe lifting and transferring techniques to transport residents

Personal Support Worker

May 2021- May 2022

Assisted Living Southwestern Ontario
Windsor, ON

- Assisted clients with daily activities such as bathing, dressing, and grooming
- Prepared meals according to dietary needs of individuals served
- Developed positive relationships with patients by demonstrating empathy and respect for their needs
- Performed light housekeeping duties such as laundry services for residents
- Made beds, swept floors and sanitized surfaces to support activities of daily living

Crew Member

March 2015- September 2018

McDonald's Restaurant
St. Thomas, ON

- Performed cashier duties such as taking orders, collecting payments and providing change
- Restocked kitchen supplies including food products and utensils
- Cleaned restaurant area by sweeping floors, wiping tables and emptying trash receptacles

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- Provided excellent customer service to maintain a positive atmosphere for guests
- Assisted in the preparation of food items such as sandwiches, salads and pizzas
- Prepared beverages such as coffee drinks, smoothies and milkshakes according to company standards

VOLUNTEER & COMMUNITY

Valleyview Home, St. Thomas ON 2015- 2018

Coordinator- Valerie Freeman 519-631-1030 Ext. 321

- Assisting with recreation programs such as exercise groups and game night and provide one-to-one visits with residents

EDUCATION

College Degree- Registered Practical Nurse

St. Clair College, South Windsor Campus

2021- 2023

Ontario Secondary School Diploma

Central Elgin Collegiate, St. Thomas ON

2014- 2018