

# Palak Patel

Registered Nurse

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## PROFILE SUMMARY

Dedicated and experienced professional striving to obtain a Registered Nurse position where my extensive knowledge and experience in patient-centered care, calm disposition and communication skills will support the healthcare organization in providing compassionate and quality care.

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## SKILLS

Experienced and trained in comprehensive nursing interventions such as admission-discharge, health education, medication administration, bedside monitoring, physical assessments, wound care, bladder irrigation, catheterization, ostomy, colostomy and diagnostic imaging procedure.

Demonstrated leadership skills as a member of the Student Nurses Association(SNA) representing nursing college

Fluent in English, Hindi and Gujarati languages.

**Technical skills:** Microsoft Teams, Sharepoint, Microsoft365, PointClickCare

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## WORK EXPERIENCE

### Registered Nurse

Hillside Manor Long-term care home | Stratford, ON | May 2024- Current

- Working as a charge nurse, oversee patient admissions, transfer and discharge.
- Monitoring medical charts and administer compassionate care and assistance to patients and families.
- Coordinating daily administrative duties, including schedules, nursing assignments and patient care.
- Providing palliative care, diagnose and treat acute and chronic illnesses by conducting physical examinations.
- Demonstrating clinical skills such as initiating IV lines, phlebotomy, G-tube feeding, catheterization, pressure ulcer dressings.
- Providing direction, support and delegation to Licensed registered practical nurses as appropriate.
- Participating in ongoing internal education activities.

### Registered Practical Nurse

Schlegel Villages | Waterloo, ON | April 2024 - Present

- Ensuring that residents are being taken care of according to their needs and following any medical instructions from their physicians accurately and compassionately.
- Observing and reporting on symptoms and overall conditions of residents.
- Assist in the planning and development of resident care plans to physicians.
- Supervising other nursing staff and personal support workers who are assigned to a specific wing or unit.
- Administration of medication and injections in a timely manner, wound care, collection of samples for lab testing, processing physician's orders to provide best quality care to residents.

### Personal Care Attendant

Traverse Independence | Kitchener, ON | August 2021 - April 2024

- Maintained daily living standards by assisting clients with personal hygiene needs.
- Documented efficient patient centered interventions.
- Helped clients with personal needs from exercise to bathing and personal grooming.
- Played an important role in medication and narcotic administration, narcotic counts, colostomy care, ostomy care, catheter care and patch application.

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## Personal Support Worker

Bloom Care Solutions | Kitchener, ON | July 2021 - November 2023

- Lifted, moved and adjusted clients to ambulate individuals for diverse needs.
- Provided one-on-one patient centered care in home care settings and retirement.
- Monitored vital signs and medication use, documenting variance and concerning responses.
- Transported patients to medical, dental and personal care appointments.

## Personal Support Worker

Apollo Health Care Services | Kitchener, ON | June 2021- May 2023

- Worked in a long term care center to provide quality care to the residents.
- Assisted residents in and out of bed and wheelchairs, using safe lifting and transferring techniques.
- Assisted residents in activities of daily living to maintain health and dignity.
- Reported routine vital signs to RPN.

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## VOLUNTEER EXPERIENCE

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### Registered Nurse Volunteer

October 2020- March 2021

#### Krishna Surgical Hospital, Khambhat, Gujarat, IN

- Worked on different floors like medical, surgical and Covid19 department for about 6 months.
- Assisted nurses with patient assessments, treatments and medications.
- Administered injections per physician orders as well as assisted in drawing blood samples from patients.
- Performed vital sign checks such as temperature, pulse rate, respiratory rate, blood pressure and oxygen saturation levels.
- Updated physicians on patient test results and assisted in developing care plans.
- Supported with the surgery and other medical procedures conducted by the doctor.
- Follow policies, routines and obey roster.

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## EDUCATION

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### Healthcare Administration and service management

March 2021

#### Conestoga College, Kitchener, ON

- Healthcare systems and services evolve to meet the changing needs of the Canadian population, the opportunity to build strong organizational leadership and management skills while familiarizing with the Canadian health care system.
- Analyze and apply leadership theories and develop key management skills in areas such as communication, finance, human resources, and operations.

### Bachelor of science in nursing

August 2018

#### Pioneer Nursing College, Vadodara, Gujarat, IN

- Got 76% overall in all four years.
- Active participation in group work on various nursing interventions.
- Independently educated patients and families on disease processes such as heart failure, pressure ulcers, acute renal failure and prevention of hypertension.
- Worked as a student nurse in various settings such as maternity ward, pediatric unit, emergency unit and psychiatric ward for about four years.
- Assisted surgeon in Hysterectomy and various surgical procedures.

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## LICENSE AND CERTIFICATION

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- Ontario RN license (CNO).
- Red cross standard FIRST AID and CPR/AED level C certificate.
- Red cross BLS certificate.
- N95 Mask Fit card
- Trained in Cardio-Pulmonary Resuscitation(CPR) and AED at National CPR Foundation in Canada in accordance with the 2021 ECC/LCOR and AHA guidelines.
- Attended a state-level conference, entitled “Empowering Nurses through Advanced Technology”
- Attended a state-level conference, entitled “Midwives, mothers and families: partners for life”