



Balwinder Kaur, RN

1893 Dunkirk Avenue, Woodstock, ON N4T 0L7

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548-255-6161

SUMMARY

Compassionate and dedicated Registered Nurse seeking a position in a healthcare facility to provide high quality patient care and to support medical staff. Registered Nurse with 7 years of work experience as a Nurse in the emergency department as well as Critical Care Unit. Utilizing my strong interpersonal and communication skills, fluency in English, Punjabi, and Hindi enable me to connect with individuals from varied backgrounds and deliver effective, collaborative care, and to ensure patient safety and comfort.

SKILLS

Strong Practical skills

Triaging all the patients, Maintaining Airway, Breathing and Circulation, Assisting Critical Care Team in endotracheal Intubation, Central line insertion, arterial line insertion, and chest tube insertion.

Management of code blue

• **IV management**- Independently Peripheral IV Cannulation and EJV- External Jugular Vein Cannulation- (Expert Level), Administration of blood products, changing PICC line and central line dressings, Wound care, Ostomy and tracheostomy care, Parenteral and non- parenteral medication administration, Insert Foley catheters, NG tube insertion and management, Oxygen therapy, Rapid response, Outstanding knowledge about ventilator modes.

- **Critical Thinking & Problem Solving**
- **Documentation & Record Keeping**
- **Team Collaboration**
- **Regulatory Competence**
- **Provide relevant health education to patients**
- **Patient safety**
- **Focused assessments**

EMPLOYMENT EXPERIENCE

CARESSANT CARE RETIREMENT HOME, Woodstock, ON

RPN | *January 2025 – Present*

- Manage resident's healthcare plans based on physicians' instructions and development and improve care plans.
- To communicate with resident's physician if there are any changes in resident's health and giving recommendations to get new orders.
- To initiate plans, ensuring residents get the care they need in collaboration with DHW.



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- Provision of comprehensive timely resident care including dressing changes, assessment of vital signs, assessment of residents' needs and monitoring of residents' medical status.

CARESSANT CARE, Woodstock, ON

Guest Attendant / UCP | *June 2023 – December 2024*

- Provide direct patient care, ensuring comfort and well-being for residents.
- Support residents in daily activities, promoting independence and dignity.
- Delivered patient care, administering medications to up to 50 residents per shift and maintaining accurate documentation.

GRECIAN SUPER SPECIALITY HOSPITAL, Punjab, India

Emergency Department- Registered Nurse | **Full Time** Nov 2018 – March 2023

- Triageing all the patients
- Assisting in endotracheal Intubation, Central line insertion, arterial line insertion, and chest tube insertion.
- Vital signs check, Performed hands-on skills in IV management- Independently Peripheral IV Cannulation and EJV- External Jugular Vein Cannulation- **Expert Level**
- Male and female Urinary Foley's catheters, and Ryle's Tube insertion- **Independently**.

SPS APOLLO HOSPITAL, Punjab, India

EMERGENCY AND ICU Nurse | *2015 – 2018*

- Assessed patients upon arrival, conducting initial evaluations and vital sign checks.
- Performed hands on skills on IV management, male and female urinary catheterization, and Ryle's tube insertion.
- Management of Trauma, head and supine injury, stroke and Cardiac patients, snake bite and poison ingestion, patients vulnerable to injuries.
- Provided care for a diverse patient population, including adults, the elderly, and pediatric patients. Performed hands on skills on IV management, male and female catheters, head to toe.

EDUCATION

CONESTOGA COLLEGE, Kitchener, ON

- Health Care Administration Management (2024)
- Personal Support Worker Certificate (2023)

PUNJAB NURSING REGISTRATION COUNCIL, Mohali, India

- General Nursing and Midwifery Registered Nurse (Ontario)

CANADIAN RED CROSS, Kitchener, ON

- First Aid & BLS Certificate (2025)