

Sheryl Polack, RPN
Kitchener ON N2A 3K6
519-502-0787, sjpolack@gmail.com

Highlights of Qualifications

- Registered Practical Nurse, Developmental Service Worker and Personal Support Worker
- Experience in supporting individuals with Developmental Disabilities, Physical Disabilities, Dual Diagnosis, Autism, Challenging and Aggressive Behaviours and Complex Medical Needs
- Demonstrate conflict resolution and problem solving skills
- Skilled in analytical thinking, planning, organizing, prioritizing
- Organized, resourceful and reliable with great time management and communication skills
- Proficient use of Microsoft Office programs, electronic record keeping and data collection systems
- Demonstrated commitment in implementing communication and behavioural support plans in conjunction with other team members
- Adapt quickly to new work environments, quickly learn and utilize new applications
- Work well as part of a team or alone with minimal supervision
- Focus on safety, quality work, meeting deadlines and accurate attention to detail
- Work effectively with interdisciplinary team
- Function collaboratively with RN and PSWs to manage patients care needs

Work History

Registered Practical Nurse, Grand River Hospital- Freeport, Kitchener Oct 2021- Present

- Maintaining standards for professional nursing practice within the clinical setting
- Working with patients with varying degrees of physical and cognitive impairments
- Contributes to ensuring there is a safe environment for patients, staff and visitors

Registered Practical Nurse, Sunnyside Home LTC, Kitchener Sept 2018 – Present

- Administering subcutaneous, oral, topical, and G-tube medication and provide palliative care
- Resolve concerns and issues with residents and family members
- Proficient in Point Click Care and EMar and Microsoft office
- Exercised extreme attention to detail managing multiple patient records and recording vitals

Registered Practical Nurse, Vitalis Health Care, Kitchener Oct 2021- Nov 2022

- Covid 19- Rapid Antigen and PCR Testing and documentation
- Managed time wisely in a fast paced environment
- Abide by all health and safety policies and procedures

Registered Practical Nurse, Highview Residence, Kitchener Oct 2017 – Apr 2021

- Develop and implement complex, resident-centred nursing care plans for dementia alzheimer's residents
- Resolve concerns and issues with residents and families
- Delegate tasks to PSWs
- Proficient in MED-ecare
- Process and implement physician orders

Education

Basic and Advanced Foot Care, Certificate, St. Clair College, Windsor ON	2015
Practical Nurse, Diploma, Fanshawe College, Woodstock ON	2014
Developmental Service Worker, Diploma, Fanshawe College, London ON	2010
Personal Support Worker, Certificate, St. Clair College, Windsor ON	2008

Training/Skills

First Aid/CPR- Level BCLS	2021
Gentle Persuasive Approach	2019
Nonviolent Crisis Intervention, Kitchener, ON	2018
Mental Health First Aid, Canadian Mental Health Association, Kitchener ON	2017
ASSIST Training, Conestoga College, Kitchener ON	2017
Addictions Workshop, Wilfrid Laurier University, Kitchener ON	2016

Memberships

College of Nurses of Ontario - Registration # AD067975
Registered Practical Nurses Association of Ontario (RPNAO)