

## Sukhwinder Kaur

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### Professional Summary

Compassionate and dedicated healthcare professional with over 4 years of combined experience as a Personal Support Worker in Canada and a Registered Nurse in India. Skilled in providing person-centered care, monitoring vital signs, assisting with ADLs, and supporting patients with dementia, chronic conditions, and post-operative needs. Recognized for maintaining patient safety, dignity, and comfort in both clinical and long-term care settings.

### Work Experience

#### Personal Support Worker | AgeCare, Oakville, ON | Mar 2022 – Jan 2025

- Assisted residents with activities of daily living, including mobility, bathing, feeding, and personal hygiene.
- Observed, documented, and reported changes in residents' health conditions to nursing staff.
- Administered medications and insulin under nurse supervision and ensured compliance.
- Monitored vital signs and maintained accurate records.
- Provided emotional support and companionship to residents, fostering a safe and respectful environment.

#### Health Care Worker | Home Instead, Wavel Villa Senior Residence Care, AgeCare – ON, Canada | 2022 – 2024

- Supported clients in independent living by assisting with personal care and household management.
- Maintained a safe and clean environment, including laundry, meal preparation, and housekeeping.
- Monitored client progress and reported health status changes to the healthcare team.

#### Staff Nurse (Cardiac Incharge / NICU Nurse) | Civil Hospital, Punjab, India | Aug 2020 – Apr 2022

- Provided nursing care in Cardiac and Neonatal Intensive Care Units.
- Administered IV fluids, IM injections, oral medications, and assisted with blood transfusions.
- Assisted in surgical procedures and ensured sterilization of instruments.
- Maintained detailed patient charts and collaborated with physicians for treatment plans.

### Education

#### Bachelor of Science in Nursing (B.Sc. Nursing) | Baba Farid University, Punjab, India | 2015 – 2019

### Certifications

- Personal Support Worker (Ontario)
- Indian Registered Nurse (GNM/B.Sc Nursing)
- CPR & First Aid
- Chronic Conditions Care

### Skills

- Patient-Centered Care & Compassionate Support
- Medication Administration & Monitoring
- Dementia & Palliative Care
- Vital Signs Monitoring & Documentation
- Infection Control & Safety Protocols
- Multilingual: English, Hindi, Punjabi