

YESHA GOLWALA, RN, BScN
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Objective

Dedicated registered nurse looking forward to effectively fill a full time, part time, or casual position as a Registered Nurse to provide quality client centered care based on best practice guidelines with your organization.

Current RN certificate of competency under "good standing" from the College of Nurses of Ontario with 14+ years' of solid front line and managerial experience with comprehensive knowledge of evidence based clinical practices and long-term care concepts.

Highlights of Qualifications

- RN with 14+ years of front line experience
- Supervision of nursing staff
- Conducting audits
- Develop therapeutic relationship with clients
- Solution Oriented
- Fast learner
- Excellent communication and critical thinking skills
- Excellent physical assessment skills
- Monitor supplies, equipment, and pharmaceutical supplies and control all nursing department.
- Excellent critical thinking
- Conflict resolution skills.
- Committed to continuous education for personal and professional development.

Work History

Director of Health and Wellness | Cogir Greenway Retirement Living, Brampton, ON | October 2022 to June, 2025

- Continues quality improvement
- Medication administration
- Committed to patient advocacy
- Palliative care
- Wound care
- Pain management
- Complaints management
- Leading care conferences with interdisciplinary team
- Collaborate with Transitional Care Coordinators at Brampton Civic Hospital and Credit Valley Hospital
- Follow up with patients in Hospital
- Maintain patient flow

- Risk Management
- Infection control
- RHRA compliance
- Yardi EHR
- Workday
- Professional stability and Resilience
- Physical stamina and endurance

Charge nurse | Newmarket Health Centre (Long Term Care), Newmarket, ON | October 2018 to October 2022

- Coordinates, directs and monitors the effectiveness of all operational activities
- Leading a team of nurse managers, registered nurses and support staff
- AIS Proficiency Evaluation Certificate
- Evaluate staffing requirements to facilitate and monitor resident care
- MOHLTC decision trees
- Complete performance appraisals
- Promoting continuous quality improvement
- Counsel staff in areas of non-compliance, inappropriate, and unprofessional behavior(s) or practice
- Follow best practice standards to provide safe and compassionate care
- Health teaching
- Point Click Care, Point of Care
- Fall Prevention and Management, Catheter Insertion and maintenance
- Palliative Care
- Leading care conferences
- Wound care
- Risk Management (Violence, Falls, Incidents), Incident Reports, Behavior Tracking Tool
- Employee Incident Reporting
- Mandatory Reporting
- Coordinate and implement medical orders
- Report and address changes in residents' condition requiring prompt attention.

Charge nurse | Baycrest Apotex (Long Term Care), Toronto, ON | March 2019 to March, 2023

- Coordinate, directs and monitors the effectiveness of all operational activities within the nursing department
- Monitor and control all nursing department supplies, equipment and pharmaceutical supplies
- Evaluate staffing requirements to facilitate and monitor resident care
- Quality improvement and risk reduction
- Accountable for supervising and delegating nursing staff.
- Counsel staff in areas of non-compliance, inappropriate, and unprofessional behavior or practice
- Follow best practice standards
- Point Click Care, Point of Care

- Fall Prevention and Management
- Palliative Care
- Wound care
- Risk Management
- Report and address changes in residents' condition requiring prompt attention
- Maintain ongoing inter-professional communication

Charge nurse | Villa Colombo Vaughn (Long Term Care), Vaughn, ON | December 2014 to October 2020

- Coordinate, directs and monitors the effectiveness of all operational activities within the nursing department, and manages, mentors and coached staff in a 160 bed LTCH; leading a team of nurse managers, registered nurses and support staff, consisting of 1 RNs, 4 RPNs and approximately 18 PSWs
- Monitor and controls all nursing department supplies, equipment and pharmaceutical supplies, monitoring supply budgets to ensure these are being cost-effectively managed
- Evaluate staffing requirements to facilitate and monitor resident care with a good understanding of staffing and scheduling patterns
- Negotiate cooperative approach to reducing absenteeism, and implements innovative staffing plans exceeding expectations
- Complete performance appraisals in the Nursing Department cultivating collaborative relationships with unions while participating in contract negotiations and grievance resolution
- Involved in the planning of Behavioral Assessment Unit from vision to construction, planning, staffing and day-to-day management
- Coordinated implementation of the Restorative Care Program and Nursing Rehabilitation
- Supervising and delegating nursing staff.
- Counsel staff in areas of non-compliance, inappropriate, and unprofessional behavior or practice
- RNAO Best Practice Guidelines
- Health teaching
- Infection Control, Pain Management, Hypoglycemia Protocol, Coumadin Protocol
- Point Click Care, Point of Care
- Fall Prevention and Management, Catheter Insertion and maintenance
- Palliative Care
- Coordinate and implement medical orders
- Report and address changes in residents' condition requiring prompt attention
- Maintain ongoing inter-professional communication

REGISTERED nurse | Staff Relief Healthcare Services, Brampton, ON | June 2014 to December 2014

- Maintain ongoing inter-professional communication
- Medication administration
- Wound care

- Pain management
- Monitoring patient's changing conditions

Education

- Gentle Persuasive Approaches March 2025
- Director of Health and Wellness Certificate in Clinical Leadership, January 2024
- Diabetes Educator, The Michener Institute of Education at UHN July 2023
- Bachelor of Nursing, University of New Brunswick, Toronto, ON June, 2014
- Ontario School Secondary Diploma, West Humber Collegiate Institute, Toronto, ON 2009

License and Registration

- Canadian Nurses Association, Canada
- College of Nurses of Ontario, 2014
- RNAO, 2019

Training

- IV Therapy and Phlebotomy (Nurses Education, 2019)
- Advanced Cardiac Life Support (ACLS) (Ontario)
- Basic Life Support (BCLS) Certification (Ontario)
- Gentle Persuasive Approaches in Dementia Care (Ontario)
- Inter-professional Education (Ontario)
- Jurisprudence Examination (Ontario)
- Applied Suicide Intervention Skills Training (Ontario)
- Workplace Hazardous Materials Information System (Ontario)
- Ethical Conduct for Research Involving Humans Course on Research Ethics (Ontario)
- Mask Fit Test
- CNO Professional Standards Modules

Nursing Skills

- Vital Signs
- Medication Administration (Pre and post medication administration assessments)
- Intravenous (IV) Therapy & Pumps
- Lab values and significance
- Shift Reports & Care Planning
- Wound Care & Pressure Ulcers
- Feeding Tubes
- Oxygen Therapy & Nebulizers
- Catheterization (insertion/maintenance)
- Continuous Bladder Irrigation (CBI)
- Bladder Scan

- Infection Prevention & Control (IPAC)
- Fall Prevention & Management
- Pain Control & Management
- Hypoglycemia & Glucometer Checks
- INR & Coumadin Protocol
- Palliative & End-of-Life Care
- Suture/Staple Removal
- Emptying drains (Hemovac)
- Electronic Health Records (Meditech, eMAR, PCC)
- Client Education & Health Teaching
- Nursing Process (ADPIE)
- Inter-professional Communication
- Occupational Health & Safety (OH&S)
- Reflective Practice & Quality Assurance
- Client & Family-Centered Care (CFCC)
- Head to Toe Assessments
- Health Promotion & Disease Prevention
- Suctioning
- Apply standards, guidelines, and legislations to practice
- Work effectively with physical and mental needs of clients
- Collaborate with peers
- Perform Mental Status Examinations
- Excellent documentation skills (computerized charting using Meditech & MAR)
- Use BUBBLE to assess mothers along with head-to-toe physical assessment
- Health promotion, risk reduction, and client education