

PARMINDER KAUR

pamsandhu0207@gmail.com | (437).999.2709

Hardworking health care worker with over ten years of experience working with patients. Committed to delivering consistent care and focused attention to clients. Caring, compassionate and comfortable working unsupervised or in a group setting. Well versed in three language; English, Hindi and Punjabi

WORK EXPERIENCE

Walmart, Airdrie Alberta Bakery Associate

December 2022-October 2025

- Baking, panning, stocking, zoning
- CVP
- Check temperature of cooler and refrigerator

CBI Home Health Toronto, Ontario Personal Support Worker

September 2019 - May 2022

- Assisted with day-to-day hygiene, including washing and grooming
- Planned and prepared meals, helped residents with daily living
- Administered oral medication as per supervisor's request
- Provided patients with comfort and companionship
- Maintained patients' weights, vital signs and other specific issues

Chaitanya Hospital, Chandigarh, India Registered Nurse

May 2011 - June 2016

- Set up care plans for patients or contribute to existing care plans.
 - Monitor patients after major surgical procedures:
 - Explain post-treatment care instructions for patients to follow at home.
 - Collaborate with doctors and other healthcare professionals.
 - Administer prescribed medications and treatments.
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EDUCATION

Degree / Date of Graduation

- Bachelor of Arts 1997-2000 Punjab University

Chandigarh, India

- Diploma in General Nursing and Midwifery 2005-2008 Charanjit Singh Memorial Institute of Nursing Education

Morinda, Punjab

- Ontario Secondary School Diploma (Grade 12) 2022

Ontario Highschool

Certification

First Aid and CPR/AED level C