

PARMINDER KAUR

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OBJECTIVE

Compassionate and dedicated nursing professional with a strong foundation in patient-centered care, Experienced in long term care, dementia support, and multidisciplinary collaboration. Committed to delivering safe, ethical, and high-quality healthcare. Compassionate and detail-oriented internationally educated nurse with a Bachelor of Science in Nursing and over three years of hands-on experience providing direct patient care in long-term care settings in Canada.

SKILLS

- Safe nursing practice
- Patient-centered care
- Safe Nursing Practices
- Cultural competence
- Infection control and prevention
- Emergency response
- Health education
- Microsoft PowerPoint
- Microsoft Outlook
- Microsoft Access
- Organizational skills
- Communication skills
- Problem-solving
- Critical thinking
- Wound dressing
- Patient care organization
- Interpersonal skills

- Tracheostomy care
- Deep suctioning
- G-tube feeding skills
- Crisis management

KEY QUALIFICATIONS

- 4+years of experience in long-term care settings
- Strong knowledge of ADLs, IADLs, infection control, and patient safety
- Experience caring for residents with dementia and complex needs
- Excellent communication and interpersonal skills
- Ability to work independently and in a team environment
- Skilled in documentation and care support
- Reliable, and detail-oriented

PROFESSIONAL EXPERIENCE

Registered Nurse.

Extendicare Brampton. March 2026. - April 2026

- Advised patients and caregivers of proper wound management, discharge plan objectives, safe medication use, and disease management.
- Follow all personal and health data procedures to comply with HIPAA laws and prevent information breaches effectively.
- Used first-hand knowledge and clinical expertise to advocate for patients under care and enacted prescribed treatment strategies.
- Conveyed treatment options, diagnosis of information and home care techniques for patients and caregivers to continue care consistency.
- Prioritize & Assessment: Quickly evaluate incoming patients to determine severity and prioritize care.
- Stabilization: Provide immediate life-saving interventions, such as starting IVs, performing CPR, administering emergency meds, and managing airways (intubation/tracheotomy).
- Direct Patient Care: Administer medications, start Vs, dress wounds, set broken bones, draw blood, and perform minor procedures like stitching.

- **Monitoring & Documentation:** Continuously track vital signs, document all interventions, and report changes in patient condition.
- **Team Collaboration:** Work closely with physicians, paramedics, and other specialists to coordinate treatment plans.
- **Patient/Family Support:** Offer education, reassurance, and emotional support to distressed patients and their families.

Registered Nurse

Guru Nanak Dev Hospital Amritsar Punjab India.

- Checking and recording patients' vitals before, during, and after dialysis treatment.
- Ensuring that hemodialysis treatments are administered to patients correctly.
- Monitoring patients during dialysis treatment to identify any adverse reactions.
- Preparing and updating nursing care plans
- Promptly notify the appropriate medical practitioner of any problems that occur during dialysis treatments.
- Working with the dialysis technicians to ensure that dialysis machines and equipment are set up correctly.
- Teaching patients and their family members how to operate home dialysis machines should they decide on home dialysis therapy Educating patients on dialysis treatment options, kidney disease management, as well as suitable nutrition and exercise regimens • Providing nursing care for acute hemodialysis in ICUs and inpatient units.
- Recording medical history and symptoms Administering medications and treatments
- Collaborating with teams for patient care
- Performing diagnostic tests
- Conducting physical examinations
- Monitoring patients' health
- Providing support and advice to patients Operating medical equipment.
- Monitor exact, detailed reports and records of critical ICU patients
- Monitor and record symptoms and changes in patient conditions and information to the physician order, interpret, and evaluate diagnostics tests to identify and assess the patient's condition Carefully observe and document patient medical information and vital signs. Document patients' medical histories and assessment findings Document patients' treatment plans, interventions, outcomes, or plan revisions Consult and coordinate with healthcare team members about whole patient care plans Modify patient treatment plans as indicated by the patient's response and conditions Monitor the critical patients for

changes in status and indications of conditions such as sepsis or shock and institute appropriate interventions

- Administering intravenous fluids and medications as per doctor's order.
- Monitor patients' fluid intake and output to detect emerging problems such as fluid and electrolyte imbalances.
- Monitor all aspects of patient care, including diet and physical activity Identify patients who are at risk of complications due to nutritional status Direct and supervise less-skilled nursing/health care staff or supervise a particular unit on one shift to patient's response and conditions Treating wounds and providing advanced life support Record and document patient care and outcomes
- Measure a patient's condition and planning and implementing patient care plans
- Observe and record patient vital signs
- Administer intravenous fluids and medications
- Able to respond to life-saving situations, using nursing guidelines and procedures for treatment
- Collaborate with fellow members of the critical care team.

Personal Support Worker (PSW)

Extendicare Brampton, ON

April 2021-Present

- Provide personal care including bathing, grooming, dressing, and mobility support
- Assist with medications as per care plans
- Support residents with dementia and cognitive conditions
- Monitor and report changes in health status
- Maintain accurate documentation and communication
- Follow infection control and safety protocols

CLINICAL & PRACTICAL EXPERIENCE

Supervised Practice Experience Program (SPEP)

March 2026-April 2026

PSW Placement-Extendicare LTC

January 2021-March 2021

- Assisted residents with daily care and safety
- Supported nursing staff and documentation

PSW Placement-Burloak LTC, Burlington, ON

November 2020-December 2020

- Provided support with ADLs and mobility
- Practiced infection control and communication skills

EDUCATION

Bachelor of Science in Nursing (BSc Nursing) Khalsa College of Nursing, Amritsar, India September 2014-September 2018

Postgraduate Certificate-Health Care Administration Canadore College, Canada

September 2019-April 2020

Personal Support Worker (PSW) Sheridan College, Canada

September 2020-April 2021

Certifications

CPR /First Aid

CNO License (Registered Nurse)

Infection Control

WHMIS

Safe Patient Handling

REFERENCES AVAILABLE UPON REQUEST