

arashdeep2206@gmail.com

647-332-0333

Scarborough,, ON M1C 5K6

Skills

- Medical Recordkeeping
- Chart updating
- Mobility Assistance
- Infectious disease control
- Patient Care
- Compassion and Empathy
- Direct Patient Care
- Call triaging
- Long-Term Care
- Documenting vitals
- Patient Monitoring

Education

08/2018

Post Graduation :

Nursing Leadership And
Management

**Seneca College Of Applied Arts
And Technology**

North York, ON

08/2017

Post Graduation :

Healthcare Management
Norther College

10/2013

Bachelor Of Science:
Nursing

Silver Oaks College Of Nursing
Mohali , Punjab

- Equivalent to Canadian BSc Nursing according to WES
- Passed NCLEX-RN

Arashdeep Arashdeep (Registered Nurse)

Summary

Experienced nursing professional bringing demonstrated clinical expertise, leadership skills and technical knowledge. Proficient in updating charts, monitoring medications and working with multidisciplinary teams to optimize patient care. Quality-driven and efficient with strong interpersonal abilities.

Experience

Extendicare Long Term Care - Registered Nurse

Cobourg, Ontario

09/2024 - Current

- Assessed, planned, implemented and evaluated nursing care for assigned patients.
- Administered medications and treatments according to physician orders.
- Documented patient progress notes accurately and efficiently in the electronic medical record system.
- Maintained a safe environment for all patients by adhering to infection control policies and procedures.
- Observed strict safety measures, including checking medication dosages before administration to patients.

Home Instead Senior Care - Caregiver- Supervisor

04/2018 - 06/2024

- Administered prescribed medications on a timely basis following care plan instructions.
- Assisted elderly clients with activities of daily living, such as bathing, dressing
- Provided companionship for elderly clients by engaging in conversation and participating in recreational activities.
- Transported clients to doctor appointments and other errands using wheelchair accessible vehicles.
- Monitored vital signs, including blood pressure, temperature and pulse rate.
- Helped patients during ROM exercises to maintain musculoskeletal functions and increase strength.
- Followed safe lifting and transferring techniques to transport residents.

Bayshore Health Care - Personal Support Worker

Richmond Hill, Ontario

04/2021 - 05/2023

- Organized paperwork related to patient treatments and maintained accurate records.
- Ensured that all necessary supplies are available for providing quality patient care.
- Monitored vital signs and documentation

- Provided personal hygiene assistance including oral care, shampooing hair, changing bed linens.
- Followed care plan and directions to administer medications.

Grecian Super-Speciality Hospital - Staff Nurse

Mohali , India, Punjab

02/2022 - 04/2022

- Consult and coordinate with health care team members to assess, plan, implement and evaluate patient care plans.
- Prepare and administer drugs through I/v, subcutaneously and orally and records.
- Educate patients on Surgical Procedures.
- Record patient's medical information and vital signs, change wound dressings, insert urine catheters and start I/v.
- Record all-care information concisely, accurately and completely in a timely manner.

Balaji Hospital - Cardiac Registered Nurse

Patiala, Pb, Punjab

09/2015 - 12/2016

- Monitored hemodynamic parameters in critically ill cardiac patients.
- Reviewed laboratory results including troponins and electrolytes and reported abnormal values to physicians.
- Administered prescribed medications
- Educated patients about their diagnosis, treatment plans, and potential complications associated with their condition.
- Assessed patient's vital signs, monitored EKG changes, and reported any abnormalities to physician.

Grecian Hospital - Infection Control Nurse

Mohali , Punjab , Punjab

09/2014 - 08/2015

- Collaborated with other departments within the facility to ensure compliance with applicable regulations relating to infection control practices.
- Investigated reports of suspected infections among patients, staff, and visitors.
- Reviewed and updated infection control policies and procedures to ensure compliance with current standards.

Grecian Hospital - Staff Nurse

Mohali , Punjab

12/2013 - 08/2014

- Monitored vital signs and documented changes in a timely manner.
- Ensured that all equipment was properly maintained according to safety protocols.
- Performed diagnostic tests such as blood draws, urine analysis and electrocardiograms
- Coordinated care with charge nurse and other staff through daily communication.
- Answered patient questions and provided take-home materials for further information.

License And Trainings

- Driving license
- Basic life support-CPR and First aid
- U-first training
- Dementia and alzaimars training
- **Registered with CNO and Illinois Board of Nurses, USA**