

# Prabhjot Prabhjot

## Registered nurse

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## Work Experience

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### Registered Nurse

ParaMed Home Health Care | Oakville, ON

July 2024 to Present

## **Registered Practical Nurse (RPN)**

**STAFF RELIEF HEALTH CARE SERVICES INC.** | Richmond Hill, ON

October 2020 to Present

Assess the client's ongoing physical and mental status. Such assessments should include the following

1. general physical health;
2. nutrition intake;
3. status of on-going health issues;
4. degree of social interaction;
5. emotional well-being (depression, agitation, general level of happiness or contentedness);
6. overall quality of life.

Any change in a client's condition should be documented and communicated with members of the health care team.

Complete all necessary reports, charts, logs, census, etc. according to CNO Standards of Practice.

Carry out any other form of prescribed or non-prescription "hands-on" nursing care indicated according to the standards of nursing practice.

Collaborate with physicians and other members of the health care team.

Provide guidance and support to unregulated health care providers.

Maintain clients' privacy and confidentiality at all times.

Store and dispense medications according to methods and guidelines outlined in CNO Standards of Practice.

Prepare medications for clients according to Medication Administration Record.

Administer medications to clients according to Medication Administration Record.

Complete all necessary documentation and charting on medications administered and perform drug counts as required.

Research all unfamiliar or unusual dosages or drug types noting indications, constrictions, dosages, and side effects and report any potential problems to a supervisor/manager immediately.

Monitor clients on an ongoing basis for adverse drug reactions.

Responsibilities:

Attend orientation and training sessions, when assigned.

Accept assignments only based on your knowledge, skills and judgment.

Be knowledgeable in and practice all relevant health and safety procedures.

Stay abreast of best practice guidelines, nursing profession advances, medications, treatments, tests, and participate in the mandatory reflective practice, as per CNO.

Comply with College of Nurses of Ontario Standards of Practice.

Stay committed to clients, colleagues, healthcare team members, and the nursing profession.

## **Registered Nurse**

**St Joseph's health care center, Toronto** | Toronto, ON

December 2023 to May 2024

## **Registered Practical Nurse**

**casa dolce casa** | Woodbridge, ON

July 2021 to November 2023

- Reviewed physical needs, monitored patients physical condition, administered approved medication, and arranged medical appointments according to assigned medical care standards.
- Supervised and assessed vital changes in patients and conditions by monitoring vital signs, symptoms, and test results.
- Documented and recorded patient health status and nursing care •
- Participated in inter-disciplinary nursing team meetings to improve policies and procedures and to ensure adherence to safety procedures. •
- To administer medication as per orders by various routes such as oral, intramuscular, and subcutaneous route.
- To provide special care to patient with, N.G. tube feedings, catheterization •
- To Perform nursing assessment, evaluation and intervention •
- To Perform wound care and dressing using clean and sterile technique •
- To provide bedside care (oral care, bathing, changing, feeding) •
- Documented comprehensively and maintained health records •

## **Registered Practical Nurse (RPN)**

**Accela Staff Inc.** | Toronto, ON

December 2020 to July 2021

## **Personal Support Worker**

**Home Instead Senior Care** | BRAMPTON, ON, CA

December 2017 to April 2019

Applied mobility assistance knowledge to safely ambulate patients in different spaces involving varying elevations and obstacles

Kept close eye on client vital signs, administered medications and tracked behaviors to keep healthcare supervisor well-informed

Offered social support by transporting individuals to events and activities, in addition to medical appointments and shopping trips

Provided safe mobility support to help patients move around personal and public spaces

Helped clients maintain optimal health by overseeing medication administration and all doctor's appointments

Kept patients mentally alert by entertaining, conversing and reading aloud to patients

Helped family members plan healthy meals, purchase ingredients and cook meals to provide adequate nutrition for client wellbeing

Assisted clients with daily living needs, including bathing and personal grooming, to maintain self-esteem and general wellness

## **Resident Care Worker**

**Whisperwood Villa** | CHARLOTTETOWN, PEI, CA

July 2017 to November 2017

Turned and positioned bedbound patients to prevent bedsores and maintain comfort levels

Supported daily hygiene needs of patients by assisting with bathing, dressing, dental care and personal grooming

Monitored and assisted residents through individual service plans modulated by the facility

Documented residents' behavior in terms of mental status, sleeping and eating patterns in medical record books

## **Resident Care Aide**

**Queens County Residential Services Inc** | CHARLOTTETOWN, PEI, CA

May 2017 to November 2017

Coordinated daily medicine schedules and administration to help clients address symptoms and enhance quality of life

Helped patients safely transition between sleeping surfaces and mobility assistance such as wheelchairs by providing consistent support

Answered call lights and supported patient comfort and safety by adjusting bed rails and equipment

Offered support for client mental and emotional needs to enhance physical outcomes and overall happiness

Shopped for groceries regularly in order to keep house stocked with necessities

Remained alert to problems or health issues of clients and competently responded

Planned, prepared and served meals and snacks according to prescribed diets

Helped clients with hygiene-related tasks such as brushing teeth, bathing, grooming and toileting

Documented residents' behavior in terms of mental status, sleeping and eating patterns in medical record books

## **Caregiver**

BRAMPTON, ON, CA

July 2014 to May 2016

Offered social support by transporting individuals to events and activities, in addition to medical appointments and shopping trips

Maintained clean personal areas and prepared healthy meals to support client nutritional needs

Established nutritious meal plans and prepared daily offerings to meet patient dietary needs

Helped clients maintain optimal health by overseeing medication administration and all doctor's appointments

Provided safe mobility support to help patients move around personal and public spaces

Assisted patients with personal requirements, including keeping spaces clean and helping with grooming

Recorded vital signs, such as temperature, blood pressure, pulse, or respiration rate, as directed by medical or nursing staff

Transported [Number] patients daily via wheelchair to and from rehabilitation and daily activities

## **Registered Practical Nurse**

**LIFELINE ADVANCED NEONATAL CENTRE** | JALANDHAR, IN

October 2010 to October 2011

JALANDHAR, INDIA

Transported patients between rooms and appointments or testing locations

Complied with all company-specific guidelines and performed hands-on nursing care to patients under RN supervision

Obtained biological specimens for ordered tests and prepared for laboratory transport

Wiped down equipment with proper cleaning products after each patient transport to reduce instances of infection

Offered immediate assistance in emergency and routine paging situations to evaluate needs and deliver care

Obtained client medical history, including medication information, symptoms and allergies

Agreed to take on additional shifts and extra hours during busy periods and holidays to maintain proper staffing and floor coverage

Collaborated with physicians to design at-home medication guidelines and educated patients and families on correct administration of medications

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## **Registered Practical Nurse**

**Practical Nursing** | GTA, ON

May 2010 to May 2010

## **Education**

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### **COURSE (POST GRADUATE CERTIFICATE)**

Niagara College Canada | Welland, ON, CA

May 2013

## **Skills**

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- Food Service
- Senior Care
- Medication Administration
- Caregiving
- Laboratory Experience
- Nursing
- Customer Service
- Vital Signs
- Crew Member

## **Certifications and Licenses**

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### **Nclex RN**

November 2022 to October 2025

I have passed Nclex RN and I am currently registered with New York state board as registered professional nurse.

### **First Aid & CPR Level C**

## Practical nursing