

Shreya Mehla

shreyamehla24@gmail.com

PROFESSIONAL SUMMARY

Compassionate and dedicated Personal Support Worker (PSW) with hands-on clinical experience in long-term care and hospital ICU settings. Skilled in providing patient-centered care, assisting with daily living activities, and supporting individuals with diverse medical needs. Certified under NACC with current First Aid & CPR. Strong commitment to safety, dignity, and quality care.

CERTIFICATIONS & LICENSES

- NACC PSW Certification – Hart College of Cardiac Sonography & Health Care (2025)
- HSCPOA Registered – Registrant ID: 10886
- Standard First Aid & CPR Level C – Valid until June 3, 2028
- Vulnerable Sector Police Check – Completed April 25, 2025

CLINICAL PLACEMENT EXPERIENCE

Wenleigh AgeCare (Mississauga)

Personal Support Worker (Placement) | Aug 2025 – Oct 2025

- Assisted residents with activities of daily living (ADLs)
- Supported mobility and transfers using safe techniques
- Monitored and reported changes in condition
- Provided companionship and emotional support
- Maintained infection control and safety standards

PROFESSIONAL EXPERIENCE

Bharat Hospital ICU (Uttar Pradesh, India)

Healthcare Assistant | Aug 2022 – Aug 2023

- Assisted nursing staff in ICU patient care
- Monitored vital signs and reported abnormalities
- Supported hygiene, feeding, and positioning
- Maintained infection control practices

- Collaborated with healthcare team

SKILLS

- Patient Care & Assistance • ADLs • Infection Control • Vital Signs Monitoring • Mobility Support • Communication • Time Management

EDUCATION

Personal Support Worker (PSW) Certification – Hart College of Cardiac Sonography & Health Care (2025)

ADDITIONAL INFORMATION

- Legally eligible to work in Canada
- Flexible availability including weekends and shifts