

# Shreya Mehla

shreyamehla24@gmail.com

## PROFESSIONAL SUMMARY

Compassionate and dedicated Personal Support Worker (PSW) with hands-on experience in long-term care and volunteer clinical support in hospital ICU settings. Skilled in assisting with activities of daily living, patient monitoring, and providing emotional support. Committed to delivering safe, respectful, and high-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 safely
- Monitored and reported health changes
- Provided emotional and companionship support
- Followed infection prevention protocols

## VOLUNTEER EXPERIENCE

### Bharat Hospital ICU (Uttar Pradesh, India)

Volunteer Healthcare Assistant | Aug 2022 – Aug 2023

- Supported healthcare staff in ICU patient care
- Assisted with basic patient needs including hygiene and feeding
- Observed and reported patient condition changes
- Maintained cleanliness and infection control standards

- Assisted in creating a safe and supportive care environment

## **SKILLS**

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

## **EDUCATION**

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

## **ADDITIONAL INFORMATION**

- Legally eligible to work in Canada
- Available for flexible shifts including weekends