

Anita

Brampton, Ontario, L6Z0G5

Phone: (647) 656-3313

Email: anitarai0779@gmail.com

PROFESSIONAL SUMMARY

Compassionate and detail-oriented Registered Nurse with 4 years and eight months of experience in high-acuity Medical-Surgical units. Skilled in comprehensive patient assessments, interdisciplinary collaboration, care plan implementation, and evidence-based practice. Demonstrated ability to manage 6-8 patient assignments while maintaining patient safety, quality outcomes, and high patient satisfaction scores. Seeking to contribute advanced clinical expertise and leadership skills in a progressive healthcare organization.

LICENSURE & CERTIFICATIONS

- Registered Nurse (RN), State License: College of nurses of Ontario (CNO)
- Basic Life Support (BLS) – Heart and Stroke
- First Aid and CPR/AED Level C (BL) (Canadian Red Cross)
- CERTIFICATE OF PARTICIPATION -TRANINED NURSES ASSOCIATION OF INDIA

PROFESSIONAL EXPERIENCE

Registered Nurse – Medical-Surgical Unit

Capitol Hospital – Jalandhar, Punjab July 2019 – July 2023

Registered Nurse – Medical-Surgical Unit

Indus Hospital – Mohali, Punjab March 2025 – November 2025

- Provide direct nursing care to 6-8 adult patients per shift in medical-surgical department.
- Perform comprehensive head-to-toe assessments and develop individualized patient-centered care plans.
- Administer IV medications, blood products, and high-risk medications in compliance with safety protocols.
- Perform clinical procedures including IV insertion, wound care, Foley's catheter and NG tube insertion, specimen collection, and blood glucose monitoring.
- Monitor and interpret telemetry readings; promptly report abnormal findings to providers.
- Manage post-operative patients and monitor recovery progress, pain levels and complications.
- Collaborate with physicians, pharmacists, physiotherapists, respiratory therapists, and interdisciplinary teams to coordinate care plans.

- Participate in rapid response teams, emergency interventions, and code blue situations.
- Educate patients and families on disease management, medications and discharge instructions.

EDUCATION

Bachelor of Science in Nursing (BSN) Baba Farid University of Health Sciences – Faridkot, (INDIA) Graduated: 2018

General Nursing & midwifery (GNM) Punjab Nurses Registration council, SAS Nagar (INDIA) Graduated: 2016

CORE COMPETENCIES

- Medical-Surgical Nursing
- Patient Assessment & Triage
- Care Plan Development
- Medication Administration
- IV Therapy & Central Lines
- Wound Care & Drain Management
- Pre- & Post-Operative Care
- Telemetry Monitoring
- Electronic Medical Records
- Infection Prevention
- Discharge Planning
- Patient & Family Education
- Interdisciplinary Collaboration
- Rapid Response Participation

TECHNICAL SKILLS

- Clinical Procedures & Equipment
- Medication & Treatment Administration
- Monitoring & Diagnostic Skills
- Technology & Documentation
- Safety & Compliance

REFERENCE: Available upon Request