

CURRICULUM VITAE

FRED OKYERE

info.okyere@gmail.com | (+233) 246 341 186

CC-245-6707 Royal Street, Ankaful - Cape Coast, Ghana

PROFESSIONAL SUMMARY

Experienced Mental Health Nurse with seven (7) years experience in providing compassionate care to individuals with mental health conditions. Possessing a Bachelor of Science in Mental Health Nursing from the University of Cape Coast and a Diploma in Mental Health Nursing from Psychiatric Nurses' Training College, Ankaful, Ghana, supplemented by specialized training in Environment Health & Safety Management.

Demonstrated expertise as a Senior Staff Nurse at Ankaful Psychiatric Hospital, effectively managing crises, conducting patient education programs, and overseeing medication administration. As a former Country Director for International Medical Associates for Global Health Empowerment, Ghana, I showcased strategic leadership by spearheading healthcare empowerment programs and fostering collaborations with stakeholders. Additionally, serving as the District Organizer for the Union of Professional Nurses and Midwives, Ghana, advocating for professionals' rights while facilitating training initiatives.

Capable in conducting assessments, providing counseling, and implementing evidence-based interventions to address diverse patient needs. Recognized for outstanding contributions, receiving awards such as Overall Best Staff of the Year 2021 and 2023 at Ankaful Psychiatric Hospital and recognition as an Outstanding and Hardworking Volunteer by International Medical Associates for Global Health Empowerment, Ghana.

Actively engaged in professional development through workshops, seminars, and CPD trainings, committed to advancing knowledge and skills in mental and physical care. Dedicated to providing holistic, person-centered care and making a positive impact in mental health advocacy and community support.

EDUCATIONAL QUALIFICATIONS

University of Cape Coast, Ghana

Bachelor of Science (Mental Health Nursing)

June 2021 - Sept. 2023

Athena Global Education

Diploma in Environment Health & Safety Management (CR706)

Jan. 2022 - June 2022

Psychiatric Nurses' Training College, Ankaful, Ghana

Diploma in Mental Health Nursing

Aug. 2013 - Aug. 2016

Kumasi High School, Ghana

Certificate (West African Senior School Certificate Examination)

Sept. 2007 - June 2011

WORK EXPERIENCE

Ankaful Psychiatric Hospital, Ghana

April 2022 – To Date

Job Title: Mental Health Nurse

Position: Senior Staff Nurse/Clinical Preceptor

- Contribute to the development and implementation of education programmes for patients, their families and others about post discharge care programs.
- Respond to crises and emergencies within the hospital, including de-escalating agitated patients, managing behavioral disturbances, and ensuring the safety of patients and staff.
- Undertake facilitative supervision of Health Care Assistants and other junior staff in the ward
- Monitor the effects of psychotropic medications and other treatments.
- Ensure proper documentation of all activities regarding patient care, counseling of patients and relatives on specific psychological problems.
- Evaluate care programmes of patients and relatives.
- Provide behavioural assessment and intervention for clients with social, emotional, physical and mental health needs.
- Develop and maintain continuing personal and professional development to meet the changing demands in the area of mental health care in Ghana.
- Evaluate the home environment of patients, examining their support system and ensuring they have a conducive setting that fosters recovery.
- Observing patients behaviour and keeping meticulous records, reporting any changes in their behaviour or health to medical staff.
- Planning and leading individual or group therapy to address patient problems.

International Medical Associates for Global Health Empowerment

Jan. 2021 – Dec. 2023

Job Title: Medical Volunteer

Position: Country Director, Ghana

- Develop and implement strategic plans in alignment with the organization's goals and objectives for healthcare empowerment in Ghana.
- Build and maintain partnerships with local government agencies, other sister NGOs, districts healthcare institutions, and other stakeholders to enhance the organization's impact and reach in Ghana.
- Provide leadership and direction to the organization's staff and volunteers. Manage and mentor staff, ensuring effective teamwork and collaboration.
- Design, implement, and oversee community-based programs like disease prevention, health education, maternal and child health, etc. aimed at improving health outcomes and empowering communities in Ghana.
- Engage with local communities to understand their healthcare needs, priorities, and challenges. Foster community participation and ownership in the design and implementation of healthcare initiatives.
- Ensure compliance with legal and regulatory requirements governing NGO's activities in Ghana.
- Serve as a liaison between the National Executives in Ghana and the international Board of Directors of the organisation.

Union of Professional Nurses and Midwives, Ghana**Jan. 2020 - To Date****Job Title:** K.E.E.A District Executive**Position:** District Organizer

- Recruit new nurses and midwives to join the union within the district and engages with existing members to ensure their active participation and involvement in union activities.
- Represent the interests of nurses and midwives within the district to the leadership of the union at the regional and national levels.
- Advocate for the rights, welfare, and professional interests of nurses and midwives within the district.
- Disseminate relevant information, updates, and communications from the union's leadership to members within the district.
- Mobilize nurses and midwives within the district to participate in union activities, meetings, medical workshops and protests as necessary.
- Organize training sessions, workshops, and seminars for members within the district to enhance their professional skills, knowledge, and leadership abilities
- Collaborate with other district organizers, union officials, and allied organizations working in the healthcare sector to advance common goals and objectives.

Ankaful Psychiatric Hospital, Ghana**April 2019 - March 2022****Job Title:** Mental Health Nurse**Position:** Staff Nurse

- Develop and maintain continuing personal and professional development to meet the changing demands in the area of mental health care in Ghana.
- Take care of own safety and take all measures to ensure the safety of the patient, relatives and staff - reporting all accidents, risk assessments and incidents, completing relevant documentation and undertake further investigation as directed.
- Provide behaviour mentoring for patients with social, emotional, physical and mental health needs in the society and at the psychiatric hospital.
- Take care of own safety and take all measures to ensure the safety of the patient and relatives.
- Monitor the effects of psychotropics medication and other treatments.
- Ensure proper admission, discharge and documentation of mental health patients' data.
- Monitoring of vital health signs of the seriously ill patients on the ward.
- Carry out patients teaching and write reports.
- Planning, implementation and evaluation of mental health patient care.
- Ensure strict practice of infection prevention procedures according to protocols.
- Educate patients on condition and medication, managing triggers in their environment.

International Medical Associates for Global Health Empowerment Jan. 2019 - Dec. 2022

Job Title: Medical Volunteer

Position: Regional Coordinator, Central Region

- Recruit, train, coordinate volunteer schedules, assignments, and activities to optimize their contributions to the organization's programs within the region.
- Engage with local communities, healthcare facilities, and stakeholders within the region to assess healthcare needs, build relationships, and identify opportunities for collaboration.
- Oversee and coordinate community-based healthcare programs and initiatives within the region to ensure their effective implementation and alignment with the organization's goals and objectives.
- Monitor and evaluate the quality and impact of healthcare services and interventions delivered by the organisation within the region
- Raise awareness about health issues, preventive measures, and available services through community outreach and education campaigns.
- Provide training, mentorship, and support to local healthcare providers, community health workers, and volunteers in the region to enhance their skills, knowledge, and capacity to deliver healthcare services effectively.
- Ensure that healthcare programs and interventions are culturally sensitive and adapted to the local context of the region to maximize acceptance, relevance, and effectiveness.
- Represent the organization at meetings, conferences, and forums related to healthcare and development issues in the region.

OsGoode Healthcare Services, Ghana

April 2018 - March 2019

Job Title: Mental Health Nurse

Position: Personal Healthcare Assistant

- Maintain accurate records of care provided, including daily activity logs, vital signs, medication administration records, and any changes in clients' condition or behavior.
- Accompany clients to medical appointments, therapy sessions, or recreational activities as needed, providing transportation and logistical support.
- Maintain a safe environment for clients by identifying and addressing potential hazards, ensuring proper use of assistive devices, and implementing fall prevention strategies.
- Offer emotional support and companionship to clients, engaging in meaningful conversations, listening attentively to their concerns, and providing reassurance and encouragement.
- Provide support and assistance to clients with mental health conditions in performing activities of daily living, such as bathing, dressing, grooming, toileting, and feeding.
- Help clients with mobility issues to move around safely, transfer from beds to chairs, and use mobility aids such as wheelchairs or walkers as needed.
- Assist clients in taking their prescribed medications on time, following dosage instructions provided by healthcare professionals.
- Perform light housekeeping tasks such as cleaning, laundry, and tidying up clients' living spaces to maintain a clean and organized environment.

Job Title: Mental Health Nurse

Position: Rotation Nurse/National Service Personnel

- Provide direct nursing care to patients with mental health conditions, including assessment, medication administration, monitoring vital signs, and assisting with activities of daily living.
- Administer psychiatric medications as prescribed by physicians, ensuring accurate dosage, timing, and documentation.
- Maintain accurate and comprehensive medical records, including nursing assessments, care plans, progress notes, and medication administration records.
- Educate patients and their families about mental health conditions, treatment options, medication management, and coping strategies.
- Adhere to safety protocols and infection control measures to maintain a safe and hygienic environment within the psychiatric hospital.
- Implement therapeutic interventions and activities to promote patients' mental health and well-being, such as group therapy sessions, recreational activities, and educational programs.

TRAININGS, WORKSHOPS, SEMINARS AND CPD'S

2024 First Aid, Cardiopulmonary Resuscitation (CPR), Automated External Defibrillator (AED)

2024 Management of Aggression at workplace

2023 Forensic Mental Health Nursing

2023 Risk assessment and management in mental health

2023 Recovery and rehabilitation

2023 Legal, ethical and human rights issues in mental health

2023 Developing counselling and helping skills

2023 Critical thinking and practical reasoning

2022 Supporting people with Parkinson's in later life

2022 Reducing medication errors in nursing practice

2022 Suicide Prevention

2022 Reducing medication errors in nursing practice

2022 Caring for patients with haemorrhagic shock

2022 Understanding and respecting patient confidentiality

2022 Supporting patients who are experiencing hallucinations

2022 Mental Health, Recovery and Community Inclusion

2021 Prevention and management of depression in primary care

2021 Care of the Elderly in the Wake of COVID 19 Pandemic

2021 What we can all do to help identify and prevent burnout among nurses

2021 Hypertension: diagnosis, assessment and management

2021 An evidence-based approach to intramuscular injection technique

2020 How to manage a choking adult

2020 How to perform chest compressions

2020 Management of acute confusion in patients with CNS infections

TECHNICAL & PERSONAL SKILLS

- Assessment skills
- Therapeutic communication skills
- Crisis Intervention
- Good team Player
- Patient advocacy
- Cultural competence
- Good listening skills
- Mental health care
- Rehabilitation skills
- Good leadership skills
- Ability to work under pressure
- Good observational skills
- Critical and problem-solving skills
- Empathetic and patience
- Good organizing skills
- Reliable and trustworthy
- Mentoring
- Risk assessment skills

ACHIEVEMENTS AND AWARDS

Overall Best Staff of the Year, 2021 and 2023 (Forster Ward/Acute Inpatient Ward)
Ankaful Psychiatric Hospital, Ghana

Outstanding and Hardworking Volunteer, 2020
International Medical Associates for Global Health Empowerment, Ghana

PROFESSIONAL MEMBERSHIP / ORGANIZATIONS

Nursing and Midwifery Council, Ghana

Union of Professional Nurses and Midwives, Ghana

Osteogenesis Imperfecta Foundation, Ghana

Rare Disease Ghana Initiative, Ghana

Drug Policy Network, Ghana

African Mental Health Association

International Medical Associates for Global Health Empowerment (IMAGHE WORLD), Ghana

PERSONAL INTEREST

- Reading health related books and articles
- Volunteering
- Teaching

REFERENCE

Available upon request.