

# KATE OPPONG KODUAH

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Newmarketsuffolk

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## PERSONAL DETAILS

Nationality	: Ghanaian
Passport	: G3620074
Gender	: Female
English Language Requirement CEFR C1	CEFR CI
<b>PROFESSIONAL SUMMARY:</b> Registered Nurse with strong experience in delivering quality care to patients. Professional with over eight years of healthcare experience in a variety of medical and surgical settings, including private family practices, emergency units, geriatric units, rehabilitation centers triage and post-surgical recovery. Strong knowledge of medicine, Pharmacology and standard of care in the hospital or private practice settings. Reliable person with a reputation for building a great rapport between medical providers and patients. Committed to making patients more informed and comfortable during their care.	

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## **SKILLS**

Pre and post op care Expert in feeding patient per nasogastric tube, Lifting and turning patients, bed bathing, performance of oral care for seriously ill patients, Catheter care Wound care, Medication administration and intravenous management, Discharge Education Stress Management Surgical Assistance Decisions Making.

## **EXPERIENCE**

NMTC- Techiman Krobo

2020 - 2023

Clinical assessment and evaluation

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- Ensure that planned nursing care is delivered safely and effectively taking into accounts

## **HOLY FAMILY HOSPITAL- TECHIMAN**

- ~~August 2019-2020~~ Observation and reporting
- Ensuring adequate nutrition and elimination
- Help patients to adapt to their new environment
- Effectively work in the nursing team in the ward and other health workers
- Allocate task based on patients on skills of staff
- Evaluate nursing care and ensure continuity of care
- Take responsibility for the protection of patients valuables during the shift
- Administration of medication
- Simple and complex wound dressing

## **HOLY FAMILY HOSPITAL- TECHIMAN**

**MAY, 2016- 2019**

**STAFF NURSE**

- Undertake assessment, planning and implementation of interventions for addressing patients care problems
- Bed making
- Elimination including catheterization, bowel and stoma care
- Feeding: e.g oral, nasogastric or parenteral feeding and ensuring adequate nutritional intake for patients in liaison with the dietician
- Lifting and turning patients and treatment of pressure areas
- Administration of medications
- Bed bathing and oral care
- Monitoring vital signs ( Temperature, pulse, respiration and blood pressure)
- Serving of bed pan
- Read report and take note of critical cases and intervene immediately
- Maintain effective communication with colleagues, clients/patients and visitors in the ward/units
- Wound dressing both simple and complex

## **SDA HOSPITAL KWADASO KUMASI**

**APRIL, 2015 - APRIL, 2016**

### **ROTATIONAL NURSE**

Work under supervision to administer safe medication prescribed by the physician.

Advised patients and their families on recovery plans, as well as ways to deal with stress and anxiety.

Team work and conflict resolution

Caring for critically ill patients at the emergency unit

Served bed pan to seriously ill patients and patients who were bed reddened.

Prepared patient physically, psychologically and physiologically before surgical

Cares for aged at the geriatric unit

checked vital signs and assisted in patient's routine care.

Fed patients per nasogastric tube and PEG feeding.

Performed oral care for seriously ill patients

Cared for patient's catheter at both medical and surgical units.

Educated clients on family planning and the importance of exclusive breastfeeding at antenatal

and

postnatal clinic.

Created a conducive environment to educate patients on condition to reduce their anxiety level.

Worked at chronic care center to manage patients with Hypertension, Diabetes, Stroke,

Dementia, Immune compromised patients, Sickle Cell, Epilepsy and patients with mental

illnesses.

Worked at pediatric emergency unit to care for patients who were malnourished

Cared for patient's personal hygiene such as hair care, oral care, care of hands and feet etc.

Cared for patients with wounds and treatment of pressure areas to prevent pressure sores at

bony

prominent areas.

Setting of intravenous infusions and monitored intake and out chart

Documents all cared rendered to patients in the nurses note.

## **SDA HOSPITAL KWADASO KUMASI**

**JUNE, 2007 - SEPTEMBER, 2011**

### **HEALTH CARE ASSISTANT**

.Cleaned ward and its annexes

Checked and recorded patients vital signs as per chart and escalate out-of-range parameters to

nurses.

Served bed pan to seriously ill patients

Assisted nurses in assessment and evaluation care to ensure optimum health and general wellbeing.

Administered medication under nurses supervision to patients in accordance with medicine administration

safety guidelines and protocol

Assisted nurses in wound care

Assisted nurses to care for patients catheter with strict aseptic techniques to prevent microorganisms

from getting access to patient urethra

Enhanced independence among patients by using a suitable walking aid to assist them in mobility.

## **EDUCATIONAL QUALIFICATIONS**

BSc in Nursing (KNUST, GHANA)

NMC Certificate ( Ghana)

Florence Academy, UK

February, 2023

Certificate: Anaphylaxis management.

Florence Academy , UK

February, 2023

Certificate: Basic life support

Florence Academy, UK

February, 2023

Certificate: Acquired Brain Injury

Florence Academy, UK

March, 2023

Certificate: Adult safe-guarding level 1

Florence Academy, UK

March, 2023

Certificate: Introduction to incident Management

Florence Academy, UK

March, 2023

Certificate: Antimicrobial Stewardship

Florence Academy, UK

February, 2023

Certificate: Basic First aid Awareness

Florence Academy, UK

February, 2023

Certificate: Bed Rail Safety

Florence Academy, UK

February, 2023

Certificate: Building Mental Health Resilience

Florence Academy,UK

February, 2023

Certificate: Caring for Someone with Epilepsy

Florence Academy,UK

March, 2023

Certificate:Catheter Care

Florence Academy,UK

March, 2023

Certificate:Conflict resolution and complaints handling

Florence Academy, UK

March, 2023

Certificate: Dementia Level 1

Florence Academy UK

March, 2023

Certificate: Diabetes Awareness and Management

Florence Academy , UK

March, 2023

Certificate: infection prevention and control level 2

Florence Academy,UK

March,2023

Certificate: Medication Administration

Florence Academy, UK

March, 2023

Certificate: Oral Hygiene and Dysphagia

Florence Academy, UK

March, 2023

Certificate: PEG Training

Florence Academy, UK

March,2023

Certificate: Parkinson Diseases

Florence Academy, UK

March, 2023

Certificate: The 6 C's of Care- Pathway to care program module B

Florence Academy,UK

March, 2023

Certificate: Communication- Pathway to care module C

Florence Academy, UK

March, 2023

Certificate: Personal Care- Pathway to care module D

Florence Academy, UK

March, 2023

Certificate: Nutrition and Hydration- Pathway to care Module E

Florence Academy, UK

March,2023

Certificate: Continent Care- Pathway to Care Module E

Florence Academy, UK

March, 2023

Certificate: Stroke Awareness

Florence Academy, UK

March, 2023

Certificate: Tracheostomy Training

Florence Academy, UK

March, 2023

Certificate: Wound Care and Tissue Viability

Health care Assistant Certificate

REFERENCE

Daniel Ba-Eebu Badengo -

Principal Nursing Officer (Holy Family Hospital Tachiman)

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CHIU ABEDNEGO

Ward in-charge/ Preceptor (Fevers unit, Holy family hospital Techiman)



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