

IKHALO ROSEMARY OMONO

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Position Applying For: Staff Nurse

Years of Experience: 10years and 3 months



OBJECTIVE

I am an highly motivated, enthusiastic, experienced and fully licensed General Nurse with over 8 years experience in the Medical Ward, Surgical Unit, Psychiatry Unit, Burn Unit, Accident and Emergency Unit, Geriatrics Unit, Orthopaedic Unit, Paediatric unit, Obstetrics and Gynecology Unit ad NICU respectively. Having worked at both Private and Government owned hospitals, I am able to work on my initiative and at the same time support other health care professionals, whilst ensuring that at all times, patient care, procedures and practices are adhered to. I am a goal driven and hardworking team player with a zeal for fast learning, seeking the opportunity to add value to any organization within my capabilities, while furthering my pursuit for capacity building and self-development so as to perpetually make positive impacts on my patients, my immediate environment and the world at large.

EXAMINATION STATUS

IELTS: Pass (11/11/2022)

NMC DECISION LETTER: Received (01/11/2022)

CBT: Pass (09/11/2022)

THIRD PARTY VERIFICATION: Done

PIN: Awaiting

EDUCATIONAL BACKGROUND

National Open University of Nigeria, Edo State

Bachelor of Nursing Science 2022

Irrua Specialist Teaching Hospital, Edo State

Registered Paediatric Nurse Certificate 2021

Igbinedion University Teaching Hospital Okada, Edo State.

Registered Nurse Certificate 2011

University Preparatory Secondary School, Edo State

Senior School Certificate Examination 2007

EXPERIENCE

01/03/2016 **Irrua Specialist Teaching Hospital Edo State, Nigeria.**
- **Position: Nursing Officer I**
Till Date **Bed capacity: Nine hundred (900) Bedded Hospital**
Name of department: Adult Medical and Surgical Ward, Recovery and Paediatric unit.
Nurse to Patient ratio: 1:8
Cases managed: Hypertension, Diabetes, Asthma, Chronic Obstructive Pulmonary Disease, Sepsis, Malaria, Dementia, HIV

Medical And Surgical Ward

- Delivering individualized nursing care through effective assessment, diagnosing, setting objectives and goals, planning, implementation and evaluation of patients requiring acute and intermediate care.
- Managing the ward alone with or without supervision
- Triage and effective management of acute, surgical and critical cases in the ward.
- Working as the scrub nurse during surgical procedures and looking out for other members of the surgical team.
- Pre-operative assessment of patients and preparing the theatre, ascertaining that every equipment required for surgery is in good condition.
- Providing safe care to patients post operatively in the Post anaesthetic care unit and escalation of care when necessary.
- Ensuring that physical, social and psychological needs of patients are met during their hospital stay through effective collaboration with other members of the health team.
- Supervising, assessing, mentoring and supporting junior registered nurses and nurse assistants on development of nursing skills and technology usage.
- Upholding high standards of perioperative care, according to existing policies and standards.
- Supporting the process of continuous quality improvement, assisting in audits etc. to formally evaluate standards of care and assist in the implementation of changes in the light of such findings.
- Assisting in the organization of patient transfers both within and outside the department.
- Contributing to the health education of patients and their families, ensuring that all patients receive appropriate advice and support to maintain a healthy lifestyle.
- Actively supporting / assisting in the implementation of the organization/ local policies.
- Actively supporting the Perioperative strategy and uphold the ethos of the local philosophy.
- Exhibiting dexterity and competence in standard nursing procedures such as; phlebotomy, cannulation for intravenous drugs administration, urinary catheterization, maintenance of fluid balance chart and suturing.
- Proper care of central lines and safe administration of drugs through it.

- Preparing patients for examination, treatment, surgeries and biopsy, monitoring, and reporting symptoms or changes in patient's conditions.
- Checking the stock on a regular basis for maintaining the inventory level and placing order when necessary.
- Attending educational workshops and seminars for enhancing professional and technical knowledge.
- Maintenance of safe work environment conducive for delivering quality care through utilization of standard practice rules and hospital policy.
- Collaborating with multidisciplinary team and other voluntary organizations for improved patient care.
- Assisting the lead nurse in care of babies in the NICU.
- Observing for signs of deterioration in patient's condition, reassuring patient and significant others and reporting changes in patient state to the appropriate personnel's.
- Promoting a peaceful work environment, treating every member of the health team and patients with dignity and respect as well as educating patients to make informed decision about their health.
- Aseptic cleaning and dressing of minor and complex wound.
- Carrying out ECG procedures, biometric screening and proper documentation of the outcome

Recovery

- Patient assessment (collection of data)
- Preparation of patient pre-surgery
- Making sure informed decisions are made by patients and they give consent before any procedure.
- Pre-operative skin including shaving and marking
- Post OP care including: Pain management, assessment of patients level of sensation, circulation and safety
- Monitoring for post – anesthetics reactions and vital signs Critical thinking & appropriate interventions in case of emergency.
- Air way management.
- Maintaining confidentiality.
- Blood transfusion when indicated.
- Resuscitation.
- Administration of Post-operative medications

Paediatric Unit

- Interacted with child welfare personnel and social workers in cases involving concerns about overall well-being.
- Aided in designing healthcare plans for paediatric patients based on individual medical needs and living situations.
- Collaborated with multi-disciplinary teams to assess holistic healthcare profiles of local endemic diseases.
- Educated social workers and child welfare personnel on complex health issues, providing valuable insight into paediatric patients' conditions.
- Provided bedside care and treatment for patients in paediatric/Surgical units.
- Identified common paediatric and adolescent illnesses to plan and implement interventions and management.
- Administered medications via oral, IV and intramuscular injections and monitored responses.
- Provided direct patient care, stabilized patients and determined next course of action.
- Managed care from admission to discharge, including patient assessments, care planning, health educations and discharge support.
- Administered medications and treatment to patients and monitored responses while working with healthcare teams to adjust care plans.
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15/07/2013 **Modic Medical Centre, Benin City, Edo State, Nigeria.**

- **Position: Nursing Officer II**

25/02/2016 **Bed capacity: Fifty (50) Bedded Hospital**

Name of department: NICU/ Paediatric medical ward 20 bedded ward, 20 patients.

Nurse to Patient ratio: 1:5

- Involved in the procedures of patient admission and discharge.
- Ensuring each child have a play material
- Monitoring improvement, writing of report, alerting Doctors on deviation from normal, teaching student nurses.
- Providing information, emotional support and reassurance to the child and their relatives. Providing supportive care to the dying children.
- Responsible for assessing medical history, physical assessment of patients. Implementation of nursing care plans for individualized patient.
- Administration and monitoring of oxygen therapy. Nasogastric feeding as well as cup and spoon feeding. Phototherapy care.
- Educating patient parents about kangaroo mother care and care participation.

03/07/2011 **Faith Medical Center, Edo State, Nigeria.**
- **Position: Nursing Officer II**
15/06/2013 **Bed capacity: Two Hundred (200) Bedded Hospital**
Name of department: Intensive Care Unit, 80 patients.
Nurse to Patient ratio: 1:10

- Neurological assessment as well as GCS.
- Ensuring adequate turning and treatment of pressure point areas.
- Head-to-toe assessment.
- Wound assessment, dressing invasive, surgical aseptic, burn wounds and post-surgical wound.
- Working closely with other patients, healthcare givers and family to deliver optimal care to patient.
- Proper documentation of records
- Resuscitation.
- Strict input and output monitor
- Assessing patients' pain levels and sedation requirements.
- Bed bath and oral care
- Collection of samples for VGB and ABG, conducting the test and interpreting the results.
- Suction of endotracheal tube and care
- Close monitoring of patients' vitas
- Maintenance of airway, breathing and circulation

CERTIFICATION

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| ➤ Occupational Health and Safety Nursing course. | 2014 |
| ➤ Neonatal Resuscitation Course. | 2015 |
| ➤ Sexual and Reproductive Health and Family | 2017 |
| ➤ ICT Training covering Computer Appreciation | 2017 |
| ➤ Basic Life Support for Health Care Provider. | 2018 |
| ➤ Mandatory Continuing Professional Development Programme. | 2020 |
| ➤ Advanced Cardiac Life Support | 2021 |
| ➤ Paediatrics Advanced Life Support | 2022 |

SKILLS

- Excellent verbal communication skills, both written and verbal.
- Technical nursing skills to perform initial assessments.
- Empathy, which facilitates bonding with patients to improve the quality of their care.
- Composure to remain calm while working in an emergency room.
- Interpersonal skills to assess each member of the Nursing and care staff and identify the best way to utilize their skills.

- Delegation to assign Nursing and health care staffs to roles which best suit their skills as well as escalating situations beyond my ability to next higher manager.
- Special skills in record keeping and detailed report of all patients both written and on the computer.
- Evaluating medical conditions of about 20 patients daily.
- Assisted in surgeries in emergency room, providing critical care during and after procedures.
- First Aid provider during acute and emergency situations.
- Ability to withstand stress and I've undiluted nursing without compromising the standard of care that I give.
- Working in the community setting while providing optimum health and counselling on health conditions recognition, prevention and treatment.
- I have good IT skills.
- Driving (Expert).

INTERESTS

Travelling, Cooking, Volunteering, Reading, Meeting new people and making friends as well as trying new things.

LANGUAGES

English: spoken and written.

REFERENCES

Obasoyo Ikoshioria Cecilia.

Inyinbor's compound opposite at Gregory Catholic church, Ebhoakhuala, Ekpoma.

Senior Nursing officer

Tel: 08037132340

Email: Ceciliaagbonkhese@yahoo.com

IRRUA SPECIALIST TEACHING HOSPITAL, Irrua Edo state.

Oyakhilome Emily

9 Dibo road Ujemen, Ekpoma Edo State

Assistant Chief nursing officer

Tel: 08036232126

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Irrua specialist teaching hospital