



NICO P. ABEL, PHRN, HAAD R.N.

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Career Summary

With over 9 years of professional experience as a Registered nurse, my goal is to continue my passion in medicine and to become a part of a facility where I can utilize my skills, knowledge and my extensive experiences in hospitals, clinics and home care facility. Bringing a solid experience in nursing profession to contribute to the total well-being of patients and support the long term mission of the facility.

A highly resourceful, flexible, innovative, and enthusiastic individual who possesses a considerable amount of knowledge regarding administrative medical and managerial functions. A quick learner who can absorb new ideas. Well organized and an excellent team player with a proven ability to work proactively in a complex and busy office environment. Looking for a career advancement opportunity with a company that will allow developing skills & potential.

Work Experience

HOME HEALTH CARE NURSE

Bangkok Home Health Care – Near Sheikh Salama Mosque – Zayed Bin Sultan St – Central District – Al Ain, United Arab Emirates

February 2020 – Present

Primary Charge-Nurse

Job description

- Monitoring patient's condition and assessing their needs to provide the best possible care and advice.
- Observing and interpreting patient's symptoms and communicating them to physicians.
- Collaborating with physicians and co-nurses to devise individualize care plans for patients.
- Educate patients and their families on proper home health care strategies and procedures.

- Coordinate with Occupational Therapists, Physical Therapists, Physicians and anyone else involved in the patient's care plan.
- Safety use medical equipment and machine (Feeding pump, Oxygen concentrator, Pulse oximeter).
- Skillful in managing post-operative wound, pressure ulcers, diabetic management, intravenous therapy with the physician's instruction, Pain management, tube feeding, catheterization, oxygen therapy, stomach care and collection laboratory samples.
- Perform personal care and hygiene to the adult patients. Assist with feeding, mobility and transfer.
- Escort to hospital appointment and social visits.
- Monitor health status, provide psychological support and administer medication as prescribed.

**Nurses Without Borders Home Health Care, Ali Bin Bin Talib Street, Al Reem Building, Next to Thiqa Building, First Floor, Office 201, Al Ain City
December 2017 – December 2019**

Primary Charge-Nurse

Job description

- Assess patients' condition during every visit and chart your observations.
- Perform evaluation tasks, including vital signs and medication review.
- Dress or redress open wounds and assess progress of healing.
- Educate patients and their families on proper home health care strategies and procedures.
- Coordinate with Occupational Therapists, Physical Therapists, Physicians and anyone else involved in the patient's care plan.
- Safety use medical equipment and machine (Feeding pump, Oxygen concentrator, Pulse oximeter).
- Skillful in managing post-operative wound, pressure ulcers, diabetic management, intravenous therapy with the physician's instruction, Pain management, tube feeding, catheterization, oxygen therapy, stomach care and collection laboratory samples.
- Perform personal care and hygiene to the adult patients. Assist with feeding, mobility and transfer.

- Escort to hospital appointment and social visits.
- Monitor health status, provide psychological support and administer medication as prescribed.

SENIOR STAFF NURSE

Medical Mission Group Hospital and Health Services Cooperative of Oriental Mindoro Calapan City

July 2013 - July 2016

Job description

- Assigned at Intensive Care Unit, Emergency Room and Medical and Surgical Ward
- Responsibility includes coordination with health team and provision of good patient care to ensure quality health care outcome.
- Prepares the unit, admitting the patient to the emergency room, evaluate and recording patient's condition.
- Monitor vital signs and report any observation to the physician.
- Assist the emergency doctor in various procedure like intubation, chest tube insertion and Foley catheter insertion.
- Prepare patients for various investigations like X-ray, Electrocardiogram, Ultra-sound as well as taking blood samples.
- Intravenous insertion, administering medication as per doctor's order.
- Assist during circumcision, incision and drainage and perform wound dressing.

PUBLIC HEALTH ASSOCIATE

Department Of Health, Calapan City Oriental Mindoro Philippines

January 2017 – June 2017

Job description

- Responsible for coordinating and assisting in all training activities.

- Assist in the development, implementation & evaluation of provincial technical assistance and research projects.
- Responsible for completing task and submitting reports timely with multiple and often completing deadlines.

Academic Qualifications

Inclusive Years	School	Degree
1997– 2003	Camilmil Central School	Primary Education
2003 – 2007	Jose J. Leido Jr. Memorial National High School	Secondary Education
2008 – 2012	Luna Goco Colleges	B.S. Nursing

Examination

Philippine Nursing Licensure Examination Passer

June 30 - July 1, 2012

University of the East, Manila

Health Authority – Abu Dhabi (HAAD) Nurse Licensure Examination Passer

November 3, 2016

Makati City, Philippines

Trainings

ADVANCE INFECTION CONTROL COURSE

Al Hayat Medical training Al Ain, UAE

March 13, 2020

This seminar mainly focused on identifying evidence-based measures to prevent and control the transmission of infection.

Identify nursing actions and application of nursing judgment to infection prevention and control.

Formulate strategies to reduce the risk of transmission to self and others.

Create appropriate communication, strategies to discuss infection prevention and control measures.

PRINCIPLE OF INTRAVENOUS THERAPY: AN EVIDENCE BASED APPROACH

Aamer Home Health Care Center LLC – Al Dhaheri building Sheikh Khalifa Bin Zayed Street, Al Ain, UAE
March 24, 2019

This Seminar focused on the purpose of training nurses and those who insert, maintain and discontinue IV in their scope of practice.

ECG BASIC PRINCIPLES AND RHYTHM ANALYSIS

Aamer Home Health Care Center LLC – Al Dhaheri building Sheikh Khalifa Bin Zayed Street, Al Ain, UAE
May 01, 2019

This Seminar focused on teaching cardiac anatomy, principle of electrophysiology, ECG complexes, recognition of arrhythmias and myocardial infarction

60TH DIABETES WORKSHOP AND 25TH DIABETES FORUM

Filipiniana Hotel
Calapan City
April 20 - 21, 2017

The seminar tackled about the nutrition of a person with diabetes, techniques in insulin injection and its type.

BASIC LIFE SUPPORT TRAINING

Luna Goco Colleges
Calapan City
December 10, 2015

The training was conducted to orient participants on emergency responses and also to provide updates about means of saving life.

HIV AWARENESS

MMG Hospital
Calapan city
November 2015

The said seminar was to inform about latest news on HIV cases and what response should be undertaken in order to combat its adverse effects on the community as a whole.

Personal

Birthdate: March 20, 1990
Gender: Male
Civil Status: Single
Nationality: Filipino
Language Spoken: English, Tagalog
Height: 5'8

Character References

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