



# CHRISTOPHER A. OMANA, BSN, HCA, RN

HEALTHCARE PROFESSIONAL

## CAREER OBJECTIVE

As an experienced Healthcare Professional and Public Servant, I would be utilizing my experience in the field of community service, treating ill and unhealthy people with care and great responsibility. In favor of the organization, I would gladly share my knowledge and skills that would benefit not only the people availing the community and healthcare services but also the employees as well as the organization as a whole.

## BIRTH DATE

January 12, 1985

## CONTACT

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## MEMBERSHIP IN ORGANIZATIONS

Independent Order of Odd Fellows -  
Philippines

The Fraternal Order of Eagles -  
Philippine Eagles

Order of the Knights of Rizal

Sovereign Grand Lodge of the  
Philippine Archipelago

Noble Order of Muscovites

Tau Gamma Phi

## EDUCATION

**Sprott Shaw College - British Columbia, Canada**  
**(In partnership with Far Eastern University - Manila City, Philippines)**  
April 2009 - October 2009  
Resident Care Attendant/Home Care Diploma Program

**Far Eastern University - Manila City, Philippines**  
June 2004 - April 2008  
Bachelor of Science in Nursing

**Marist College - Marikina City, Philippines**  
June 1992 - April 2002  
Primary and Secondary Education

## WORK EXPERIENCE

**Public/Community Health Nurse II**  
**Schools Division Office - Marikina City, Department of Education, National Capital Region - Philippines**  
February 2013 – Present

### Programmer/Planner

- Identifies the needs and concerns of individuals, groups, families, and the community
- Formulates health plans, especially in the absence of a community physician
- Interprets and implements healthcare plans and programs
- Assists other health team members in implementing health programs in the setting

### Health Educator/Trainer/ Counsellor

- Acts as resource speaker on health and health-related services
- Advocates health programs in the community through dissemination of IEC or Information Education and Communication materials
- Conducts advocacy educations concerning health and health-related counselling
- Organizes orientation/ training of concerned groups like mothers and youth sector.
- Identifies and interprets training needs of health team members and formulate appropriate training program for them
- Conducts and facilitates necessary training or educational orientation to other health team members in the community

### Coordinator of services

- Coordinates health services with concerned individuals and families through the community health team members, government organizations and non- government organizations
- Coordinates healthcare plans and programs with other health programs

### Provider of Nursing Care

- Renders direct care to various clients with different needs, may it be at home, in school, clinics or work settings
- Involves the family in the care of the sick or dependent individual, i.e., sick child

#### Health Monitor

- Monitors and detects the presence of health concerns in the community through contacts or home visits.
- Utilizes various effective data gathering techniques in keeping an eye on the health status of all recipients of care.
- Records and reports health status and presence of health problems in the community

#### Researcher

- Follows a systematic process of monitoring the health status of the community through the conduct of surveys and home visits
- Conducts researches concerning the health of the community
- Coordinates with government and non- government organizations in the conduct and implementation of studies
- Records data systematically and ensures its validity through accurate and complete data gathering
- Reports prepared reports to concerned organizations i.e. government organization for immediate necessary plans or programs
- Consolidates and reviews reports efficiently.
- Analyzes and interprets consolidated data for monitoring the development in the health matters of the whole community

#### Change Agent

- Promotes and motivates change in the community in their health practices and lifestyle behaviors for them to promote and maintain good health, be knowledgeable and has the initiative in accessing health services
- Inculcates self- reliance to brought about development and improvement in the community

#### School / Student Advocate

- Classroom inspection to detect early signs and symptoms/disability of learners.
- Assists the Medical Officer in his school clinic work such as vital signs taking and monitoring, immunizations etc.
- Provides preventive and remedial measure for simple and common ailments and gives first aid treatment to the school demographic.
- Conducts visual and auditory screening, height and weight measurement and deworming of learners.
- Maintains a functional school clinic.
- Monitors and evaluates the proper sanitation and healthful living conditions of the school and community.
- Coordinates with other health personnel, the translation of scientific knowledge to desirable health behavior.
- Coordinates with the Medical Officer for the provision of needed health facilities, medicine, and supplies.
- Assists in the development, design, implementation, evaluation, and monitoring of sustainable feeding programs for the identified severely wasted and wasted learners of the Schools Division Office and submit needed reports.
- Ensures compliance and implementation of nutrition programs to nutritional standards in food preparation.
- Acts as resource person and participate in the information/dissemination on health matters such as lectures and open forum.
- Participates and serves as First Aider in sports, scouting and other division/school activities.
- Supervises all the designated clinic teachers in all 36 public schools in Marikina City.
- Provides medical and nursing services in the Marikina City vaccination sites.
- Serves as vaccinator during the community vaccination.

#### Safety Officer

- Develop and implement health and safety programs.
- Provide emergency treatment in the workplace.
- Administer over-the-counter medication to employees.
- Create a clean, and comfortable sickbay area.
- Promote healthy eating and wellness programs.
- Document all employee injury and illness and keep this information confidential.
- Improve the health of employees through on-going programs and health checks.
- Develop strategies to ensure maximum employee work input.
- Communicate with management on a regular basis.
- Attend seminar workshops on HIV/AIDS, Gender Sensitivity, Family planning, and Stress Management.
- Inspects the work area and equipment used by personnel for safety compliance, generates detailed reports on safety conditions, educates employees on preventative measures against occupational hazards, promotes healthy living and working conditions, provides counseling and support, develops health and safety policies, and ensures that the company is up to date with public health and employment safety legislations.

#### **Admissions Advisor**

##### **Concordia International College - Pasig City, Philippines**

August 2011– May 2012

- Markets Concordia International College's programs.
- Handles inquiry calls, walk-ins and setting of appointments.
- Conducts interview for admissions.
- Completes enrollment application form with student, accepts registration fee, and issues appropriate receipts.
- Follows up non-registered students.
- Provides weekly admission report to the Marketing Director and President.
- Maintains contact/rapport with students to monitor their progress during their program.
- Keeps the Director informed about any student concerns, student challenges, issues and untoward situations.
- Ensures contact is made in the event of personal or financial issues.
- Assists with student retention and successful completion through proactive contact.

#### **Faculty and Clinical Instructor**

##### **Sprott Shaw College - British Columbia, Canada**

**(In partnership with Far Eastern University - Manila City, Philippines)**

February 2010 – August 2011

- Instructs the Health Care Assistant curriculum using Sprott Shaw College materials (texts, lesson plans, course outlines, and handouts).
- Gives out and explain course outlines at beginning of every class to every student.
- Organizes and responsible for instructors materials.
- Clearly outline objectives for each day and begins with an overview of the daily lesson plan.
- Hands out textbooks and materials at the beginning of the course.
- Administers all assessments as closed book.
- Grades and checks daily work, projects, and quizzes in a timely fashion according to guidelines.
- Maintains attendance sheets accurately.
- Uses a variety of teaching tools to keep students' attention.
- Assures that classrooms are left in clean and orderly condition at end of class
- Gives every student the chance to evaluate the course and teaching methods at the end of every course using the student evaluation form.
- Offers assistance to other faculty and staff.
- Understands the policies and procedures for each facility that students will be attending during clinical training
- Develops and evaluates strategies for accomplishing clinical goals and outcomes.

- Being empathic and respectful when dealing with students, peers and supervisors.
- Maintains discretion and confidentiality in dealing with clients/patients, students, peers and supervisors.
- Develops and maintains a collaborative relationships with others at various levels and organizations.
- Identifying resources which can contribute to problem-solving.
- Meets regularly with Clinical coordinator keeping him informed of student progress or issues.
- Acts as campus liaison for students and clinical staff.
- Remains on-site at all times keeping students and facility staff informed of whereabouts.
- Monitors and mentors students providing feedback during daily pre and post conferences.
- Provides site orientation to students.
- Makes arrangements with the facility for daily pre and post-care conferences.
- Provides clear and concise documentation.
- Prepares and reviews evaluation with students

### **Staff Nurse**

#### **Garcia General Hospital - Marikina City, Philippines**

September 2008 – March 2009

- Assesses and Assists patients in the Emergency Department and Out-Patient Department.
- Records patient's medical information.
- Collaborates and communicates effectively with the medical care/nursing team.
- Documents nursing care and patient status in accordance with the nursing process and standards of care.
- Provides a safe environment and promotes quality patient care through obedience to established standards at the facility.
- Monitoring and tracking of Vital Signs.
- Performs procedures such as IV placement and administering medications.
- Uses Standard Precautions including personal protective equipment for anticipated contact with blood or other potentially infectious materials.
- Manages and coordinates the care of patients utilizing the nursing process which includes assessment, planning, implementation and evaluation.
- Assists in the Operating Room by handing items to surgeons during operation.
- Monitors, records and reports symptoms and changes in patients' conditions.
- Prepares room, sterile instruments, equipment and supplies, and ensure that stock of supplies is maintained.

### **PROFESSIONAL SKILLS AND ABILITIES**

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- Possesses entry-level knowledge and skills in the provision of safe and effective care to clients per institutional, local, and international standards and policies, by assisting them in performing activities of daily living, and by collecting and documenting important and relevant data about the client and his illness by applying therapeutic communication.
- Can work in shifts and overtimes per institutional policy.
- Literate in computer applications and different social media platforms.
- Willingness to learn
- Active listening.
- Bilingual
- Comprehension skills.
- Critical thinking.
- Adaptability.
- Service oriented.
- Problem-solving
- Client/Patient centered.
- Empathy.
- Dependability.
- Integrity