

## **LOU ANLAINE AREVALO LIMPANGOG**

Blk.17 Lot 13 Tabon 1 Lopez Compound, Daniel Fajardo  
Las Piñas City  
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[louanlainelimpangog1989@gmail.com](mailto:louanlainelimpangog1989@gmail.com)



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### **OBJECTIVE:**

To apply for the position that suits my qualification so as to realize my full potential as an individual at the same time be of greater value to this esteemed institution.

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### **EDUCATIONAL ATTAINMENT:**

#### **College Level**

Practical Nursing  
St. Augustine College – Las Pinas  
Las Pinas City, Metro Manila

#### **Year Attended**

A.Y 2015-2017

#### **Secondary**

Immaculate Mary Montessori School  
Naga Road, Pulang Lupa Dos, Las Pinas City,  
Metro Manila

A.Y 2003 – 2007

#### **Elementary**

St. Joseph's Academy  
Bamboo Organ, Las Pinas City, Metro Manila

A.Y 1997 - 2003

### **WORK EXPERIENCE:**

**Private Tutor** at Las Pinas City  
August 2020 - Present

**Private Duty Nurse** at Las Pinas City  
October 2017 – March 2020

#### **Responsibilities:**

- Monitoring patients Vital Signs.
- Assisting in giving medications to the patient.
- Monitoring medical status changes of patient.
- Meal preparation according to the patient's recommended diet.
- Accompanying the patient on her doctor's appointment.

**Student Intern** at Ospital ng Paranaque (Medical/Surgical Ward)  
La Huerta, Paranaque City  
January – March 2017  
July – August 2017

**Responsibilities:**

- Monitoring patients Vital Signs.
- Assisting in wound dressing.
- Assisting in giving medications to the patients.
- Repositioning the patients.
- Perineal care and changing diaper to the elderly patients.
- Nasogastric Tube Feeding.
- Assisting in suctioning.
- Bed making and bed bathing.
- Assisting in performing Cardiopulmonary resuscitation (CPR).

**Student Intern** at Las Pinas City Lying-In Clinic

CAA Casimiro, Las Pinas City

March - April 2017

August - September 2017

**Responsibilities:**

- Monitoring patients Vital Signs.
- Assisting the midwife in handling the newborn baby.
- Baby care.
- Injecting vaccines to newborns.
- Assisting in getting the newborn baby body measurements.
- Assisting in newborn screening.

**Student Intern** at Pulang Lupa Dos Barangay Health Center  
Pulang Lupa Dos, Las Pinas City**Responsibilities:**

- Assisting in Prenatal Check-up of the patient.
- Assisting in patients records.
- Assisting in giving medicines.

**ELIGIBILITY:**

Technical Education and Skills Development Authority

**NATIONAL CERTIFICATE II in CAREGIVING**

November 15, 2019 – November 14, 2024

**SKILLS:**

- Detail-oriented to keep track of multiple patients' medications, vital signs, and general well-being.
- Compassionate towards patients and have strong communication skills.
- Able to practice safety, ecological and infection control methods.
- Highly skilled in providing compassionate care and basic education to patients.
- Hands-on experience in assisting registered nurses, doctors and other healthcare professionals with examinations, treatments, particular tests and regular procedures.
- Proven ability to perform relevant duties which ultimately support patient care such as feeding the patient and wound dressing.

- Demonstrated ability to review patient chart; treatments, record and report symptoms, reactions, and changes in patient's conditions.
- Service-oriented.
- Reliable, flexible and hard working
- Motivated self-starter with a strong desire to learn
- Computer Literate (Proficient in Microsoft Word and Microsoft PowerPoint)

**PERSONAL DETAILS:**

Birth Date: October 19, 1989  
 Age: 31 years old  
 Sex: Female  
 Birthplace: Paranaque City  
 Civil Status: Single  
 Height: 5'2  
 Weight: 145 lbs.  
 Religion: Roman Catholic  
 Languages: English, Filipino

**CHARACTER REFERENCES:**

**MS. MA. SOCORRO PERPETUA ROSALES, RN.**

Professor and Clinical Instructor  
 St. Augustine College – Las Pinas  
 Contact #: +63 917 789 9732

**MRS. EVELYN BERNARDO, RN.**

Professor and Clinical Instructor  
 Olivarez College Paranaque  
 +63 908 216 6799 / +63 956 504 4536

**MRS. RIZALINA DELA CRUZ**

Professor and Master Teacher  
 St. Augustine College – Las Pinas/  
 Las Pinas North National High School  
 Contact #: +63 921 218 5524

I hereby certify that the above information is true and correct to the best of my knowledge and belief.

Lou Anlaine A. Limpangog  
 Applicant



Republic of the Philippines  
**TECHNICAL EDUCATION AND SKILLS DEVELOPMENT AUTHORITY**

# NATIONAL CERTIFICATE II

in

## CAREGIVING

is awarded to

**LOU ANLAINE A. LIMPANGOG**

*for having completed the competency requirements under the Philippine TVET Competency Assessment and Certification System in the following units of competency:*

Unit Code	Basic Units of Competency
500311105	Participate in Workplace Communication
500311106	Work in Team Environment
500311107	Practice Career Professionalism at the workplace
500311108	Practice Occupational Health and Safety Procedure

Unit Code	Common Units of Competency
HCS323201	Implement and monitor infection control policies and procedures
HCS323202	Respond effectively to difficult/challenging behaviour
HCS323203	Apply basic first aid
HCS323204	Maintain high standard of patient services

Unit Code	Core Units of Competency
HCS323301	Provide care and support to infants/toddlers
HCS323302	Provide care and support to children
HCS323303	Foster social, intellectual, creative and emotional development of children
HCS323304	Foster the physical development of children
HCS323305	Provide care and support to elderly
HCS323306	Provide care and support to people with special needs
HCS323307	Maintain healthy and safe environment
HCS323308	Respond to emergency
HCS323309	Clean living room, dining room, bedroom, toilet and bathroom
HCS323310	Wash and iron clothes, linens and fabrics
HCS323311	Prepare hot and cold meals

Signature of the certificate holder  
 Certificate No. **19131002033761**

**ULI:LLA-89-879-13076-001**

Issued on : **November 15, 2019**  
 Valid until: **November 14, 2024**



*Isidro S. Lapeña*  
**SEC. ISIDRO S. LAPEÑA, PhD., CSEE**  
 Director General



**Limpangog, Lou Anlaine A.**

CLN-NQ- 5043723