



Mildred A. Beran

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Summary:

Compassionate and caring experienced Nurse with a natural affinity towards looking after patients and a personal commitment to quality patient care. Experienced in various aspects of nursing management, overseeing operations including assisting physicians with procedures, administration and documentation of medications, discharge planning, and post-op care. Reliable team player with flexibility and accountability.

Professional Experience:

Staff Nurse II

Bright Vision Hospital

Lorong Napiri Singapore 547530

November 1, 2019- Present

- Provide direct patient care
- Monitor the health of the patient
- Maintain and update health records via the electronic system
- Phone triage
- Assist patient in daily activity like shower, grooming, exercise feeding and changing of diaper.
- Take patient parameters like blood pressure, temperature, oxygen saturation and pulse,
- Medication refills
- Perform blood extraction and IV insertion.
- Provide care under the prescribed treatment plan
- Observe and report on the well-being of patients
- Keep a record of each patient about their medical histories and their symptoms
- Record patient intake and output, weight and document to patient chart
- Operate medical equipment such as ECG, BP apparatus thermometer, Bladder Scan etc.
- Administer insulin injection and giving oral medicine to patient
- Teach your patients about managing their injury or wound pre and post discharge.

- Develop nursing care treatment plans and diet
- Provide leadership by delegating, supervising and participating in safe nursing care activities
- Supervise other staff, including other nurses
- Administer medications, injections and intravenous fluids
- Assist doctors in procedure
- Assess patient during admission
- Discuss treatment plans and explain their conditions to the patient
- Evaluate the patient care and identify opportunities for improvement
- Collaborate with the healthcare team
- Utilize all available resources to provide quality cost-effective patient care
- Serve as a role model/preceptor to new graduate nurses and less experienced personnel

Enrolled Nurse

Bright Vision Hospital

Lorong Napiri Singapore 547530

October 20, 2014- October 30, 2019

- Assist with daily living activities such as delivering meals to patient turning, ambulating and showering patient.
- Help patient in personal hygiene. Provide patient with bedpans, help in bathing shampooing and changing diapers.
- Provide patient with adjunct care like cleaning of wound and changing dressing.
- Check vitals and record daily.
- Assist staff nurse and doctors in procedure.

Staff Nurse

Dr. Ronald P. Guzman Medical Centre

Enrile Boulevard Tuguegarao City, Philippines

October 4, 2012- May 9, 2014

- Consulting and coordinating with health care team members to assess, plan, implement and evaluate patient care plans.
- Preparing and administering (orally, subcutaneously, through an iv) and recording prescribed medications.
- Reporting adverse reactions to medications or treatments in accordance with the policy regarding the administration of medications by a licensed registered nurse.
- Working knowledge of workplace safety including infection control, universal precautions for blood borne pathogens, use of PPE, and the handling of hazardous materials.
- Identifying irregular telemetry readings and notifies appropriate medical team members.
- Initiating corrective action whenever information from monitoring equipment shows adverse symptomatology.

- Teaching patients and significant others how to manage their illness/injury by explaining post-treatment home care needs, diet/nutrition/exercise programs, self-administration of medication and rehabilitation.
- Responding to life-saving situations based upon nursing standards and protocol.
- Preparing equipment and aids physician during examination and treatment of the patient.
- Assisting with wound care, providing superior customer service and building ongoing clients relationships.

Nurse

Tuguegarao City Peoples General Hospital
Luna Street, Centrp 6 Tuguegarao City, Philippines
October1, 2009- July 31, 2011

- Provide nursing care to the patients
- Administering of medication
- Mastering skill in taking vital signs like temperature, pulse rate, blood pressure and oxygen saturation.
- Provide counseling to the patients and families
- Identify potential at-risk patient and inform the doctors
- Tracking of patient's medical record
- Responsible to handle patients in basic treatments
- Ensure and maintain the standards for professional nursing practice
- Prepare patient for special procedure
- Assist doctor with treatment and procedure
- Participate in nursing committee
- Exercise case and economy in the use of equipment and supplies
- Ensure all equipment is maintained in proper functioning order

Skills

- Computer literate, Microsoft word, Excel
- Good communication skills, fluent speak in English
- Time management
- Good teamwork
- Leadership
- Flexibility

Education:

College: Saint Paul University Philippines
College Avenue, Tuguegarao City, Cagayan3500
Bachelor of Science in Nursing

High School: Don Severino Pagalilauan High School
Callao Penablanca Cagayan

Elementary: June 1999-March 2003
Callao Elementary School
Callao Penablanca Cagayan
June 1993-March 1999

Certifications

Singapore Nursing Board
Staff Nurse (Conditional)
Enrollment Number: N1454235J

Nursing Board Exam Passer
Registered Professional Nurse
PRC License No.-046742

Basic Cardiac Life Support (Provider)
Card No. 01395
National Heart Center Singapore
February 1, 2018

Awards and Trainings

- Hero Award
Singapore Health Quality Service Award 2021
- Long Service Award 2020
Singhealth Community Hospitals
- Healthcare Hero Award
Singapore Health Quality Service Award 2019
- Silver Award
Singapore Health Quality Service Award
April 2017- March 2018
- Certificate of Achievement on Patient Education
National Health Center Singapore
January 24-26 2018
- Preceptor Course for Nurses Dover Park Hospice
November 2016
- Delivering the Desired Service Experience Programme
Bright Vision Hospital

September 13-14 2016

- Wound Workshop
Bright Vision Hospital
2016

Character References:

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Senior Nurse Manager
Bright Vision Hospital
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Tan Pei Jie
Nurse Supervisor
Outram Community Hospital
+6593866509

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

Mildred Beran
Applicant