

JUDYLYN ALIPING BANGWA

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Baguio City, Philippines 2600
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Position Applied: Staff Nurse

KEY SKILLS:

- Effective interpersonal skills; able to show empathy and compassion to all patients while relating to their verbal and non-verbal needs
- Adopt at dealing with physically and emotionally demanding patients; helping them retains their independent living skills.
- Proactive team player; able to liaise with members of different multidisciplinary teams across diverse situations.
- Dedicated and Goal-oriented healthcare professional experiences in the provision of nursing services.
- Knowledgeable and skilled in the management of busy caseloads through effective application of nursing principles and methodologies.

PROFESSIONAL EXPERIENCES:

1. February 4, 2015 – June 2021

Nursing Aid

All saints Home (Hougang) Singapore

Job Description:

- ❖ Assessment of Resident: Vital Signs Taking general appearance / skin check if there are wound such as pressure ulcer; to document and photos if required. Would chart if needed.
- ❖ Eating and Drinking: Feeding helpless patients fluid consistency-thin, nectar, honey or puree. Preparation of feeds. Nasogastric feeding
- ❖ Elimination: Assisting resident on showering using commode bath trolley. Bedpan or urinal. Collection of specimen for investigation. Insertion of suppository. Giving Enema.
- ❖ Special Procedure: Assist with oxygen therapy-nasal prong/ Mask. Use of oxygen concentrator.
- ❖ Perform Nebulizer for residents: oral suctioning. Use of glucometer for hypo count reading. Use of pulse oximeter. Perform dressing. Perform oral care, eye care, insertion of NGT and giving NGT feeding , IDC insertion, intermittent catheterization. Perform CPR.
- ❖ Managed the care of 50+ Residents aged 50 -100 with daily needs including personal hygiene, being turned, and being transferred from chair to bed and vice versa.
- ❖ Oversaw residents' schedules consisting exercise routines, doctor appointments, medication intake, recreational activities and family visits.
- ❖ Implemented group activities such as watching movies, storytelling, and games that improved resident and self-engagement.
- ❖ Participated during Covid-19 pandemic and follow all protocols and procedures to our residents and nursing home.
- ❖ Escorted resident on their personal and professional trips outside the Home, including not limited to excursions, family visits, medical and dental appointments, etc. and developing information on health history
- ❖ Orientation of new staff and teaching them new procedures and routines.

2. June 2013– February 2015

Personal Care Giver of my Grandma (72 years old)

Diagnosis: Dementia, Diabetes (Type 2) Hypertension

3. January 2010- May 2013

Bauko Rural Health Unit- Philippines

Clinic Nurse

- ❖ Orientation of new staff and teaching them new procedures and routines.
- ❖ Assesses client status and notifies physician of any clinical dangers or abnormal observations
- ❖ Maintains health records, documents each client contact, and update profile.
- ❖ Encourages health maintenance and promotion through counselling and awareness activities.
- ❖ Makes initial interim and history and vital signs on each client.
- ❖ Assists physician as needed during physical examinations, minor wound suturing and simple debridement of wounds.
- ❖ Administers oral medications and injections as prescribed by the physician, and closely monitors for any adverse effects on the client.
- ❖ Assures that the client understand instructions..

4. March 2008- April 2020

Barty House Nursing Home – United Kingdom

Health Care Assistant

Job Description

- ❖ Assisted with the implementation of each personal care plan; helped residents with mobility problems, toileting and other physical difficulties.
- ❖ Recorded the output of each resident and ensured accuracy of all resident documentation.
- ❖ Promoted mental and physical stimulation for residents through active listening, conversation and shared in activities such as reading, writing, hobbies and other recreational pursuits.
- ❖ Assisted with the serving of meals and aided those clients who have difficulty in eating.
- ❖ Fostered relationships with residents and their families, guests and colleagues to actively promote the philosophy of care home.
- ❖ Took part in all staff activities and meetings to foster professional growth and development.

5. August 2004-August 2006

Almana General Hospital – Kingdom of Saudi Arabia

Senior Staff Nurse (Ophthalmology Development)

Job Description:

- ❖ Rotated shifts across multiple departments to include the female/male surgical and medical wards, emergency room, the OB-Gyne Ward, ICU and Long-term care sections.
- ❖ Planned, implemented and evaluated health care services given; provided for the physical and other reasonable needs of patients and families and help out with health education to ensure total wellness.
- ❖ Performed refraction to each and every patient.
- ❖ Assisted the surgeon on Lasix operation and procedure.

6. February 2004 – April 2004

Benguet General Hospital –Philippines

Volunteer Staff Nurse (Delivery Room)

Job Description:

- ❖ Provided direct care to patients & ensured other comfort.
- ❖ Attached cardio graphic machines to patients and observed the conditions of the mother and the child; ensured the needs of patients and attended to promptly.
- ❖ Acted as scrub/circulating nurse during delivery and dilation & curettage; responsible for suctioning, bathing, cord tying, weighting and footprint taking for newborn babies, provided advise to lactating mothers on right breastfeeding methods and other nutritional information.

- ❖ Documented all necessary information on patient's cares; endorsed then to the wards according to doctor's orders.

ADDITIONAL SKILLS AND TRAININGS:

Singapore:

- **Covid-19 Certificate of Participation** – issued by the CEO of All Saints Home
- **BCLS with AED Provider**- Lenton Training Centre Singapore (Issued 2016, renewed 2018- valid for 2 years)
- **“Response Ready”**-SCDF (Singapore Civil Defense Force)
- **Responded to fire emergency in buildings**-Singapore Workforce Skills Qualifications.
- **Communicate and relate effectively**- All Saints Home (Singapore)
- **Getting it right in nutrition workshop**-Nestle Science Singapore
- **Understanding Dementia**- All Saints Home

Philippines:

- 2011-2012 – Infectious Disease Prevention, Vector Borne Infections, AIDS, HIV & other viral infections, Renal Failure: the silent Epidemic
- 2007-Psycho Sexual Disorders, Psychoactive Substances, Physical Assessment, updates in Advance Cardiac Life Support, Skills in Basic Life Support, skill in Cardio Pulmonary Resuscitation.

United Kingdom:

- Moving and handling in the workplace – Barty House Nursing Home

Kingdom of Saudi Arabia

- Infection Control Lecture, Basic Life support provider, occupational safety, viral hepatitis: treatment protocols.

EDUCATION AND QUALIFICATIONS:

Pines City Colleges – Bachelor of Science in Nursing (2003)

Registered Nurse 2014 – Present

License No.: 0356817

Professional Regulation Commission

PERSONAL DETAILS:

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| Date of Birth | : | January 08, 1981 |
| Place of Birth | : | Philippines |
| Civil Status | : | Married |
| Husband's Name: | | Augustine Fredderic Bangwa Jr. |
| Place of Birth | : | Philippines |
| Children : | : | Ashley Summers Aliping Bangwa |
| Place of Birth | : | United Kingdom |

Reference: Available upon request.