Sylvan Joyce Degracia

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PROFESSIONAL SUMMARY

Goal-oriented Nurse decisive in managing and optimizing unit care delivery. Thoroughly monitors patients and staff for proactive intervention. Adaptable to new care protocols, confident in clinical judgment and fully versed in institutional and legal requirements.

Expert nursing professional equipped with leadership, training and sound clinical judgment to manage workflows and coordinate patient care. Maintains thorough knowledge of care requirements and compliance standards to offer top-notch support.

SKILLS

- Ward Management
- Patient Assessment
- Direct Patient Care
- Care Quality Evaluation
- Patient Care Management
- Staff Training
- Nursing Care Coordination
- Health Education
- Patient Advocacy

EXPERIENCE

Charge Nurse - Eye Center
Baguio General Hospital and Medical Center, 2018 - Current

- Completed visual acuity tests with minimal oversight.

- Supported patient flow goals with skilled intakes and immediate documentation of patient information.

- Minimized infection risks by consistently following cleaning and sanitation procedures for ophthalmic equipment.

- Readied examination rooms by restocking supplies, removing used items and wiping down equipment and instruments.

- Improved patients' compliance with tests and procedures through positive engagement strategies.

- Measured and recorded papillary responses and other information in medical records.

- Improved outcomes by educating patients about how to use and care for corrective lenses.

- Supported ophthalmologists completing both in-office and advanced surgical procedures.

- Used Optical Coherence Tomography, Automated Visual Fields, Fundus Photo, Fluorescein Angiography, Biometry, Ocular Ultrasound regularly during patient examinations.

- Assisted with examinations by administering medications, documenting patient histories and checking current vital signs.

- Documented patients' medical histories for ophthalmologists using Electronic Medical Records.

- Checked visual acuity of each patient with various tests, determining near, distance and pinhole acuity.

Registered Nurse - Medical Ward
Baguio General Hospital and Medical Center, 2014 - 2018

- Managed direct care of patients, conducted assessments and documented care activities.

- Conducted accurate chart updates in computer system.

- Trained and mentored student nurses, interns and new graduates in proper procedures and care techniques.

- Managed patient flows for unit, handling admissions and processing discharge paperwork.

- Dressed, cleaned and redressed wounds for optimum healing.

- Recorded changes in patient conditions and laboratory test results.

- Alleviated patient fears of treatments using kind, empathetic communication.

- Worked closely with physicians, surgeons and nursing staff as part of unit team.

- Educated patients on preventive care and lifestyle choices to improve overall health.

- Educated patients and caregivers on proper at-home care and treatment regimens.

- Administered oral, IV and intramuscular medications as part of patient treatments.

- Advised patients on at-home care and preventive lifestyle choices.

- Intervened and stabilized patients during emergencies with immediate first aid, CPR or advanced life support care.

- Trained junior nurses and students in proper techniques.

- Controlled infection risks with proper wound care and aseptic techniques.

Registered Nurse - Trainee
Baguio General Hospital and Medical Center, 2013 - 2013

- Documented vital signs to report abnormalities to licensed nurse for evaluation.

- Assisted with basic hygiene, skincare and nutritional and dietary needs to create positive patient experience.

- Shadowed nursing staff to analyze patient conditions and learn hands-on skills.

- Performed intramuscular, subcutaneous and intradermal injections to administer various medications.

- Cared for catheters, central lines and gastric tubes to contribute to patient well-being.

- Changed dressings and evaluated healing to properly care for wounds.

- Consulted with physician to understand diagnosis and care plans.

- Bathed and dressed patients in preparation for hospital discharge.

- Observed nursing professionals to learn patient care techniques.

- Arranged for discharge planning care after hospital checkout.

- Submitted written reports to head nurse regarding patient's status and condition.

- Performed CPR during emergency situations.

- Provided medication list and instructions for discharged patients to observe home-care protocols.

- Intervened and stabilized patients during emergencies with immediate first aid, CPR or advanced life support care.

- Supported procedures by handling instruments and monitoring patients.

- Checked patients' diets, physical activities and risk factors for disease.

- Cared for patients in field during disasters, assessing conditions, making tentative diagnoses and stabilizing for transport.

- Administered medications to patients and monitored patients for reactions or side effects.

- Advised patients on at-home care and preventive lifestyle choices.

- Achieved optimal patient outcomes by carefully monitoring conditions and delivering comprehensive support.

- Controlled infection risks with proper wound care and aseptic techniques.

- Assisted with examinations, treatments and procedures.

Chemistry Laboratory Assistant
Immaculate Concepcion Academy , 2012 - 2012

- Cleaned and sanitized laboratory equipment and tools.

- Processed chemical solutions for projects and experiments, adhering to and creating special formulas.

- Protected students by demonstrating correct use of equipment and enforcing laboratory rules.

- Assisted with instructional activities for designated area.

- Performed manual labor tasks to detailed instructions from supervisors.

- Responsible for assisting students during laboratory experiments and made sure all supplies were well kept.

EDUCATION

Bachelor of Science (B.S.): Nursing
University of the Cordilleras, Baguio City, Benguet, Philippines, May 2011

LANGUAGE

English
Advanced (C1)