

# Elaine Cachin Supnet

Registered Nurse | Personal Support Worker

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Proficient and caring registered nurse with progressive career history in direct patient care, triage and care coordination offering outstanding patient-focused experience. Adept at addressing patient needs through empathetic communication and compassionate care with respectful attitude and excellent customer service. Proficient at introducing detailed care plans and coordinating patient care through interdisciplinary collaboration. Demonstrated expertise in physical, psychosocial, behavioral, developmental and educational aspects of nursing care for patients and families.



## Professional Experience

Jun 2021 - Current

### Site Nurse

*Techline Inc., Philippines*

- Administer medical testing and vision and hearing screening to identify risks to health and improve well-being among staff.
- Conduct nursing assessment, treatment and education for employee health concerns.
- Supply wellness materials and information to employees to prevent sickness, fatigue and mental burnout while fostering positive company culture.
- Evaluate and administer pharmacological treatment to employee illness and injury by using standard and ethical nursing practices.
- Record details regarding therapies to keep patient charts updated.
- Participate in evidence-based practice project implementation, nursing competency development and nursing simulation activities.
- Equip employees with tools and knowledge needed for speedy and sustained recovery.
- Sustain quality standards by performing routine medication audits and upholding internal and industry best practices.
- Provide skilled, timely and level-headed emergency response to critically-ill patients.

Jun 2018 - Dec 2020

### Laser and Dental Nurse

*Etlait Panorama Dental Derma and Surgery, Saudi Arabia*

#### Laser Nurse

- Pre and post treatment for laser procedures, consultations for skin care, laser hair removal and rejuvenation.
- Assisted physician or supervising medical personnel.
- Prepared area before commencement of treatment.
- Administered cosmetic care requiring use of laser treatment.
- Performed skin analysis of area of treatment.
- Determined efficacy of laser procedure.
- Maintained various laser machines and their accessories and ensured proper handling of delicate lasers and equipment before, during and after procedure.

#### Dental Nurse

- Examined patient's mouth by oral examinations, throat and pharynx to refer abnormalities to dentist.
- Prepared fillings and other materials.
- Sterilized instruments.
- Worked with dentists in developing and implementing personalized care plans for dental patients.
- Processed and filed x-rays.
- Tidied and cleaned dental surgery.
- Recorded and filed information about patients.
- Advised patients on oral hygiene.
- Maintained adequate stock of emergency drugs, dental materials and instruments to deliver high-quality patient care.

**Staff Nurse***Prosperity Medical Clinic and Laboratory Inc, Philippines*

- Assessed physical, psychological, physiologic, and cognitive status of patients.
- Precepted student nurses and oriented new hires, providing guidance and mentorship when teaching on hospital policies, emergency procedures, and nursing best practices.
- Administered medications via oral, IV, and intramuscular injections and monitored responses.
- Directed patient care by initiating and following through with plan of care, continuing care, and discharge instructions.
- Implemented medication and IV administration, catheter insertion, and airway management.
- Monitored patients' conditions and reported changes in physical presentation, appearance, and behavior to discuss treatment with physicians.
- Performed various nursing interventions such as wound dressing, vital sign monitoring, and specimen collection.
- Educated patients, families and caregivers on diagnosis and prognosis, treatment options, disease process, and management and lifestyle options.
- Updated patient charts with data such as medications to keep records current and support accurate treatments.
- Collaborated with physicians, pharmacists and therapists to deliver quality, evidence-based care.
- Participated in hospital committees to recommend quality improvement initiatives.
- Collected blood, tissue, and other laboratory specimens and prepared for lab testing.
- Developed and implemented individualized patient care plans for optimal outcomes.
- Provided skilled, timely and level-headed emergency response to critically-ill patients.
- Observed and documented patient factors such as diets, physical activity levels and behaviors to understand conditions and effectively modify treatment plans.

**Staff Nurse, Medical-Surgical Ward***Medical Centrum Dagupan, Philippines***Pediatric Patients**

- Monitored patients' respiration, pulse rate and temperature and reported changes in physical presentation, appearance, and behavior to discuss treatment to head nurse.
- Assessed physical, psychological, physiologic, and cognitive status of patients.
- Performed various nursing interventions such as wound dressing, vital sign monitoring, and specimen collection.
- Directed patient care by initiating and following through with plan of care, continuing care, and discharge instructions.
- Updated patient charts with data such as medications to keep records current and support accurate treatments.
- Checked patients' conditions and document.
- Obtained parental consent for treatment.
- Ensured adherence to strict hygiene and health.
- Implemented medication and IV administration, injections, blood transfusions and airway management.
- Ensured safety of patients.

**Adult Patients**

- Monitored vital signs, intake, output and document patient's record.
- Monitored and administered medication, injections, blood transfusions and intravenous infusions.
- Provided care before and after operations.
- Provided information, emotional support to patients and relatives.
- Promoted good health and well-being through education on certain topics such as diabetes, weight loss and quitting smoking.
- Changed dressings as per order.
- Documented any patient condition of incisions, any leakage, dehiscence or evisceration and compiled reports.
- Educated patients and relatives on how to care for a wound.
- Maintained patients' safety and comfort.
- Administered medications following prescribed instructions to alleviate symptoms and discomfort, monitoring client reactions.
- Managed patients recovering from medical or surgical procedures.
- Provided safe mobility support to help patients move around personal and public spaces.
- Turned and positioned bedbound patients to prevent bedsores and maintain comfort levels.



## Education

**Jun 2008 - Mar 2012**      **Bachelor of Science: Nursing**

*Colegio De Dagupan - Philippines*

- Top 10 in Class

**Jun 2004 - Mar 2008**      **High School Diploma**

*Daniel Mamba National High School - Philippines*

- Top 5 in Class

**Jun 1988 - Mar 2004**      **Elementary School Diploma**

*Daroy Elementary School - Philippines*



## Certifications & Trainings

**Mar 2013**      Intravenous Therapy Seminar.

**Mar 2012**      National Certificate II in Caregiving.

**Mar 2012**      National Certificate II in Health Care Services.

**Feb 2012**      Professional Image Development and Management; Colegio de Dagupan.

**Jan 2012**      NC-CLEX Training "Care of Clients with Problems in Cellular Aberrations, Acute Biologic Crisis, Emergency and Disaster Nursing (Introduction to Telemetry Nursing)

**Oct 2011**      NC-CLEX Training "Care of Clients with Problems in Cellular Aberrations, Acute Biologic Crisis, Emergency and Disaster Nursing (Introduction to ACLS)



## Areas of Expertise

Highly developed interpersonal & communication skills



Advanced

First Aid and safety and ACLS



Advanced

Patient care & schedule management



Advanced

Intravenous therapy



Advanced

Preventive health



Advanced

Records Management and Progress documentation



Advanced

Care plan assessment



Advanced

Tracheostomy Care



Advanced

Fluent in English



Advanced

Physical Assessment



Advanced

Medicine Administration and Management



Advanced

Ventilator Monitoring



Advanced

Patient Assessments



Advanced

Home Health Nursing & Indirect Patient Care



Advanced

Nutrition counseling



Advanced

Telemetry Nursing



Advanced