



PRINCESS JONAH FRONDOZO LISONDRA, RN

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OBJECTIVE:

As an aspiring young individual, I would like to work in an institution to dedicate my profession and as well as acquire new knowledge and expand my experience in this professional field. You can be assured that I will give all my efforts into doing service and learning in return.

PERSONAL INFORMATION

Age	33
Date of Birth:	May 11, 1990
Gender:	Female
Civil Status:	Married
Height:	5'1
Weight:	50 kg.
Blood Type:	"O+"
Nationality:	Filipino
Religion:	Southern Baptist
Permanent address:	P-8 San Juan, Surigao City, Philippines 8400

EDUCATIONAL BACKGROUND

Elementary: Surigao City Pilot School
Class 2002

Secondary: Surigao Norte National High School
Class 2006

Tertiary: Surigao Education Center
Bachelor of Science in Nursing
Class 2011

ELIGIBILITY EXAMINATION TAKEN

Exam Taken: Nursing Licensure Exam
Date of Examination: December 19-20, 2010
Place of Examination: Cebu City, Philippines
Rating: 79.40%
Registration Number: 0686390
Date of Release: February 19, 2011

Exam Taken: NCLEX-RN
Date of Examination: May 23, 2023
Place of Examination: Pearson Vue Makati, Philippines
Status: Pass
License Number: 887332
State Board: New York

WORK EXPERIENCE

Position Title: **NURSE- I** (Epidemiology and Surveillance Officer Designate)
Office: **PROVINCIAL GOVERNMENT OF SURIGAO -
PROVINCIAL HEALTH OFFICE**

Location: Capitol Road, Surigao City Surigao Del Norte
Inclusive Dates: July 1, 2022 to Present

Job Responsibilities:

- Provide Data and Logistics
- Assist in conducting epidemiology and surveillance training in the Province of Surigao Del Norte
- Conduct Active Surveillance and Monitoring in the Municipalities and Hospitals

- Assist in creating Executive Order for specific disease
- Provide Technical Assistance
- Monitor Covid-19 Trend
- Ensures the functionality of Epidemiology and Surveillance Unit for the entire Province of Surigao Del Norte
- Submit Data Reporting for Notifiable Diseases
- Respond on Emergency Health Situation
- Conduct Case Investigation Reports
- Assist in Covid-19 Vaccination

Position Title: **NURSE- I**
Office: **PROVINCIAL GOVERNMENT OF SURIGAO-
SURIGAO DEL NORTE PROVINCIAL HOSPITAL**
Ward Assignment: Pediatric Ward, Medical Ward, Obstetric Ward
Location: Sta. Cruz, Placer, Surigao Del Norte
Inclusive Dates: November 5, 2018 – July 1, 2022

Obstetric Nurse Roles & Responsibilities

- Demonstrates understanding of physician orders for postpartum patients
- Identifies changing patient needs
- Prepares patients for exam by obtaining and documenting vital signs, chief complaint
- Administers vaccine to newborn per protocols and standing orders prior to physician exam
- Completes initial nursing histories, assesses patients' conditions, and develops individual plans of care for patients assigned to the unit.
- Provides direct patient care, evaluates outcome, consults with other specialists and adjusts nursing care processes as indicated to ensure optimal patient care.
- Accurately administer medications and performs procedures that cannot be delegated such as assessing labor progression, managing induction of labor and cervical ripening, and dealing competently with medical emergencies including prolapsed cord, breech delivery, postpartum hemorrhage, precipitous delivery, uterine rupture, management of meconium, abruptio placenta, placenta previa. Performs fetal heart monitoring and makes assessment of labor progress
- New born care and take vital signs and chief complaint
- Receive postpartum mother and baby from the delivery room

- Do thorough physical exam for mother and child
- Provide health teachings
- Provide newborn care
- Monitor patient for postpartum bleeding, infection and other complications
- Check patients laboratories

Pediatric Nurse Duties and Responsibilities

- Identifies changes in a child's signs and symptoms and intervenes in emergency situations
- Differentiates between normal and abnormal physical findings
- Administers medication using age-appropriate guidelines
- Determines a child's needs related to pain management
- Analyzes situations to anticipate pathophysiological problems and detect changes in status
- Maintains privacy and confidentiality in nurse/child relationships
- Involves the child and family in the care plan and determines the child's needs based on a careful analysis of symptoms in relation to their growth and development
- Performs physical examinations, such as measuring vitals, taking blood and urine samples, and ordering diagnostic tests
- Explains to parents and families how to take care of their children and protect their health, including advising them on how to design their home for conditions such as paralysis and juvenile diabetes

Medical Ward Job Responsibilities:

- Walk the ward and assess patients medical needs
- Provide prescribed injections and medications
- Administer intravenous medications as required
- Monitor vital signs and adjust treatment
- Perform patient evaluations at equal interval
- Notify doctors about changes in patient's status
- Collect sputum, urine, stool specimen for medical analysis
- Analyze lab test results and change treatment accordingly

Position Title:	Hemodialysis Nurse
Office:	Caraga Renal Care, Inc
Location:	Surigao City
Inclusive Dates:	April 24, 2017- October 2018

HEMODIALYSIS SPECIALIZATION

- Checks and prepares all materials needed and ensures it is available before the start of dialysis
- Provides information health education 2 patients and significant others regarding the plan of care
- Administer medications as ordered
- Monitor vital signs pre, intra and post dialysis treatment in patients record
- Prepares patients access arterio-venous fistula and intra-jugular access and disinfectant. aseptically
- Does arterio-venous fistula cannulations and observes aseptic technique
- performs termination of hemodialysis treatment without any adverse effects
- inspect regulates and monitors all machine setting and parameters during hemodialysis treatment

Position Title: **Hemodialysis Nurse Trainee**
Office: **Global Nephrology Training Center
Cebu City**
Inclusive Dates: **October 24, 2016 – January 21, 2017**

Modules Accomplished: **Module 1:** Nephrology Nursing Theory and Simulation
Module 2: Clinical Practice: Monitoring and Observation of
Renal Patients and Priming of the Extracorporeal Circuit in
Hemodialysis Machines
Module 3: Clinical Practice: Initiation and Termination
Protocol for Arterio-Venous Fistula, Arterio-Venous Graft and
Central Venous Catheters
Module 4: Mastery of Nephrology Nurses' Concepts and Skills

Position Title: **Nurse**
Office: **Caraga Regional Hospital
Surigao City**
Ward Assignment: **Pediatric Ward, Medical Ward**
Location: **Surigao City**
Inclusive Dates: **January 2, 2014 – January 5, 2015**

MEDICAL-PEDIATRIC NURSING

- Prepares and administers prescribed medications

- Reports adverse reactions to medications or treatments in accordance with the hospital policy
- Initiates nursing actions for patients with adverse reactions to medications and treatments
- Provide bedside care for a wide variety of medical patients, including pre and post-op patients
- Documents information, assessments and care given concisely, accurately and completely in a timely manner
- Participates in discharge planning
- Provide health teaching and discharge instructions
- Changes dressing, insert catheters, starts IVs and other nursing procedures related to surgery and medicine within the scope of nursing practice
- Respond to life saving situations

Position Title: **Registered Nurse on Health Enhancement and Local Services**

RNHEALS

Office: Department Of Health (DOH)
Center for Health Development, Caraga-Butuan City

Place of Assignment: City Health Unit/ City Health Office and
Brgy. Taft Health Center/ Taft Birthing Facility

Location: Surigao City

Inclusive Dates:: March 2012-February 2013

Job Description:

BIRTHING FACILITY

- Assists the midwife during birth deliveries
- Monitor vital signs and BP of pregnant mothers and the progress of their labor
- Insert Intravenous Tubing to the pregnant mothers who are admitted in the birthing facility for their delivery
- Monitor the Fetal Heart Beat (FHB)
- Take abdominal girth of the pregnant mother
- Perform Leopolds Manuever to the pregnant mothers
- Inject Oxytocin IM to the mother
- Inject Vit. K IM to the neonate
- Perform Newborn Care
- Administer Eye Ointment medication the neonate
- Administer Hep. B vaccine to the newborn
- Monitor the condition/ vitals of postpartum mothers and their newborn
Give Health Teaching/ Health Information to patients and significant others

- Give health teaching about patient's medication including the indication and contraindication of the drug
- Record patients status at their medical chart

Job Description:

COMMUNITY HEALTH CENTER

- Assist the Medical Health Officer during general health consultation
- Take patients BP, weight and vital signs
- Give health teaching to the community people
- Administer Anti-tetanus vaccine to those who are injured
- Administer TB injection to the TB patients on their ongoing treatment
- Conduct survey/ interview about family health to the members of National Housing Targeting System- Poor Reduction (NHTS-PR), 4P's and Philhealth in the barangay islands and mainland.
- Record health status of the patients to their medical chart
- Administer oral, and intradermal, subcutaneous and intramuscular injections/ vaccines to the under five children during immunization
- Make referrals to those patients who have abnormalities in their health and refer them to the tertiary hospital
- Give health teaching about patient's medication including the indication and contraindication of the drug
- Assist midwife during Prenatal Day
- Perform Leopolds Manuever to the pregnant mothers and take their abdominal girth
- Administer Tetanus Toxoid1-Tetanus Toxoid 5 to the pregnant mothers

CITY HEALTH OFFICE

- Conduct survey/ interview about family health to the members of National Housing Targeting System- Poor Reduction (NHTS-PR), and 4P's in the barangays in mainland that are part of Surigao City.
- Consolidate patient's health data
- Collect patient's health data and record it in the computer system

Position Title:	Job Order Nurse
Office:	Provincial Health Office Province of Surigao Del Norte
Inclusive Dates:	August 1, 2011 to March 15, 2012
Location:	Capitol Compound, Surigao City

Job Description:

- Assist physician during medical consultation
 - Vital signs, weight and blood pressure taking
 - Give health information to the provincial government employees
 - Give health teaching about patient's medication including the indication and contraindication of the drug
 - Assist during PANAMBAY SA BARANGAY/ MEDICAL MISSION under HEALS AGENDA of Governor Sol F. Matugas
 - Assist in Circumcision
 - Administer Anti-Tetanus vaccine to those patients who are injured
 - Administer Anti-Rabies vaccine to those patients who are high risks and those patients bitten by a rabid host.
 - Provide Basic First Aid to those patients who are wounded
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NAME OF ORGANIZATION

- ❖ Association of Nursing Services Administrators of the Philippines (ANSAP)
 - ❖ Philippine Nurses Association, Inc. (PNA)
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SEMINAR/TRAINING PROGRAMS

- Training on Maternal Death Reporting and Review Sytem (September 27-29, 2023)
- Training of Trainers on event-Based Surveillance and Response Core Process and Online Information System (September 19-21, 2023)
- 2025 Annual Operational Investment Planning Workshop (July 26-28, 2023)
- Integrated Disease Surveillance Training (ESR, Basic Epidemiology, EDCS-IS, TKC, AEFI-IS, and SEIR) (April 12-14, 2023)
- Basic Epidemilogy and Surveillance Training (September 13-15,2022)
- Advanced Cardiac Life Support (October 23, 2019)
- Basic Life Support And Advance Cardiac Life Support Training(October 25-27, 2019)
- Hemodialysis Training Course (October 2016 – January 2017)
- IV Therapy (ANSA –Vicente Gullas Memorial Hospital) August 20-22, 2016
- Phlebotomy Training (ANSA –Vicente Gullas Memorial Hospital) August 22, 2016
- Regular IV Training Program July 2-4, 2011

- Basic ECG Interpretation and Intubation Technique
May 14, 2011
 - First Aid and Health Care Provider CPR Course
May 12-13, 2011
 - Basic Life Support (Health Care Provider)
August 4-5, 2009
 - First Aid Training (Standard)
July 27-29 and August 3, 2009
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Special Skills

- Computer Literate

CHARACTER REFERENCE:

KAREN ANGELINE T. LAURENTE, DMD

Dentist

Saint Paul University Surigao

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