JEAN CAMILLE PRIMERO

Contact

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Skills

- Medicine Administration
- Mobility Assistance
- Critical Care Nursing
- Palliative Care
- Patient Health Education
- Analytical Problem Solver
- Elderly Care
- Catheterisation
- Multidisciplinary Teamwork
- Phlebotomy
- Paediatrics
- Excellent Time Management
- Adult Care
- Clinical Procedure Preparations
- Public Health Education
- Community Nursing
- Critical Care

Education

Summary

Patient-focused nursing professional trained in optimum care, safety standards and documentation requirements. Confident in delivering treatments and conducting assessments to promote patient wellbeing and encourage recovery. Works great with colleagues and outside departments to coordinate safe, successful care.

Experience

Staff Nurse

Nueva Vizcaya Provincial Hospital | Nueva Vizcaya, Philippines | Mar 2018 - Sep 2023

- Evaluated patient symptoms and condition to plan recovery programmes for timely discharge.
- Performed in-depth prevention assessments, maintaining patient health and safety.
- Worked with meticulous accuracy in administering patient medication according to correct, appropriate doses.
- Actively promoted best nursing practices, leading by example in providing accurate, prompt patient provisions.
- Monitored patient conditions closely, reporting and recording signs of deterioration for swift action.
- Prepared patients for clinical procedures, providing reassurance and practical advice to ease concerns.
- Utilised practised skills in phlebotomy, taking patients' blood with minimal distress, discomfort or error.
- Collated medical data for patient records, maintaining strict confidentiality.
- Worked with a consistently positive, friendly bedside manner to enhance patient experiences during difficult times.

Saint Mary's University
Bayombong, NUV
Bachelor of Science: Nursing
2013

- Demonstrated compassionate communication skills, empathetically delivering difficult news to patients and families.
- Measured blood pressure, pulse and temperature to assess and record vital signs.
- Interpreted cardiac rhythm strips, treated wounds and administered IV for patients to provide quality care for patients.
- Reported to head nurse and attending physicians symptoms, condition and development of each patient.
- Administered medications, performed diagnostic tests and operated monitoring devices to determine diagnosis of patient.
- Communicated with healthcare team to evaluate and execute proper patient care plans.
- Administered CPR following Basic Life Support for Health Care Provider during emergency cases to patients undergoing cardiac arrest.
- Bathed, changed and fed disabled patients to ease comfort.

Community Health Nurse

Department of Health- Region 2 | Nueva Vizcaya, Philippines | Jan 2017 - Dec 2017

- Visited community to gather data and collect research about [Type] issue.
- Prepared examination room to assist physicians with medical procedures, optimising health and comfort of patients.
- Performed evaluations of babies and administered vaccinations to prevent diseases and provide immunity.
- Instructed patients and family members on daily tasks and care needs to improve continuity of care.
- Shared information regarding health care resources for new parents and infants to support healthy growth and development.
- Performed outreach work with local homeless population to treat conditions and improve health outcomes.
- Rapidly responded to emergency situations to implement life-saving protocols and maintain stabilised outcomes.
- Controlled spread of hepatitis and flu outbreaks in community by encouraging individuals to stay home, wash hands and practise good hygiene.
- Performed educational seminars, one-on-one visits and group training for community members to recognise and address needs and apply public health measures.

- Checked blood pressure, temperature and heart rate of patients to assess vital signs and monitor condition.
- Performed in-home call outs for patients with chronic and long term illnesses to alleviate symptoms and plan next course of treatment.
- Cleaned and dressed wounds to avoid infection and provide protection, following health and safety standards.

Staff Nurse

Region 2 Trauma and Medical Center | Nueva Vizcaya, Philippines | Jun 2014 - Oct 2016

- Made critical judgements to satisfy expectations and demands including first contact with patients presenting acutely.
- Communicated highly sensitive and condition-related information to patients, relatives and carers.
- Conducted examinations to determine patient illness or injury, quickly finding problems for prompt resolutions.
- Referred patients to additional medical specialities for assessment and further treatment as appropriate.
- Assessed patients' wellbeing within minimal timeframe to create and implement effective individual care management plans.
- Communicate with employees to resolve patient issues and provide appropriate solutions.
- Developed and managed highly specialised programmes of care, providing highly specialised advice concerning first-class care.
- Monitored patient health, behavioural and physical changes routinely to improve individual care plans and medical needs.
- Worked within professional guidelines and codes of conduct, strictly adhering to relevant practice policies.
- Thoroughly assessed, diagnosed and treated patients attending primary health care services with a range of acute, non-acute and chronic medical conditions.
- Interpreted range of diagnostic tests and routine clinical procedures with meticulous attention to detail.
- Referred patients to outside specialists or hospital admission for more advanced care.
- Kept patient records, medical information and personal records on hospital systems and in secure filing cabinets, in line with patient confidentiality laws.