

KREANNE JESA M. ESTRADA

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PROFILE

A compassionate and dedicated individual seeking a Caregiver position to utilize excellent communication and problem-solving skills to provide high-quality care to seniors. Passionate about improving the quality of life for seniors and committed to maintaining their dignity and independence. Willing to learn and grow in a challenging and rewarding career in caregiving.

PROFESSIONAL EXPERIENCE

LIVE-IN CAREGIVER

Private Household

October 3, 2022 – PRESENT
Israel

- Provided personal care assistance to clients, including bathing, dressing, and grooming.
- Administered medication and monitored vital signs as needed.
- Assisted with mobility and transferring clients to and from bed or wheelchair.
- Prepared and served meals according to dietary requirements.
- Provided emotional support and companionship to clients.
- Maintained a clean and safe living environment for clients.
- Communicated with family members and healthcare professionals as needed.

COMPANY NURSE

Charoen Pokphand Foods Philippines Corporation

Nov. 1 2021 – Sept 25 2022:
Philippines

- Conducted pre-employment medical exams and evaluated employee health status.
- Administered first aid and emergency care to employees as needed.
- Provided health education and counselling sessions for employees.
- Assisted in the development and implementation of company health programs.
- Maintained employee medical records and ensured confidentiality.
- Conducted regular inspection of workplace hazards and provided recommendations for improvement.
- Coordinated with external healthcare providers for employee referrals and follow-up care.

STAFF NURSE

Paniqui General Hospital

May 15 2018– August 30
2020
Philippines

- Conducted patient assessments and developed nursing care plans.
- Administered medication and performed medical procedures as needed.
- Monitored patient vital signs and documented patient information.
- Coordinated with other healthcare professionals for patient care.
- Provided patient and family education on disease management and prevention.
- Ensured adherence to infection control and safety protocols.
- Maintained accurate and up-to-date patient records.

VOLUNTEER NURSE

Jowell General Hospital

April –October 2017
Philippines

- Assisted in the triage and assessment of patients in the emergency room.
- Administered medication and provided basic medical procedures as needed.
- Assisted in the documentation of patient information and medical records.
- Coordinated with other healthcare professionals for patient care.
- Conducted health education and counselling sessions for patients and their families.
- Assisted in the inventory and management of medical supplies and equipment.
- Provided emotional support and comfort to patients and their families.

COMPANY NURSE

SVI Supermarket North Edsa

June 27–December 12, 2016
Philippines

- Conducted pre-employment medical exams and evaluated employee health status.
- Administered first aid and emergency care to employees and customers as needed.
- Provided health education and counselling sessions for employees.
- Assisted in the development and implementation of company health programs.
- Maintained employee medical records and ensured confidentiality.
- Conducted regular inspection of workplace hazards and provided recommendations for improvement.
- Coordinated with external healthcare providers for employee referrals and follow-up care.

VOLUNTEER NURSE

Paniqui Birthing Home

April 2015 —October 2015

Philippines

- Assisted in prenatal check-ups and examinations of pregnant women.
- Conducted health education and counselling sessions for pregnant women and their families.
- Assisted in the delivery and postpartum care of mothers and newborns.
- Administered medication and assisted in basic medical procedures as needed.
- Documented patient information and maintained patient records.
- Assisted in the inventory of medical supplies and equipment.
- Coordinated with other healthcare professionals to ensure continuity of care for patients.

SKILLS

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|---------------------------------|----------------------------------|-------------------------------|
| • Patient Care | • Compassion and empathy | • Problem Solving |
| • Housekeeping | • First aid | • Physical Strength & Stamina |
| • Reliability and dependability | • Ability to monitor and observe | • Attentive listening skills |
| • Communication Skills | • Progress documentation | • Cleanliness |

EDUCATION

Bachelor of Science in Nursing | 2008-2013

Our Lady of Fatima University- Quezon City

High School Graduate | 2004-2008

Central Luzon High School

SEMINAR AND TRAINING

March 2015

Basic Intravenous Therapy Training Program For Nurses, Tarlac Provincial Hospital

November 2015

First Aid and Cardiopulmonary Resuscitation (CPR) with Automated External Defibrillator (AED)

Philippine Red Cross Training Center Tarlac Chapter

October 24, 2015

Helping Our Mothers Survive Proper Screening Of Common Infections during

Prenatal Care and Project PIE (Personal Image Enhancement), Oasis Hotel, Angeles City, Pampanga

April 26-27, 2022

Occupational First Aid & BLS-CPR with AED Training Philippine Red Cross Training Center Tarlac Chapter