



Jani Therese Lema

Gender: Female

CONTACT



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ABOUT ME

I am a Registered Nurse and entrepreneur in Finland. I have passion taking care of people and impacting the community.

WORK EXPERIENCE

01/03/2023 – CURRENT Vantaa, Finland

Registered nurse Kotipalvelu Jani

- Provide treatment to patients according to doctors' prescriptions.
- Collaborate with a multidisciplinary team to provide quality care to patients.
- Provide treatment information to patients to ensure recovery.
- Worked with physiotherapists to help patients exercise and ensure mobility.
- Assist patients in activities of daily living
- Assessment of patients' health status with special considerations of age and physical needs.
- Monitor patients' health and general body condition and report changes or improvements to the doctor.
- Pain management.
- Assess and maintain fluid and electrolyte balance.
- Documentation.

31/03/2021 – CURRENT Espoo, Finland

Registered Nurse Sam`s Care

- Work in collaboration with other health care professions to implement treatment plan.
- Provide health care services to clients especially the elderly helping them to maintain their quality of life at home or nursing homes.
- Administer medication and monitor patients' condition and report it to their physician.
- Assistance with activities of daily living like bathing, toileting, dressing, feeding and grooming.
- Inspect wounds and change dressings.
- Educate family members and other caregivers on how to take care of the patient.
- Tests for infections, weakness and bedsores-

28/02/2022 – 22/03/2023 Vantaa, Finland

Registered Nurse Vantaa Kaupunki

- Provided treatment to patients according to doctors' prescriptions.
- Collaborated with Orthopedic physicians and physiotherapists to provide quality care to patients.
- Provided treatment information to patients and motivate them for recovery.
- Worked with physiotherapists to help patients exercise and ensure mobility.
- Assisted patients in activities of daily living
- Assessment of patients' health status with special considerations of age and physical needs.
- Monitored patients' health and general body condition and report changes or improvements to the doctor.
- Controlled wounds for signs and symptoms of infection and maintained hygiene of wounds.
- Educated patients on how to manage pain and how to prevent wound infections and provide treatment in cases of infection.
- Assessed and maintained fluid and electrolyte balance.

EDUCATION AND TRAINING

28/08/2017 – 31/03/2021 Lahti, Finland

Bsc in Nursing Lahti University of Applied Sciences

Website <https://lab.fi/en>

01/10/2004 – 31/10/2008 Buea, Cameroon

Bsc in Women`s studies and law University of Buea

Website <https://www.ubuea.cm/>

LANGUAGE SKILLS

MOTHER TONGUE(S): English

Other language(s):

French

Listening B1

Reading B1

Writing B1

Spoken production B1

Spoken interaction B1

Finnish

Listening B1

Reading B1

Writing B1

Spoken production B1

Spoken interaction B1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

DRIVING LICENCE

Driving Licence: B1