

Profile will be available until 04 November 2024



I am enthusiastic about helping others and see it as an honor to be able to make a difference in people's lives through my professional role as a nurse. With my experience and skills, I am ready to continue delivering the highest quality care and supporting the well-being of patients in the best possible way.

**Date of birth:** 18/07/1985 | **Nationality:** Finnish

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## WORK EXPERIENCE

### TEAM LEADER NURSE

16/06/2023 – Current

VÄSTRA NYLAND VÄLFÄRDSOMRÅDET (LUVN) |  Inkoo, Finland

-Health Status Assessment: To assess and monitor the physical and mental health status of the elderly by performing thorough health screenings, evaluating symptoms, and identifying any health risks or need for medical intervention.

-Medical Treatment and Care: Prescribing and administering medications, treating wounds, performing medical procedures, and operating medical devices to manage and alleviate illness, pain, and other health problems.

-Preventive care: Designing and implementing preventive measures to reduce the risk of disease and injury, such as vaccinations, promotion of healthy lifestyles, and education on disease prevention.

-Care Plan Coordination: Developing and implementing individualized care plans for seniors based on their unique needs and desires, as well as collaborating with other caregivers and service providers to ensure coordinated and integrated care.

5. Patient education: To provide older people and their families with information about diseases, treatments, medications, and preventive measures to promote independence, self-care and participation in care.

-Care Team Management: Leading and coordinating a multidisciplinary care team consisting of other nurses, doctors, therapists, nursing assistants, and other staff to ensure effective care and communication.

-Crisis and Emergency Management: Responding quickly and professionally to emergency or medical emergencies by providing emergency care, performing resuscitation attempts, and dealing with stressful situations to ensure the safety and well-being of the elderly.

-Research and development: To participate in the research, development, and evaluation of best practices in elderly care in order to improve care and promote the best possible outcomes for older patients.

-Quality Improvement: Participating in quality improvement initiatives to monitor and evaluate care, identify areas for improvement, and implement measures to ensure high-quality and patient-safe care.

-Ethical counseling: To offer ethical advice and support to older people and their families in tough decisions about care, treatment, and end-of-life to promote respect for the autonomy and dignity of the patient.

## **PRACTICAL NURSE-NURSING STUDENTS**

03/03/2020 – 16/06/2023

LÖNNERBERGA CITY OF INKOO NURSING HOME

 INKOO, Finland

-Personal Care: Helping the elderly with personal hygiene, such as showering, getting dressed, using the restroom, and brushing their teeth. It can also include assisting with toileting or changing diapers.

-Cooking and meal support: Prepare and serve meals according to individual dietary needs and preferences. Provide support in eating, including feeding if needed.

-Medication management: Ensuring that the elderly take their medications at the right dose and at the right time. This can include reminding about medications, opening packages, and making sure prescriptions are refilled.

-Home care: Performing simple household chores such as cleaning, washing clothes, grocery shopping, and performing other tasks needed to keep the home clean and habitable.

-Social and emotional support: Listening, conversing, and interacting with the elderly to reduce loneliness and provide emotional support. It can also involve participating in activities or excursions to promote social interaction and well-being.

-Mobility support: To help older people move around safely, both indoors and outdoors. This may involve assisting with walking, the use of a wheelchair, or moving from bed to chair.

-Documentation and reporting: Keeping accurate records of the health status of the elderly, tasks performed, and any changes in behavior or needs. This is important to ensure continuity of care and communication with other healthcare professionals.

-Collaboration with other healthcare providers: To collaborate with nurses, doctors, physiotherapists, and other health professionals to ensure a holistic view of the care needs of the elderly and coordinate care effectively.

-Crisis and emergencies: To be able to respond quickly and adequately in emergency situations or if the elderly have sudden health problems. This may include calling for help, performing first aid, or following established crisis management protocols.

-Communication with relatives: Maintaining open and regular communication with the relatives of the elderly to inform them about their health status, progress and any concerns. This creates a sense of security and trust for both the elderly and their families.

## PRACTICAL NURSE

06/06/2016 – 01/03/2020

ATTENDO OY |  KARJAA, Finland

As a practical nurse at ATTENDO, I had several important tasks to support the patients' well-being. I was responsible for providing personal care, helping with hygiene routines, and assisting with meals. In addition, participation in activities to promote social interaction and mental stimulation in the patients was included. I also contributed to maintaining a clean and safe care environment by assisting with cleaning and following hygiene protocols. Through my presence and commitment, I created a safe and supportive atmosphere for the patients, which contributed to their well-being and quality of life.

## DIALYSIS NURSE

09/07/2014 – 12/12/2015

SPECIALIST GROUP HOSPITAL AND TRAUMA CENTER |

 DAGUPAN, Philippines

-Preparation for Dialysis: Responsible for preparing dialysis equipment and checking that everything is set up correctly for each patient before starting treatment.

-Assessment of patients: Before each dialysis treatment, the patient's general health status assesses the general health status of the patients and checks vital signs such as blood pressure, pulse, and weight.

-Insertion and removal of dialysis catheters: For patients who do not have a permanent fistula or graft for dialysis, may be responsible for inserting and removing temporary dialysis catheters.

-Monitoring during dialysis: During the dialysis treatment, the patient's condition continuously monitors and adjusts the treatment as needed. They also monitor the operation of the machine and ensure that the patient is comfortable during treatment.

-Patient Education: Offers patient education on how to take care of oneself between dialysis sessions, including diet, fluid intake, and medication.

-Management of complications: If there are complications during dialysis treatment, such as a drop in blood pressure or bleeding, be trained to act quickly and effectively to deal with the situation.

-Documentation: As with any medical profession, documenting care and patient progress is an important part of work. Needs to carefully document treatments, patient responses, and any complications to ensure continuity of care.

-Teamwork: Often collaborates with other healthcare providers, including doctors, dietitians, and social workers, to ensure comprehensive care for their patients.

## **MEDICAL-SURGICAL WARD NURSE**

09/11/2011 – 06/06/2014

SPECIALIST GROUP HOSPITAL AND TRAUMA CENTER |



DAGUPAN, Philippines

-Care Planning and Assessment Assesses patients' needs, plans, and implements care plans based on doctors' prescriptions and the patient's individual needs.

-Medical Supervision: Monitors patients' vital signs, such as blood pressure, pulse, respiratory rate, and temperature, and reacts quickly to any changes in the patient's condition.

-Medication Administration: Administers drugs as prescribed by doctors and ensures that patients receive the right dose of the right drug at the right time.

-Wound Management: In surgical wards, patients are often responsible for assessing and managing wounds after surgery, including dressing changes and monitoring wound healing.

-Patient and Family Education: Provides patients and their families with information about treatment plans, medication, aftercare, and management of any complications.

-Documentation: Accurately documents patient progress, treatments, and any complications in patient records to ensure continuity of care and collaboration with other healthcare providers.

-Coordination of care: Collaborates with other healthcare providers, including doctors, therapists, dietitians, and social workers, to ensure that patients receive comprehensive and coordinated care.

-Support for patients and relatives: Provides emotional and practical support to patients and their families by listening to their concerns, answering questions, and providing comfort and support when needed.

-Follow up: After discharge, patients can follow up to ensure they are following their treatment plans and rehabilitation routines to promote a smooth recovery.

## **SURGICAL WARD, NURSE**

07/05/2011 – 30/09/2011

BAGUIO GENERAL AND MEDICAL CENTER (BGHMC) |

 BAGUIO, Philippines

-Care Planning and Assessment Assesses patients' needs, plans, and implements care plans based on doctors' prescriptions and the patient's individual needs.

-Medical Supervision: Monitors patients' vital signs, such as blood pressure, pulse, respiratory rate, and temperature, and reacts quickly to any changes in the patient's condition.

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## **EDUCATION AND TRAINING**

Nurse |  HELSINK, Finland

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[www.arcada.fi](http://www.arcada.fi)

## AXXELL

16/06/2018 – 20/12/2019

VOCATIONAL QUALIFICATION IN SOCIAL WELFARE AND HEALTH CARE

 KARIS, Finland

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<https://www.axxell.fi/fi/karis>

## UNIVERSITY OF LUZON

15/06/2006 – 03/03/2011

BACHELOR OF SCIENCE IN NURSING |  DAGUPAN, Philippines

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[ul.edu.ph](http://ul.edu.ph)

## LANGUAGE SKILLS

### Mother tongue(s)

English

Filipino

### Other language(s)

	Listening	Reading	Spoken interaction	Spoken production	Writing
Swedish	B2: Independent User	B2: Independent User	C1: Proficient User	C1: Proficient User	B2: Independent User

Finnish

Listening	Reading	Spoken interaction	Spoken production	Writing
A2: Basic User	A2: Basic User	A2: Basic User	A2: Basic User	A2: Basic User

DIGITAL SKILLS

- Using operating systems (Windows, macOS, Linux).
- File management (creating, saving, organizing files and folders).
- Using presentation software (Microsoft PowerPoint, Google Slides, etc.).
- Using spreadsheet software (Microsoft Excel, Google Sheets, etc.).

DIGITAL SKILLS ASSESSMENT TEST RESULT

level 6 Advanced

06/05/2024 – Current

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Digital competences report

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