



Christos Tsakonas

ID: A00510192 | **Work permit:** Greek | **Date of birth:** 26/09/1986 |

Place of birth: Korinthos, Greece | **Nationality:** Greek | **Gender:** Male | **Phone number:**

(+30) 6948887811 (Mobile) | **Email address:** christostsakonass@yahoo.gr | **Facebook:**

[ChristosTheNurse](#) | **Instagram:** [mynameischristoss](#) | **Viber:** +306948887811 |

Address: Adeimantou 26 , 20131 , Korinthos, 20131, Korinthos, Greece (Home)

ABOUT ME

Passionate and dedicated Emergency and ICU Nurse with over 8 years of healthcare experience, providing quality care to a wide variety of patients. Patient-orientated with a friendly and compassionate attitude.

WORK EXPERIENCE

21/10/2024 – CURRENT Korinthos, Greece

REGISTERED NURSE IN EMERGENCY AND INTENSIVE CARE NURSING GENERAL HOSPITAL OF CORINTH

Nursing Specialty : Emergency and Intensive Care Nursing

- Provided nursing first aid care to adults , pediatric and psychiatric patients.
- Collaborated with various ER professionals to ensure effective patient care.
- Applied expertise in prompt patient condition assessment on patient arrival at the ER during initial phases of acute illness or trauma.
- Monitored ER patients.including alerting physicians or charge nurses to changes in patient status.communicating with patients and their family members in a variety of traumatic situations.
- Performed medical procedures.such as EKG, venipuncture, cardiac monitoring, taking vital signs, urinalysis, or administering medications.

Address 53 Athens Avenue , 20131 , Korinthos, 20131, Korinthos, Greece

20/03/2020 – 01/07/2024 Korinthos, Greece

REGISTERED NURSE GENERAL HOSPITAL OF CORINTH

Emergency Room Nurse

- Provided nursing first aid care to adults , pediatric and psychiatric patients.
- Collaborated with various ER professionals to ensure effective patient care.
- Applied expertise in prompt patient condition assessment on patient arrival at the ER during initial phases of acute illness or trauma.
- Monitored ER patients.including alerting physicians or charge nurses to changes in patient status.communicating with patients and their family members in a variety of traumatic situations.
- Performed medical procedures.such as EKG, venipuncture, cardiac monitoring, taking vital signs, urinalysis, or administering medications.

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01/02/2016 – 28/02/2020 Athikia Korinthias, Greece

MENTAL HEALTH NURSE EVAGELLISMOS MENTAL HEALTH FACILITY

- Provided mental health assessments, developed treatment plans and conducted progress visits and wellness checks for 20+ patients with psychiatric disorders to ensure a quick transition to community-based care.
- Managed an average of 22 patients with varying psychiatric/mental health disorders weekly, ensuring the delivery of empathetic and safe nursing care.
- Working with other professional staff in assessing as well as evaluating a patient's mental state.
- Observing and recording a patient's behaviour.

● **EDUCATION AND TRAINING**

01/10/2018 – 01/06/2024 Patras, Greece
BACHELOR OF SCIENCE IN NURSING University of Patras

Address Nikolaou Gizi 4, Patras, 26334, Patras, Greece | **Website** <https://nurs.upatras.gr/> | **Level in EQF** EQF level 6

06/09/2017 – 14/06/2018 Athens, Greece
DIPLOMA IN SURGERY NURSING ASSISTANT IEK ENOSI PRIVATE VOCATIONAL TRAINING INSTITUTE

Address Ypatias 6 , Athens, 10556, Athens, Greece | **Website** <https://www.iek-enosi.gr/> | **Level in EQF** EQF level 5

10/09/2012 – 10/06/2014 Loutraki Korinthias, Greece
DEGREE IN NURSING ASSISTANT - LICENSED PRACTICAL NURSE VOCATIONAL SENIOR HIGH SCHOOL OF LOUTRAKI

Website <https://gsaekkori.sites.sch.gr/> | **Level in EQF** EQF level 4

● **SKILLS**

trauma and ER experience | Patient Care | Administration of Medications | Infection Control | Patient Privacy | IV Administration | Teamwork skills | Pain Management | Blood Administration | Life support | Computer skills

● **CONFERENCES AND SEMINARS**

03/03/2023 – 03/03/2023 Athens
Immediate life support (ILS) European Resuscitation Council

Immediate Life Support was developed for healthcare professionals who may have to act as the first responder in an emergency, giving them the skills to manage patients in cardiac arrest before a cardiac arrest team arrives. An ILS course provides a variety of skills, from managing a deteriorating patient, identifying causes and treating cardiac arrest, to improving abilities as both a team member and leader.

12/05/2022 – 12/05/2022 Korinthos
BASIC LIFE SUPPORT (BLS), HELLENIC SOCIETY OF CARDIOPULMONARY RESUSCITATION

The RTI Basic Life Support training program includes a series of theoretical and practical modules aimed at the early identification of the major life-threatening emergencies and the appropriate response. The program for Basic Life Support includes the Cardiopulmonary Resuscitation (CPR) technique.

● **LANGUAGE SKILLS**

Mother tongue(s): **GREEK**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	C2	C2	C2	C2	C2
NORWEGIAN	A2	A2	A2	A2	A2

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

● **HOBBIES AND INTERESTS**

Travel Swimming Photography Music