

## **Sabina Prajapati (PHC-NP, BScN, MN)**

4 McKay Avenue, K9V 0R2 Lindsay ON | 416-779-2243 | prajapatisabina@gmail.com

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Empathetic, compassionate, kind, competent nurse practitioner with more than 15 years of nursing experience in medicine, surgery, oncology, geriatrics, pediatrics, and emergency department

### **Skills and Competencies**

- Strong clinical assessment and diagnostic skills.
- Knowledge of geriatric syndromes, dementia care, and chronic disease management.
- Excellent communication and interpersonal skills.
- Ability to work independently and collaboratively.
- Strong organizational and documentation skills.
- Commitment to resident-centered, compassionate care.

### **Professional Work Experience**

**Nurse Practitioner- Glen Hill Strathaven**  
**Area of Practice: Long term care**

**2024 May -Present**

#### **Clinical Care**

- Conduct comprehensive assessments of residents upon admission and as needed.
- Diagnose and manage acute and chronic health conditions.
- Order, interpret, and evaluate diagnostic tests and laboratory results.
- Prescribe medications and treatments in accordance with regulatory guidelines.
- Develop, implement, and evaluate individualized care plans.
- Provide palliative and end-of-life care, including goals-of-care discussions.
- Respond to medical emergencies and clinical deterioration.

#### **Collaboration & Communication**

- Collaborate with physicians, registered nurses, pharmacists, therapists, and other healthcare professionals.
- Participate in interdisciplinary care conferences.
- Communicate effectively with residents and families regarding care plans and changes in condition.
- Provide clinical guidance and mentorship to nursing staff.

#### **Quality Improvement & Compliance**

- Participate in quality improvement initiatives.
- Ensure clinical documentation meets regulatory and professional standards.
- Support infection prevention and control practices.
- Contribute to policy and procedure development.

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### **Education & Leadership**

- Provide education to residents, families, and staff.
- Support best practices in geriatric and chronic disease management.
- Act as a clinical leader within the facility.

### **Nurse Practitioner-Rapelje Lodge: Niagara Region**

**2023 January -Present**

#### **Area of Practice: Long term care**

- Conducted comprehensive geriatric assessments; diagnose; formulate management plan
- Applied advance nursing practice including clinical practice, research, leadership, collaboration and consultation within the scope of practice of extended class
- Worked independently and in collaboration to assess and manage resident's medical care requirements, demonstrate excellent clinical assessment and decision-making skills
- Developed effective partnership with LTC interdisciplinary team and provided a key leadership role in determining quality of care to the residents and families
- Provided informal and formal educational opportunities to staff, students and families
- Decreased the rate of hospital transfer, deal with urgent matters related with residents and provide holistic care to the geriatric population

### **Nurse Practitioner- Winterberry Family Medicine**

**2022 Oct – 2023 Jan**

#### **Area of Practice: Primary health care**

- Effectively diagnosed and treated acute/episodic illness within scope of practice, monitored ongoing treatment of patients with acute and chronic illnesses
- Consulted with other members of the inter-professional team and referrals to specialist
- Provided health promotion, disease prevention and chronic disease management care
- Provided consults and education while practicing effectively within interdisciplinary team

### **Registered Nurse– Trillium Health Partners**

**2018 March – 2022 Nov**

#### **Area of Practice: 1A Med/ Surgery & Oncology, 1B Medicine**

- Took responsibility and accountability for decisions and actions in the provision and management of nursing care for patients
- Provided nursing assessment, contribute to care plan development, goal-oriented treatment interventions, patient and family education and support to address medical, cognitive, emotional and self-care needs
- Contributed to the development of a realistic discharge plan
- Performed as a coach/mentor/consultant and use sound critical thinking skills, which are key to achieving patient outcomes and facilitating team function
- Participated in program planning, continuous quality improvement and evaluation
- Provided a safe environment and quality patient care to a varied population.

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### **Education**

#### **York University, Toronto**

MN – Primary Health Care Nurse Practitioner

**2022**

Bachelor of Nursing, BScN

**2018**

#### **Purbanchal University, Nepal**

Bachelor of Nursing, BN

**2011**

#### **Tribhuvan University, Nepal**

Proficiency certificate in Nursing

**2006**

### **Award:**

**Nominee of the Joan Lesmond Awards, Care for Nurses 2021**

### **Continuing Education/Workshops/Professional Development**

- BLC CPR, Heart and Stroke Foundation Current
- Ontario Long Term Clinical Conference, OLTCC 2023
- Wound Care Fundamentals, York University 2023
- LEAP Palliative Care, Pallium Canada 2023
- Fundamentals of Palliative Course, Hospice Niagara 2023
- ECHO Wound Care Course, ECHO 2023
- Wound Care Conference, Wound Care Canada 2023
- Cardiology Nursing-I, Humber College 2019
- Surgical Training, Credit Valley Hospital 2018
- General Persuasive Approach, Trillium Health Partners 2018
- Dementia/Alzheimer's Training, Care for Nurses 2016

### **Professional Organizations**

- College of Nurses of Ontario, CNO
- Registered Nurses Association of Ontario, RNAO