

# Putri Rizkiana

Cimahi, Indonesia | +62 882-1870-8062 | putririzkiana10@gmail.com

## Education

**SMK Kesehatan Bhakti Kencana**  
*Health services: Level II Nursing Sector*

Sep 2020

## Experience

### Nursing Assistant

June 2019 – Aug 2019

*Sariningsih Hospital, Indonesia*

Trained by doctors and assisted doctors to check for patients' wellness

- Mixed medicine and vitamin from infusion into injections
- Applied hygiene practices and informed patients of how to improve their personal hygiene
- Assisted patients to help alleviate their mobility issues with full range of motion exercises
- Helped doctors perform special procedures
- Transferred patients with wheelchairs and stretchers

## Community Services

### Wellness check

Aug 2019 – Present

*Bandung & Cimahi, Indonesia*

Due to my strong passion to help others, I took what I've learnt from Sariningsih Hospital and applied it to help fellow neighbors and family members whereas needed

- Check for 4 main vitals
  - Body temperature
  - Respiration rate
  - Pulse rate
  - Blood pressure
- Assist in wound cleaning especially for diabetics
- Test for blood sugar, cholesterol, and gout with own devices
- Aid those who are bedrest to increase their mobility

## Awards

### Volleyball Champion

*Smpn 40 Bandung*

### Volleyball Champion

*Sdn Pelesiran*

## Skills

Empathy

Attention to detail

Desire to learn

Communication

Critical thinking

Teamwork and dependability

Therapy

Take and record vital signs

Patient care through monitoring and assessment

Providing hygiene and wound care

Ability to work directly with patients, families, and doctors

Staying calm and collected with fast-paced circumstances