

# Sawsan fria

Insightful healthcare professional

Excellent qualifications in home healthcare and a strong track record of implementing healthy habits for improved health and well-being, aimed at enhancing quality of life.



✉ friasawsen@gmail.com

☎ +216 26 168 101

📍 Zarzis, Tunisie

## EDUCATION

### Self-taught Nursing Assistant Private School Zarzis

09/2007 - 06/2009

Zarzis, Tunisia

### 3<sup>rd</sup> year in Computer Science Technical High School Zarzis

09/2006 - 06/2009

Zarzis, Tunisia

## PROFESSIONAL EXPERIENCE

### Medical Office Assistant DR. ABDALLAH MTIMET'S OFFICE

10/2020 - 12/2020

Zarzis, Tunisia

#### Tasks

- Processing and preparing medical records and insurance forms, then recording them in the patient registry
- Maintaining office and medical supplies, equipment, and materials, and ordering what is needed.

### Nursing Assistant DAR ESSALEM POLYCLINIC

05/2016 - 03/2020

Zarzis, Tunisia

#### Tasks

- Observational monitoring to identify changes in the patient's clinical condition and behavior.
- Written and verbal communication to the multidisciplinary team to coordinate an appropriate response to the issue.

### Nursing Assistant REGIONAL HOSPITAL OF ZARZIS

01/2013 - 02/2013

Zarzis, Tunisia

#### Tasks

- Welcoming and informing patients' relatives about activities such as personal care, mealtime, changes in position, moving to a chair, and assistance with walking
- Maintaining the patient's environment hygiene during their stay and after their departure.

## INTERNSHIPS

### Emergency Nursing Assistant (04/2019 - 05/2019)

REGIONAL HOSPITAL OF ZARZIS

### Nursing Assistant (02/2013 - 03/2013)

REGIONAL HOSPITAL OF ZARZIS

### Intensive Care Unit (ICU) (01/2013 - 02/2013)

REGIONAL HOSPITAL OF ZARZIS

## SKILLS

Empathy

Organizational skills

Discretion

Communication skills

Observational skills

Team spirit

Stress management

## CERTIFICATES

### First Aid at the Tunisian Red Crescent (03/2008)

- Assessing the condition of the victim
- Seeking assistance
- Performing first aid maneuvers

### First Aid at the Tunisian Red Crescent (03/2014)

- Securing the accident scene and individuals involved.
- Prevention and Civic Rescue Level 1 (PSC1)
- Prevention and Civic Rescue Level 2 (PSC2)

## LANGUAGES

Arabic  
Native language

English  
Beginner

French  
Fluent

## INTERESTS

Sport

Music

Reading

Volunteering