

UCHECHI HELEN NEBOH. RGN

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Marital Status: Single

Citizen/Country of residence: Nigeria

PERSONAL SUMMARY

A Registered Adult General Nurse with expertise in the provision of exemplary care to maintain the health, safety, and recovery of patients with health care needs. Possess the ability to stay calm and intervene during crisis, develop individual treatment plan, and evaluate care effectiveness. Acts with integrity and in the best interest of clients while adhering to professional standards to promote efficiency and delivery of operational excellence.

WORK HISTORY

Name of Current Hospital: Sunshine Sickle Cell Foundation, Lagos.

Unit Specialty: Sickle Cell Foundation.

Title: Volunteer Nurse

Start Date: July 2021 till date.

Duties/ Responsibilities:

- Provide drugs to sickle cell warriors.
- Health education on how to improve their health and wellbeing.
- Creating a sickle cell foster group.
- Outreach programs to rural communities.
- Genotype testing to determine Sickle cell status of vulnerable, predisposed children.
- Help with funds for diagnostic tests, managements and to also cater for their livelihood.
- Carry out research to help improve the lives of persons living with Sickle cell disease.
- Fostering a strategic way of helping to discontinue the chain of Sickle cell disease among humans.

Name of Current Hospital: Lagos State Health Service Commission

Unit Specialty: Medical and Surgical unit

Title: Nursing officer.

Start Date: November 16th, 2020 till October 2021.

Duties/ Responsibilities:

- Administer medication to patients (oral, intramuscular, intravenous, and subcutaneous) and documentation.
- Assess vital signs.
- Aseptic dressing of wounds.
- Removal of surgical stitches and staples.
- Obtain blood samples for blood work.
- Care of critically ill and/or end of life patients.
- Total Nursing care for unconscious patients.
- Physical hygiene (Bed Bathing, Assisted bathroom bath).
- Nasogastric tube insertion and feeding.
- Insertion and care of urinary catheter.

- Detailed documentation of patient care via Electronic Medical Records (EMR)
- Care of Elderly patients.
- End of life care.
- Performs focus assessment, neurological assessment as well as head to toe health assessment as per patient condition.
- Develops, implements, and evaluates plans of care based on patients' needs.
- Monitors patient on blood transfusion and promptly reports signs and symptoms of hemolytic reaction.
- Initiates and maintains intravenous line for administration of intravenous medications.
- Performs appropriate treatments as ordered by physician accordingly which includes suctioning, passing of NG tube, catheterization, and oxygen administration.
- Advocates for patient treatment as needed especially in the management of pain for post-op patients.
- Completes patient admission, referral procedures and discharge as appropriate with detailed instructions.
- Initiates emergency resuscitative measures according to hospital procedures and protocols.
- Carries out specific neurological care based on assessment of the extent of deficit.
- Prevention of pressure sore through constant turning of patient as well as the care of pressure area.
- Performs Cardiopulmonary resuscitation before the arrival of the attending physician.

Name of Current Hospital: Lagos State Health Service Commission

Unit Specialty: Obstetrics and Gynecology unit

Title: Nursing officer.

Start Date: August 24th, 2020 till September 24th 2020.

Duties/ Responsibilities:

- Pre and post-natal care of mother.
- Pre and post-operative care of mothers with caesarean delivery.
- Give health-talks to expecting mothers.
- Assess fetal heart rate.
- Assist with delivery of fetus.
- Assessment of newborn on delivery.

Name of Current Hospital: Lagos State Health Service Commission

Unit Specialty: Pediatrics unit

Title: Nursing officer.

Start Date: September 25th, 2020 till November 15th 2020

Duties/Responsibilities

Assessment of neonates and children.

- Administer medication to neonates and children (oral, intramuscular, intravenous, and subcutaneous) and document.
- Provide emergency resuscitation and other care to neonates and children.
- Insert nasogastric tube for feeding of neonates.
- Test and correction of hypoglycemia in neonates.

Name of Previous Hospital: Kingswill Specialist Hospital

Unit Specialty: Medical Ward

Title: Nursing Assistant.

Start Date: August 2018 till November 2018.

Duties/Responsibilities

- Worked in a team with doctors, registered nurses, and lab scientists to provide patients with the best care.
- Observation of vital signs
- Transferred patients into beds, wheelchairs, and examination tables before and after procedures.
- Assisted patients with activity of daily living.
- Changed bed sheets and restocked rooms with necessary supplies.

EDUCATION

May 2019 – January 2020

Bachelor of Science in Nursing (Adaptation)

BSN Registered Nurse, University of Nigeria

August 2014 -- July 2018

Bachelor of Science (Nursing)

Kwame Nkrumah University of Science and Technology

LICENSURE

January 2020

Registered Nurse Certificate (RN)

Nursing and Midwifery Council of Nigeria

January 2020

Certificate of Registration

Nursing and Midwifery Council of Nigeria

SEMINARS AND ADDITIONAL TRAININGS:

January 2020

Training on Basic ECG

Rescue and Safety support Initiative of Nigeria (RSSIN)

January 2020

Basic Life Support (BLS)

Rescue and Safety support Initiative of Nigeria (RSSIN)

March 2020

Covid-19 for Nursing professionals in post-acute care.

Florida Board of Nursing.

January 2022

Advanced Cardiac Life Support (ACLS)

National Health Care Provider Solutions

February 2022

CPR, AED & First Aid Course

National Health Care Provider Solutions

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

Nursing and Midwifery Council of Nigeria (NMCN) Member

2020

VOLUNTEER:

Sunshine Sickle cell Foundation Lagos

Jul 2021 till date.

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Medical Outreach Program in Owerri.

Dec 2021 till date

COMPETENCE:

Practiced and gained competence in medical and nursing procedures such as medication administration, phlebotomy, vaccination, wound care, catheterization, health education, developing and implementing care plans, confidentiality, acute/ emergency care, tube feeding from working in several wards such as Medical Wards, surgical wards, children wards, pediatrics surgical wards, neonatal wards, mental health wards, orthopedic wards, obstetrics and gynecological wards, rural and urban communities.

SOFTWARE PACKAGE MASTERY

For Office work;

- Microsoft word
- Note pad
- Word pad

For Presentations and Designs;

- Microsoft Power point
- Corel draw

For Data Analysis;

- Microsoft Excel

REFEREES:

Available on request.