

LORDINA AMPONSAH MENSAH

lordinaamponsah95@gmail.com

Tel: +233202275206

Address: P.O.Box 77, Korle Bu

PROFESSIONAL SUMMARY

A comprehensive nurse with expertise in wellness of all patients with complex health care needs, triage and care coordination. Proven to remain calm under pressure and highly motivated individual with diligent interest in adult nursing. Has respectful attitude and excellent customer service Proven ability to multi task and adapt to new environment easily. Readily available to positively impact every workspace I move into and committed to increasing patient satisfaction and streamlining procedures.

KEY SKILLS AND COMPETENCIES

- Adult Nursing care
- Great communication skills verbally and non-verbally and in writing.
- Good leadership skills gained through mentorship and proactive engagement with management and colleagues.
- Working in a patient centered way.
- Having a lot of initiative and able to work independently without constant supervision.
- Excellent team player.
- Managing information in a confidential manner and with integrity.
- Adequate knowledge and ability to use computer and related technology efficiently.

EDUCATIONS

Diploma in Nursing

Korlebu Nursing & Midwifery Training College

August 2015 – July 2018

WORK EXPERIENCE

Apr 2021 - Present

Staff Nurse

Accident & Emergency Unit

Korle Bu Teaching Hospital - Accra,

Website: <https://kbth.gov.gh/>

Ghana

Hospital size (bed capacity): 2000

Unit: *Accident and Emergency*

Number of Beds at the unit: 100

- Leads staff team in promoting independency for the aged, encouraging them to participate in activities and or social events, enhancing wellbeing and promote best practice
- Care of critically ill patient and making them comfortable through palliative care
- Wound dressing and assessing it healing progress
- Quickly responded to medical emergencies, working calmly and professionally under pressure.
- Established positive rapport with patients and families through active listening and compassionate monitoring of physical and mental wellbeing.
- Providing physical support to assist patient to perform activities daily living, such as getting out of bed, bathing dressing, using the toilet, walking, standing exercises
- Observing or examining patient to detect symptoms that may require medical attention such bruises, open wounds or blood in the urine
- Triaging of clients according to the required color coding.

August 2020 – April 2021

Primecare Medical Center

Website: <https://primecaregh.com/>

**Mataheko - Accra,
Ghana**

Hospital size (bed capacity):100

Unit: Medical and Surgical ward

Position: Staff Nurse

- Administration of medication to patient adhering to 5 right of medication of administration.
- Catheter insertion, care and recording of intake and output
- Perform wound care management.
- Feeding of a patient via Nasogastric tube and stoma care.
- Upheld patient trust and confidentiality by managing information with discretion, in accordance with data protection laws.
- Engaging patient and relatives in educative sessions such as importance of adhering to treatment regimen, answering questions patients have about their condition.

April 2019 – April 2020

Rotational Nurse

National Service Personnel (Medical Unit, Surgical Unit, Obstetrics and Gynecological Unit, Out Patient Department, Eye Clinic, Ent Clinic, Art Clinic, Theatre and Psychiatric Unit,

Holy Trinity Medical Center - Accra,

Website: <https://medicalcentre.holytrinity.com.gh/>

Ghana

- Used outstanding planning and prioritization abilities to safely care for 15-20 patients.
- Providing comfort and emotional support to clients.
- Records chief complaint, takes vital signs and health information, and performs routine tests and procedures including venipuncture, blood pressures, pulse rates, respirations, weights and heights
- Admission and discharging of a patient from the ward
- Health education on diagnosis, signs and symptoms and treatment options.

TRAINING SEMINARS

Course Title	Training provider	Duration	Year completed
Covid 19 update & management	Nana Addison	3 days	2020
Glucose monitoring training	Peace Doe	2 hours	2021
Basic life support training	Yaa Akoto	2 days	2022

VOLUNTEER EXPERIENCE

Public Health Nurses School Demonstration Clinic, 2017 Mallam - Accra

- Counselling schools on health services such as personal hygiene, sex education
- Immunization activities observation.
- Education on worm infestation and prevention.

Medical Screen and Rural Outreach 2017 Breman- Asikuma, central Region- Ghana

- Taking of patient history and checking of vital signs.
- Free medical screening and care.
- Provision of safe drinking water to the community.
- Donation clothes and accessories.

REFERENCES

Hannah Owusu

Emergency Specialist (Korlebu Teaching Hospital.)

Phone: +233242533632

Email: hannahoforiwahowusu@gmail.com

Mrs Margaret Ansong

Principal Nursing Officer (Primecare Medical Center.)

Phone: +233244489832

Email: margaretansong67@gmail.com