

**REGINA GRACE OFILAS ASPIRAS**

033 Sta. Monica Agoo,La Union

**reginagraceaspiras@gmail.com**

**+639097505477**

**Career Objective**:

To secure a responsible position with a progressive firm that will utilize my skills and experiences and provide growth opportunities.

**Profession:**

**Nurse** (PRC ID NO. 0568215)

**Work Experience**

**Sunshine Welfare Action Mission (Nursing Home) Singapore**

**NURSING AIDE,** September 16,2013- July 3, 2014

**Agoo Medical Clinic**

**STAFF NURSE,** November 09, 2009-August 20,2013

**Agoo Medical Clinic** is an infirmary, privately owned Health care provider serving the people of Agoo and neighboring towns. The clinic aims to provide Medical Care and Psychiatric Care to all.

**Achievements:**

* Attended seminars on health promotions and implementation of care to patients.
* Had trainings on Intravenous Insertion that covers giving IV bolus medications and blood transfusion.
* Volunteered and trained in delivery setting and new born care.
* Trained in Rural Health Unit; providing information from patients and taking vital signs and recorded. Health teachings for the continuity of care to patients.

**Skills and Qualifications:**

* Computer Literate
* Proficient in English language
* Able to communicate with clients in a clear and concise manner
* Able to work in a high stress environment
* With interpersonal communication skill

**Seminars:**

**2013**

* Philippine Society for Pediatric Gastroenterology,Hepatology and Nutrition:”Must know in Pediatric Digestive Diseases:Things every front line Health Care Provider Should Do”

(Baguio Country Club,Baguio City: March 6, 2013 )

**2011**

* PSCAP’s 16thPostgraaduate Course: RECOGNIZING and MANAGING PROBLEMS in CHILDREN and ADOLESCENTS (Star Plaza Hotel,A.B.FernandezAve.DagupanCity;November 20,2011)

**2010**

* Interactive Trauma Care and Management: PRN QUALITY TRAINING AND SEMINAR LINKS INC.**(**YMCA Bldg. Session Rd. Baguio City; February 7, 2010**)**
* Early Intervention for Trauma and Traumatic loss: PRN QUALITY TRAINING AND SEMINAR LINKS INC.**(**YMCA Bldg. Session Rd. Baguio City; February 7, 2010**)**
* Coping with Trauma and Coping with Survivors and Surviving: PRN QUALITY TRAINING AND SEMINAR LINKS INC.**(**YMCA Bldg. Session Rd. Baguio City; February 7, 2010**)**

**2009**

* Stroke and Cardiac Rehab; Cerebro Vascular Accident; Hypertension: SUPREME INTELLECT

(SM City Baguio, Cinema 1; September 13, 2009)

* Diabetes Mellitus “The Sweet Sorrow”:HEALTH FORCE ONE NURSING REVIEW CENTER

(Pelizloy Centrum, Lower Session Rd. Baguio City; September 12, 2009)

* Best Practice in the Care Clients with Tuberculosis: PHILIPPINE NURSES ASSOCIATION Baguio City Chapter (Cobalt Auditorium BGHMC; August 30,2009)
* Disaster Nursing: PHILIPPINE NATIONAL RED CROSS-BAGUIO CHAPTER(August 28,2009)
* Home Nursing: Care of the Sick and the Injured: PHILIPPINE NATIONAL RED CROSS-BAGUIO CHAPTER (August 25,2009)
* Home Nursing: Mother and baby Care: PHILIPPINE NATIONAL RED CROSS-BAGUIO CHAPTER (August 24,2009)
* ECG Reading and Interpretation made easy with ACLS; Nursing Leadership and Management; Mastering Physical Assessment; Treatment Modalities Hints and Tips in Psychiatric Nursing: TEAM ADRENA REVIEW SPECIALIST( City Travel’s Hotel, Baguio City: August 23,2009)

**Personal Information:**

Age: 26 Height: 5’

Date of Birth: August 17, 1988 Weight: 114.4 lbs.

Religion: Roman Catholic Civil Status: Single

**Educational Background**

**College**

School: Pines City Colleges

Address: Magsaysay Avenue, Baguio City

Year Attended: 2006-2009

**Character References**

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| **Name** | **Position** | **Workplace** | **Contact Number** |
| Joan Laxa | Staff Nurse | Agoo Medical Clinic | 639273518867 |
| Marichu Papio | Quality Management Representative | Halcyon Technology Philippines Inc. | 639178107495 |
| Jennifer Seguiro | Staff Nurse | Agoo Medical Clinic | 639303037878 |

**IHEREBY CERTIFY** that the above information is true and correct to the best of my knowledge and belief.

**REGINA GRACE O. ASPIRAS, RN**

**APPLICANT**