

JENNIFER D. ABRAHAM

Email: jennbringas@gmail.com

Phone: (0947) 215-8735 / (0968) 202-6815

PROFESSIONAL SUMMARY

Versatile professional with a background in healthcare and hospitality, actively seeking opportunities in Canada's job market. Demonstrated ability to excel in fast-paced environments, adept at managing heavy workloads and undertaking physically demanding tasks. Proven experience includes overseeing kitchen operations, ensuring stringent hygiene standards, and optimizing staff performance. Comfortable with standing for extended periods and maintaining efficiency under pressure. Possesses strong emergency response skills with meticulous attention to detail.

Experienced in healthcare roles, particularly as a Licensed Vocational Nurse (LVN)/LPN, showcasing excellence in charge nurse and treatment nurse positions. Recognized for proficiently managing patient care, administering medications, and upholding infection control standards. Brings a comprehensive understanding of dietary practices through roles as a nutritionist and dietitian. Holds licenses in the Philippines, coupled with ongoing professional development through relevant certificates and seminars. Ready to contribute adaptability and efficiency to a Canadian workplace, committed to maintaining high standards of excellence.

PROFESSIONAL EXPERIENCE

Kitchen Supervisor/Manager

July 2017 – Present

Chabox Foods / Sunflower Bistro & KTV, Butuan City, Philippines

- Establishing and maintaining cleanliness and hygiene standards for all equipment, including hoods and coolers.
- Recruiting and training kitchen staff on equipment usage, food handling, and portion sizing.
- Monitoring inventory levels, tracking old and new items, and rotating stock to ensure the freshness of food and ingredients.
- Scheduling and supervising kitchen staff, ensuring optimal performance and productivity.
- Implementing policies and protocols to maintain smooth restaurant operations.
- Setting menu prices that consider food costs, overhead expenses, and profit margins.
- Monitoring and controlling food and labor costs to meet budgetary goals.
- Collaborating with event planners to coordinate catering for special events or private parties.
- Placing orders for food, produce, and kitchen supplies in a timely manner.
- Flexibly undertake additional server responsibilities as required.

Assistant Manager

April 2016 – May 2017

Lutong Bahay Ni Mama Luz (Restaurant), Butuan City, Philippines

- Assisted the restaurant manager in overseeing daily operations, ensuring smooth workflow, and maintaining high-quality customer service.
- Managed and supervised a team of kitchen and service staff, providing guidance, training, and support to ensure efficient and effective performance.
- Assisted in the development and implementation of standard operating procedures to optimize productivity and maintain quality standards.
- Collaborated with the manager to create and adjust work schedules, ensuring adequate staffing levels to meet customer demand.
- Handled customer inquiries, complaints, and feedback, resolving issues promptly and ensuring customer satisfaction.
- Monitored inventory levels, conducted regular stock checks, and coordinated with suppliers to ensure the availability of necessary ingredients and supplies.
- Maintained cleanliness and hygiene standards in compliance with health and safety regulations.
- Prepared reports on sales, expenses, and employee performance, providing insights and recommendations for improvement.
- Assisted in the development and implementation of promotional activities and marketing strategies to attract and retain customers.
- Flexibly undertake additional server responsibilities as required

Licensed Vocational Nurse – Charge Nurse / Treatment Nurse

Sept 2008 – March 2016

Sharon Care Center, Los Angeles, CA, USA

TREATMENT NURSE:

- Assess resident's skin condition by complete body assessment on admission, re-admission and return from day, night or extended leave of absence.
- Initiate the Nurse's Skin and Wound Progress report upon identification of any skin problem and/or pressure ulcer.
- Notify attending physician promptly when any skin condition is identified.
- Initiate all treatments immediately as prescribed by attending physician.
- Photograph all newly the resident's admitted residents with any skin problems with stage 2,3, and 4 pressure ulcers.
- Ensure that skin problems and pressure ulcers are documented on the resident's care plan.
- Transcribe and document treatment orders on treatment sheet.
- Responsible for taking cultures as ordered by the attending physician.

CHARGE NURSE / MEDICATION NURSE:

- Conducted resident assessments and developed, implemented, and evaluated care plans.
- Administered medications and performed nursing interventions as per care plans and physician orders.
- Ensured infection control standards while providing nursing care.
- Responded to emergencies according to facility policies and nursing practices.
- Maintained accurate documentation and inventory of supplies and medications.
- Participated in meetings, in-services, and quality assurance sessions.
- Supervised nursing assistants and evaluated the quality and quantity of resident care services.
- Protected consumer/resident rights and privacy.

Nutrition/Health and Beauty Clerk

August 2003 – December 2011

Erewhon Natural Foods Market, Los Angeles, CA, USA

- Assisted customers and responded to product inquiries related to supplements, health, and beauty items.
- Managed department product inventory and made weekly purchases.
- Received department product deliveries and handled discrepancies and damaged products.
- Maintained cleanliness in the department and stocked shelves.
- Handled customer phone calls and special orders/requests.

Dietary Aide

June 2003 –September 2004

Guardian Rehabilitation Hospital, Los Angeles, CA, USA

- Responsible for assembling patients' tray.
- Prepares appetizers, desserts, snacks according to patient diets.
- Maintains quality of food and proper food handling.
- Maintains cleanliness and production of the department.
- Served palatable and visually appealing meals.
- Assisted in meal service and portion control.
- Ensure that modified texture diets, like soft or pureed foods, meet dietary specifications.
- Prepared meals, checked diet trays, and performed cleaning duties.
- Worked collaboratively with kitchen staff, dietitians, and other healthcare professionals to meet residents' or patients' dietary needs.
- Wash trays, dishes, and utensils in accordance with hygiene and sanitation standards.

Garde Manger Staff

September 2002 – April 2003

Chadwick's Restaurant, South Seas Resort, Captiva, Florida, USA

- Prepared food according to hotel standards, recipes, and guidelines.
- Maintained cleanliness and sanitation standards.
- Managed proper storage, labeling, and rotation of products.
- Assisted in the preparation of cold food items.
- Planned, prepared, and provided quality service.
- Monitored waste, utilized leftovers, and ensured quality control.

Nutritionist

July 2000 – December 2000

Province of Surigao Del Norte, Municipality of Mainit

Department of Health – Regional Office, Caraga Region, Philippines

- Acted part of CARAGA Rural Health Team Placement Program, delivering lectures on nutrition and dietetics in remote areas.
- Assisted in community-based feeding programs, teaching healthy food preparation.

Nutritionist

July 1999 – December 1999

Province of Surigao Del Norte, Municipality of San Isidro

Department of Health – Regional Office, Caraga Region, Philippines

- Acted part of CARAGA Rural Health Team Placement Program, delivering lectures on nutrition and dietetics in remote areas.
- Assisted in community-based feeding programs, teaching healthy food preparation.

Nutritionist – Dietitian

September 1, 1998 – March 30, 1999

City General Hospital and Medical Center, Butuan City, Philippines

- Assisted in planning daily hospital patients' menus, including special diets.
- Assessed patients' nutritional requirements for menu planning.
- Ensured accurate documentation and menu updates.
- Conducted in-patient and out-patient Dietary counselling.

Administrative Assistant

October 1, 1997 – August 31, 1998

Jollibee Food Franchise – Imus Food Corporation, Imus, Cavite, Philippines

- Audited and reconciled order slips and official receipts.
- Consolidated and audited cashiers' sales and handled cash deposits.
- Supervised cashiers and resolved customer complaints and queries.
- Managed phone orders for Express Delivery and ensured timely delivery.
- Handled employee payroll, uniforms, and benefits.

EDUCATION

Vocational Nursing Preferred College of Nursing, Los Angeles, CA, USA	2005-2007
Bachelor of Science in Nutrition and Dietetics Lourdes College, Cagayan De Oro, Philippines	1993-1997
High School Diploma Father Urios College High School, Butuan City, Philippines	1989-1993
Elementary Diploma Tungao Elementary School, Butuan City, Philippines	1983-1989

LICENSES

- Vocational Nurse License – California, USA
- Nutrition and Dietetics License - Philippines

CERTIFICATES

- **Basic Life Support: CPR, Automated External Defibrillation, First Aid** April 22, 2024
National CPR Foundation
- **HEALTHY DIET gawing affordable FOR All** July 26, 2023
49th Nutrition Month Celebration Advocacy Forum
- **NDAP-Baguió Benguet in Partnership w/ National Nutrition Council-CAR** June 24, 2022
24th Pre-Nutrition Month Seminar
- **Hamon sa Nutrisyon: Ano ang Tugon?** April 28, 2022
Philippine Center for Population and Development
- **Choosing Wisely – Recommendation from the American Geriatrics Society**
June 24, 2014
Cedars-Sinai Medical Care Foundation
- **Brain Attack – Early Detection and Management of Stroke** March 27, 2014
Cedars-Sinai Medical Care Foundation

- **Documentation Guidelines** February 5, 2014
Skilled Healthcare, LLC
- **The Quivering Heart – Managing Patients with Atrial Fibrillation** January 28, 2014
Cedars-Sinai Medical Care Foundation
- **Say No to Drugs – Reducing Use of Antipsychotic Drugs among Residents w/ Dementia**
December 4, 2013
Cedars-Sinai Medical Care Foundation
- **Listen to Your Heart – A Review on Cardiovascular Assessment** November 12, 2013
Cedars-Sinai Medical Care Foundation
- **Raising the SBAR - Improving Patient Care Through Enhanced Communication**
October 30, 2013
Cedars-Sinai Medical Care Foundation
- **Foley Catheterization – A Review of Clinical Nursing Skills** October 9, 2013
Cedars-Sinai Medical Care Foundation
- **The Flu Ends with You – Strategies for Flu Prevention in Skilled Nursing Facilities**
August 7, 2013
Cedars-Sinai Medical Care Foundation
- **Perspectives and Approaches in a Challenging Industry** March 11, 2010
Diagnostic Laboratories and Radiology
- **Surviving and Thriving in Long-Term Care** September 24, 2009
Diagnostic Laboratories and Radiology
- **IV Therapy / Blood Withdrawal Course** August 22-29, 2009
Preferred College of Nursing