

## **CURRICULUM VITAE**



### **EILEEN JEAN J. ESTERA**

Queens, New York, USA

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### **USRN – STATE OF NEW YORK**

Certified AHA Basic Life Support (BLS) Provider – Certificate No. B-122202 – 2 years validity from Dec. 1, 2022

MASTER IN NURSING (Leadership in Nursing)

With experience using Sigma Care and Point Click Care – Electronic Medical Records/Documentation

### **CAREER GOAL:**

To obtain a nursing role that will create opportunities to utilize my nursing knowledge and competencies, critical thinking, skills and derive excellent and significant outcomes in patient care, leadership, education, research.

### **STRENGTHS:**

Efficient, skilled, dedicated, reliable and competent nurse with diverse cultural background and strong critical thinking and communication skills

### **WORK EXPERIENCES:**

**April 3, 2023 – Present**

**Registered Nurse**

**Elizabeth Seton Children's Rehabilitation Center**

**White Plains, New York**

### **Duties and Responsibilities:**

- ❖ Establish and maintain nursing protocol in setting up the medical examination rooms, nursing assessments as to taking height, weight, head circumference and blood pressure
- ❖ Provide immediate treatment and medical interventions as needed
- ❖ Assist physicians as needed during medical consultations
- ❖ Gather and maintain patients' records with accuracy and confidentiality
- ❖ Collaborate with physicians and other health care professionals in assessing patient's condition and communicate treatment plans
- ❖ Verify and maintain patient's records as to authenticity and correctness
- ❖ Assist patient's telephone queries and recommend health interventions as medically documented.

**January 30, 2023 – March 16, 2023**

**Nurse**

**Beacon Rehabilitation & Nursing Center**

**Far Rockaway, New York**

**Duties and Responsibilities:**

- ❖ Provide efficient, safe and quality nursing care to residents with long term complex cases
- ❖ Administer medications as ordered with safety and professionalism
- ❖ Conduct assessment of residents concerning physical, mental and psychosocial well-being and undertake vital signs as necessary.
- ❖ Provide weekly wound care assessment and documentation.
- ❖ Provide treatment such nebulization and daily wound dressing
- ❖ Conduct health teachings prior to discharge to family members on relevant topics related to the resident's case.
- ❖ Implement infection control and isolation precaution policies of the facility particularly on promoting Covid 19 health protocols and Personal Protective Equipment
- ❖ Provide immunization to age-related vaccines to residents with legal consent
- ❖ Participates in in-service education in promotion of health and safety, infection control and other health related concern.

**September 10, 2017 to November 10, 2022**

**SCHOOL NURSE – First aid Unit**

**Gems Wellington School Qatar**

**Al Wakrah, Qatar**

**Duties and Responsibilities:**

- ❖ Provide immediate medical treatment and nursing care to average 40-50 patients (students and staff) daily
- ❖ Administer medications with safety, professional and ethical decorum
- ❖ Provide immediate medical care and treatment such as wound care, immobilization & splinting and referral when necessary.
- ❖ Provide emergency medical care and first aid during incidence of traumatic injuries, hypersensitivity reactions, asthma and others.
- ❖ Monitor Covid 19 cases thru contact tracing and facilitate swab testing as per local health authority (MOPH) guidelines and protocol.
- ❖ Assess presence of infectious diseases among students and staff, undertake immediate isolation precaution measures as appropriate, and refer cases as needed.
- ❖ Identify patients with special needs and those undergoing treatment who are in school to monitor progress and development.
- ❖ Participate in the health promotion and prevention of diseases through health education of patients, family and community
- ❖ Utilize evidence-based knowledge and research findings as guide to current nursing practice
- ❖ Use information technology skills for information dissemination of research findings for optimum healthcare
- ❖ Maintain and keep health records and information with confidentiality
- ❖ Collaborate with the head of institution and Ministry of Public Health as to significant confirmed cases of communicable diseases and other diseases.
- ❖ Implement health programs required by the Ministry of Public Health such as Height and Weight Monitoring, Body Mass Index (BMI), Vision Screening under the Blindness Prevention Program of MOPH and assists in vaccination programs.
- ❖ Coordinate immunization programs such as Seasonal Flu Immunization, Measles Mumps Rubella in support to MOPH Vaccination/Immunization Programs.
- ❖ Conduct health promotion activities such as health teachings to students, parents and teaching staff.

**April 16, 2002 to June 26, 2013**  
**NURSE and CLINICAL INSTRUCTOR**  
**Province of Negros Occidental-Hospital Operations Division**  
**Bacolod City, Philippines**

**Duties and Responsibilities as NURSE:**

- ❖ Provide quality, compassionate and safe nursing care, assessment and evaluation
- ❖ Receive patients for treatment and observation and endorse to appropriate areas as needed and assists ambulation and activities of daily living.
- ❖ Promote safe medication administration and other procedures in compliance to patient's rights and responsibilities.
- ❖ Assist during minor surgeries and other procedures including nebulization, eye and ear wash and dressing of wounds.
- ❖ Seek initiatives in the awareness of healthy lifestyle through patient education and provision of health programs to patients and families such as diabetes, lactation, food allergy, etc.
- ❖ Act as an advocate to empower patient, family and community to manage health and well-being
- ❖ Supervise nursing staff in compliance with hospital infection control policies.
- ❖ Maintain availability of medical equipment and supplies within the unit and ensure accuracy of medical equipment through routine inspection and calibration.
- ❖ Lead in monitoring compliance with healthcare quality, safety and infection control policies of the hospital.
- ❖ Participate in the dissemination and application of evidence-based health information through patient and family education
- ❖ Participate in chronic case management and research studies (ex. hypertension, diabetic and asthma).

**Duties and Responsibilities as CLINICAL INSTRUCTOR:**

- ❖ Conduct classroom instruction on Nursing subjects and concepts through the use of different teaching methods and strategies
- ❖ Facilitate students in the clinical rotation particularly in the medical area in performing nursing procedures, patient care, safety and giving health teachings
- ❖ Ensure students' nursing skills are developed and enhanced through demonstration and return demonstration in the skills laboratory course
- ❖ Prepare Nursing Resource Units of assigned subjects for instruction
- ❖ Evaluate students' performance to ensure Nursing Core Competencies are developed, maintained and well demonstrated both in classroom and clinical setting
- ❖ Conduct practical and term assessment and evaluation
- ❖ Review clinical research papers of students that are relevant to present issues on health, medical science, community health nursing

**EDUCATION:**

Post Graduate Studies: Master in Nursing (Leadership in Nursing)  
Northern Negros State College of Science and Technology (NONESCOST)  
Sagay City, Negros Occidental, Philippines  
July 31, 2008 - December 12, 2010

College: Bachelor of Science in Nursing  
University of St. La Salle  
Bacolod City, Negros Occidental, Philippines  
March 1993

**TRAINING AND SEMINAR:**

<u>Participation</u>	<u>Date</u>	<u>Training Provider</u>
(A361) Basic Life Support for Health Care Providers /BLS – AHA Accredited	December 1, 2022	Qatar Red Crescent Training, Research and Development Center, Doha, Qatar

**PERSONAL INFORMATION:**

Date of Birth : September 13, 1972

Age : 50 years old

Nationality : Filipino

Languages : English, Native Language (Filipino)

Religion : Christian Catholic

Civil Status : Married with 2 children

Passport Number: P6817497B

Date Issued: May 17, 2021      Date Expiration: May 16, 2031

Spouse : Jovito B. Estera (52 years old) D.O.B. July 10, 1971

Children (2) : Jovie John J. Estera (18 years old) D.O.B. March 10, 2005

: Jovie Philipp J. Estera (15 years old) D.O.B. February 10, 2008

**REFERENCE LIST:**

1. Katherine Grace G. Baisa, MD, FPPS – Subject Matter Expert (SME)  
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