

SANDHRA MATHEW VARGHESE
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CAREER OBJECTIVE

Seeking a position as a registered nurse with Head Hunting Inc. Looking to utilize knowledge in long term term and neurosurgery, bring experience working in high-stress area while maximizing the quality of care for the patients.

EDUCATION

Bachelor of Science in Nursing (BScN) Honours Degree

York University

October 2020

- Graduated the accelerated nursing program as a member of Dean's Honor Roll
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WORK EXPERIENCE

Registered Nurse

Trillium Health Partners, Mississauga

Mar 2021 – Present

- Provides nursing assessment, goal oriented treatment interventions, patient and family education and support to address medical, cognitive, emotional and self-care needs
- Works with allied health professionals to develops plans of care for patient's during their hospital stay and plans for discharge
- Effective interpersonal, organizational and communication skills

Registered Nurse

Silverthorn Care Community, Mississauga

Jan 2021 – Mar 2021

- Charge nurse responsibilities for 160 bed long-term care facility.
- Provides nursing care according to established policies and the scope of practice of a RN
- Ensures the supply, control and safe keeping of narcotics and drugs are followed during assigned shift
- Responsible for assessing, planning and implementing and evaluating nursing care to ensure that needs of the residents are met
- Responds to all emergencies immediately to ensure the safety of residents and staff until relieved by ADOC, DOC or ED

Care Support Assistant

Sienna Senior Living, Mississauga

May 2020 – July 2020

- Provided companionship to residents, especially during the limitations of Covid-19
- Supported transport of residents to and from desired locations
- Assisted with table/tray preparations, meal assistance and serving beverages and snacks
- Completed the daily active screening measures for residents and staff members

CONSOLIDATION PLACEMENT EXPERIENCE

Long-Term Care

Silverthorn Care Community, Mississauga

July 2020 – August 2020

- Provided skillful and purposeful care to a culturally and medically diverse group of residents in a 160-bed care facility
- Developed nursing leadership skills while managing a 27 resident unit with disease processes such as Alzheimer disease, Parkinson's disease, congestive heart failure and various forms of dementia
- Refined critical thinking and prioritization skills while working under the limitations of Covid-19
- Effectively performed various skills such as wound, care, hypodermoclysis, medication administration and Covid-19 screening
- Build effective communication skills with the interdisciplinary team through participating in doctor's rounds and shift report

MEMBERSHIPS AND CERTIFICATIONS

- Neuroscience 1 August, 2021
- Cardiology Level 1 April, 2021
- Current member of RNAO Present
- Suicide Safe Talk Certified Oct 2019
- Basic Cardiac Life Support Certification Feb 29, 2020-2021
- Naloxone Trained Feb 13, 2020
- Online Human Trafficking Training for HCP Apr 1, 2020
- Covid-19 Assessment and PPE Simulation May 1 2020