

Arshdeep Kaur

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Work Experience

Personal Support Worker (PSW)

EVEREST HOME HEALTH CARE at extendicare - St. Catharines, ON
May 2022 to Present

Assistant nurse

Dayanand Medical College and Hospital - Ludhiana, Punjab
May 2020 to November 2020

- Adhere to all safety guidelines, hospital protocols and regulations.
- Monitor detailed reports and records of patients.
- Documented patient behaviors and any changes in symptoms .
- Carefully observe and document patients medical information.
- Document patient's treatment plans and interventions and outcomes.
- Consult and coordinate with health care team workers.
- Help patients with hygiene activities such as meals, hygiene and dressing.
- Provide nursing assistance on ICU and surgical floors.
- Checking vital signs such as blood pressure and heart rate
- Explaining medical procedures and tests to patients and their families.
- Setting up equipment such as oxygen tents, portable radiograph (X-ray) equipment, or IVs

Community health worker

Dayanand medical college - Ludhiana, Punjab
January 2020 to April 2020

- Help identify and engage patients.
- Identify community issues and developed strategies to proactively close service gaps.
- Advocated for individual community members and groups needing additional support.
- Administrated polio vaccines in schools, public health center's and door to door.
- Work collaboratively and effectively within a team.
- Motivate patients to be active, engaged participants in their health.
- Other duties as assigned

Education

Bachelor's in Nursing

Baba Farid University of Health Sciences - Punjab, india
August 2016 to November 2020

Skills

- Nursing (4 years)
- Door-to-Door Experience
- Critical Care Experience
- Hospital Experience
- ICU Experience
- Hospice Care
- Triage
- Medication Administration
- Vital Signs
- Nurse Management
- Patient Care
- Case Management
- Medical Records
- Experience Administering Injections
- Problem solving
- decision making
- Communication skills
- Teamwork
- English

Languages

- English - Fluent

Certifications and Licenses

Basic life support

November 2021 to November 2023

Cpr and first aid certificate

IELTS

September 2020 to September 2022

Actively maintaining and trying to improve

Gentle Persuasive Approach

August 2022 to Present

Emergency First Aid CPR/AED Level C

May 2022 to May 2025