**Maryanne Makalintal Planas** 

2888 Nash Street, Unit 1811A,

Bryan, Texas, 77802

🕿 913-228-9947

🖂 maryanne\_makalintal@yahoo.com

**EDUCATION**

Degree Attained : **Bachelor of Science in Nursing**

University of the East Ramon Magsaysay Memorial Medical Center (UERMMMC)

Quezon City, Manila, Philippines

June 2004 - March 2008

Dean’s Lister (2004-2005)

Degree Attained : **Secondary Level**

Our Lady of the Sacred Heart School

Quezon City, Manila, Philippines

June 2000 - March 2004

Salutatorian

Degree Attained : **Primary Level**

Our Lady of the Sacred Heart School

Quezon City, Manila, Philippines

June 1994 - March 2000

Salutatorian

**WORK EXPERIENCE**

**CHI St. Joseph Health Rehabilitation Hospital, an affiliate of Encompass Health;** 1600 Joseph Drive, Bryan, Texas, 77802, USA

Staff Nurse – REGISTERED NURSE **(April 29, 2020- Present)**

• Inpatient bedside Nursing

• 36 hours per week

Monitor patient’s vitals, detect changes, symptoms, health, and/or pain. Report abnormal/ critical values to physician

Provide Basic Life Support measures in case of emergencies

Take patient’s samples, transport samples to appropriate destination

Insert and maintain a patent, intact intravenous lines

Administer medications and enteral feedings, Tracheostomy care

Postoperative care, wound dressing, assisting with ambulation and giving health education

Pain management

Removal of surgical staples aseptically

Blood transfusion (if needed medically)

Monitor and record intake & output

Fill out and update patient’s documents and charts

Prepare patients for therapies

Coordinate with doctors regarding patient care management

Set up for necessary treatment with appropriate supplies

Assist patients in basic needs and performing activities of daily living (ADLs)

Maintain a safe and clean working environment by complying with procedures, rules and regulations

Communicate and collaborate clearly and directly with patients, physicians and other interdisciplinary teams; Working with the doctors, other staff, responding quickly to requests of patients.

Provide emotional support to patients and family members under stress

Comply with all ethical guidelines including all rules on confidentiality, Data Protection and Safeguarding Protection.

Use the nursing process in the promotion of patient holistic and health and wellbeing

Identify environmental and behavioral factors which may compromise patient safety

Monitor/ Ensure safe and efficient use of equipment, troubleshooting malfunctions and following procedures for repair

Maintain a professional look at all times; attend to patient’s comfort and safety.

Demonstrate critical thinking, problem-solving ability; Organize and prioritize workload according to urgency

Continue professional education by attending educational workshops, reviewing professional publications, establishing personal networks, and participating in professional societies

**BURJEEL ORTHOPEDIC AND SPORTS MEDICINE CENTRE;** Abu Dhabi

Staff Nurse – GENERAL NURSE **(September 9, 2019- March 16, 2020)**

• Inpatient bedside Nursing

• 48 hours per week

* Monitor patient’s vitals, detect changes, symptoms, health, and/or pain. Report abnormal/ critical values to physician
* Provide Basic Life Support measures in case of emergencies
* Take patient’s samples, transport samples to appropriate destination
* Insert and maintain a patent, intact intravenous lines
* Administer medications and enteral feedings
* Postoperative care, wound dressing, assisting with ambulation and giving health education
* Pain management
* Removal of hemovac drain aseptically
* Blood transfusion (if needed postoperatively)
* Monitor and record intake & output
* Fill out and update patient’s documents and charts
* Prepare patients for procedures
* Assist doctors with procedures
* Set up for procedures with appropriate tools; Maintain full inventory
* Assist patients in basic needs and performing activities of daily living (ADLs)
* Maintain a safe and clean working environment by complying with procedures, rules and regulations
* Communicate and collaborate clearly and directly with patients, physicians and other interdisciplinary teams; Working with the doctors, other staff, responding quickly to requests of patients.
* Provide emotional support to patients and family members under stress
* Comply with all ethical guidelines including all rules on confidentiality, Data Protection and Safeguarding Protection.
* Use the nursing process in the promotion of patient holistic and health and wellbeing
* Identify environmental and behavioral factors which may compromise patient safety
* Monitor/ Ensure safe and efficient use of equipment, troubleshooting malfunctions and following procedures for repair
* Maintain a professional look at all times; attend to patient’s comfort and safety.
* Demonstrate critical thinking, problem-solving ability; Organize and prioritize workload according to urgency
* Continue professional education by attending educational workshops, reviewing professional publications, establishing personal networks, and participating in professional societies

**AL SALAMA HOSPITAL**; Hamdan Street, Abu Dhabi

Staff Nurse – GENERAL NURSE **(December 10, 2018 - July 31, 2019)**

• Inpatient bedside & Outpatient Nursing

• 48 hours per week

* Monitor patient’s vitals, detect changes, symptoms, health, and/or pain. Report abnormal/ critical values to physician
* Provide Basic Life Support measures in case of emergencies
* Take patient’s samples, transport samples to appropriate destination
* Insert and maintain a patent, intact intravenous lines
* Administer medications and enteral feedings
* Postoperative care, wound dressing, assisting with ambulation and giving health education
* Monitor and record intake & output
* Fill out and update patient’s documents and charts
* Prepare patients for procedures
* Assist doctors with procedures
* Set up for procedures with appropriate tools; Maintain full inventory
* Assist patients in basic needs and performing activities of daily living (ADLs)
* Maintain a safe and clean working environment by complying with procedures, rules and regulations
* Communicate and collaborate clearly and directly with patients, physicians and other interdisciplinary teams; Working with the doctors, other staff, responding quickly to requests of patients.
* Provide emotional support to patients and family members under stress
* Comply with all ethical guidelines including all rules on confidentiality, Data Protection and Safeguarding Protection.
* Use the nursing process in the promotion of patient holistic and health and wellbeing
* Identify environmental and behavioral factors which may compromise patient safety
* Monitor/ Ensure safe and efficient use of equipment, troubleshooting malfunctions and following procedures for repair
* Maintain a professional look at all times; attend to patient’s comfort and safety.
* Demonstrate critical thinking, problem-solving ability; Organize and prioritize workload according to urgency
* Continue professional education by attending educational workshops, reviewing professional publications, establishing personal networks, and participating in professional societies

**AL HIKMA MEDICAL CENTER**; Mushrif, Abu Dhabi

Staff Nurse – GENERAL NURSE **(June 22, 2016 – March 9, 2018)**

• Outpatient Nursing

• 48 hours per week

* Prepare the instruments for use at the beginning of the procedure and clear up at the end of the session consistent with the Health and Safety protocol.
* Comply with all ethical guidelines including all rules on confidentiality, Data Protection and Safeguarding Protection.
* Working with the doctors, other staff, responding quickly to requests and keeping the instruments ready for use. Ensure that materials are prepared in accordance with prescribed technique.
* Maintain a professional look at all times; attend to patient’s comfort and safety.

**CHILDREN’S CLINIC**; Quezon City, Philippines

Clinic Nurse – **(March 2012 – March 2016)**

• Outpatient Nursing

• 40 hours per week

* Scheduling of patients’ appointments
* Updating of patients’ records
* Preparing of medications
* Subcutaneous & intramuscular injection
* New patient assessments
* Maintaining stock in the nurse’s room
* Monitoring hygiene in the practice
* General measurements (BP, height, weight, SPO2, temperature)

**PRIVATE DUTY NURSE**; Quezon City, Philippines

Home Care Nurse – **(February 2011 – February 2012)**

• Home Care Nursing

• 40 hours per week

* Assess, plan and render nursing care according to patient’s condition
* Administer oral, subcutaneous, and intramuscular medications as prescribed
* Provide emotional support to patient and their family
* Monitor vital signs, laboratory data, and referred to Physician as necessary
* Monitor patient’s Progress’ notes and report significant findings to Physician
* Provide bedbath, bedmaking, and aseptic techniques

**CAPITOL MEDICAL CENTER**; Quezon City, Philippines

Staff Nurse – Emergency Room/ Medical-Surgical Ward/ VIP General Ward/ OB-Gyne Ward **(November 2009 – January 2011)**

• Inpatient bedside Nursing

• 40 hours per week

* Assess, plan and render nursing care according to patient’s condition
* Direct care of patients
* Attends to critical/ emergency cases
* Insert aseptically intravenous line
* Insert aseptically Nasogastric tube
* Insert aseptically foley catheter, condom catheter, straight catheters
* Assist doctors in minor operations
* Maintain sterile fields and application of dressings
* Educate patients for home care and discharge planning
* Charting and documentation of patient care
* Bed bath, Bedmaking and Vital Signs Taking
* Preparation and Monitoring of Intravenous Infusion
* Oral-nasal Suctioning
* NGT feeding and lavage
* Computer literate
* Develops rapport with patients, family, staff and physicians
* Remains calm and professional throughout critical incidents
* Can handle stressful events
* Practice nursing ethics and standards in all aspects of care rendered to clients

**LICENSE**

**REGISTERED NURSE** (Philippines)

LICENSE NO. : 0501962

VALID UNTIL : October 28, 2023

**REGISTERED NURSE** (Abu Dhabi, United Arab Emirates)

LICENSE NO. : GN29395

VALID UNTIL : August 28, 2021

**REGISTERED NURSE** (United States of America- Illinois State)

LICENSE NO. : 041.464006

VALID UNTIL : May 31, 2022

**REGISTERED NURSE** (United States of America- Texas State)

LICENSE NO. : 1015468

VALID UNTIL : October 31, 2021

**TRAININGS & SEMINARS**

* **Basic Life Support**

-at Laerdal Medical Corp., USA (May 5, 2020)

**• Advanced Cardiovascular Life Support**

-at Emergency Management Resources, USA (May 27, 2020)

* **Patient Safety Goals**

-at CME Superior Healthcare, Abu Dhabi (December 29, 2018)

* **Advanced Infection Control**

-at Infinity Medical Services, Abu Dhabi (December 15, 2017)

* **Emergent Airway Management**

-at Al Salama Hospital, Abu Dhabi (March 28, 2017)

* **Diabetic Neuropathy**

-at Al Salama Hospital, Abu Dhabi (March 14, 2017)

* **Dermatological Emergencies**

-at Al Salama Hospital, Abu Dhabi (March 7, 2017)

* **Enhanced Recovery After Surgery**

-at Al Salama Hospital, Abu Dhabi (February 21, 2017)

* **Emergency Care Nurse Training; Basic Life Support Training; Bio-Safety, Emergency Preparedness and Disaster Control Team Training**

-at St. Luke’s Medical Center, Quezon City (May 7-August 1, 2012)

* **Skills Training Program for Health Practitioners**

-at Capitol Medical Center, (July 6- August 7, 2009)

* **IV Therapy Training**

-at Veterans Memorial Medical Center (Nov.17-19, 2008)

* **1-month training at Adult-ICU department**,

**-**San Juan Medical Center (Sept. 2008)

* **Pain Management**

**-**at Lung Center of the Philippines (October 10, 2008)

* **Mechanical Ventilation: It’s Technical Aspects and Nursing Management**

**-**at Lung Center of the Philippines (September 26, 2008)

* **Chest Tube Management**

**-**at Lung Center of the Philippines (September 12, 2008)

* **Nursing Care of the Critically Ill Patient**

**-**at Lung Center of the Philippines (August 22, 2008)

* **Therapeutic Communication Techniques in Psychiatric Nursing**

-at MIQUE International Conference and Event Planners (August 2, 2008)

**PROFESSIONAL AFFILIATIONS**

* Philippine Nurses Association, Inc. (PNA) member
* UERMMMC Nursing Alumni Association, Inc. member
* Passed the June 2008 Philippine Nurses Licensure Examination with a rating of 82.40%
* Has a general weighted average of 2.07 and ranks 85th in a class of 279 in UERM College

**RECOGNITION/ AWARDS/ COMMENDATIONS**

2004 - Perfect Attendance Award

- Loyalty Award

- Catechist of the year

- Ms. Earth 2004 Award

2003 - Service Award

- Perfect Attendance Award

- 2nd runner up Ms. Intrams Award

2002 - Perfect Attendance Award

2001 - Service Award

- Perfect Attendance Award

**PERSONAL DETAILS**

Date of Birth : October 28, 1987

Age : 33 years old

Birthplace : Manila, Philippines

Mobile Number : 913-228-9947

E-mail : maryanne\_makalintal@yahoo.com

Citizenship : Filipino

Civil Status : Married

**REFERENCES**

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| --- | --- | --- |
| **Name** | **Position** | **Contact Number** |
| Mr. Stephen Casio  Mrs. Norma G. Nastor  Dean Carmelita C. Divinagracia | Professor: Ethics Subject  Academic Adviser, UERMMMC  Dean, College of Nursing, UERMMMC | +63919-5723643  +632713-33-09  +632713-33-09 |