

# Carina Quintilla

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To seize opportunities where I could make use of and share my technical skills that I have acquired through academic and practical training; to utilize my capability in quality health care service; to enhance my personal growth and professional life while serving the organization with the best that I can; and to promote health and to obtain a position where I can use my skills in customer service and incorporate my knowledge on assisting clients on their needs.

; NURSE

Authorized to work in the US for any employer

## Work Experience

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### **Operating Room Nurse**

OHSU Hillsboro Medical Center - Hillsboro, OR  
May 2021 to Present

- Assess patients prior to surgery (e.g. NPO status) and alleviate their concerns
- Gather all supplies needed for the operation
- Assume responsibility of keeping the operating room sterilized
- Position and prepare patient on operating table
- Pass medical instruments or other objects to the surgeon during operation
- Monitor patient's vital signs to detect anomalies
- Evaluate patient in postoperative phases
- Adhere to safety standards and precautions
- Assume duties within or out of the sterile field as assigned

### **Post Sub Acute Nurse**

Robison Jewish Health and Rehabilitation - Portland, OR  
April 2020 to Present

### **Post Sub Acute Nurse**

West Hills Health and Rehabilitation - Portland, OR  
January 2020 to June 2021

### **RN- Memory Care Charge Nurse**

The Village Health and Rehabilitation - Missoula, MT  
May 2019 to January 2020

### **Medical Surgical Nurse/ Pediatric Nurse**

Marikina St. Vincent General Hospital  
January 2018 to February 2019

Conception Uno, Marikina City

### **Cabin Crew / Air Hostess**

Saudia Airlines

September 2015 to February 2017

Jeddah Kingdom Saudi Arabia

### **Day Case Surgery Nurse**

ENT - Riyadh, Saudi Arabia

July 2012 to July 2015

### **Utilization Nurse Reviewer/ UM NURSE**

PRINCE SULTAN MILITARY MEDICAL CENTER - Riyadh, SA

February 2011 to March 2012

Medicall INC

Cognizant PHIL (New Name)

Makati City, Philippines

### **Registered Nurse**

Quirino Memorial Medical Center

September 2008 to December 2010

Labor and Delivery Nurse

Quirino Memorial Medical Center

Project 4, Quezon City

#### **DUTIES AND RESPONSIBILITIES:**

- Deliver excellent nursing care, monitors, maintains standards of care within the hospital policies and procedures
- Assist in planning, implementation and evaluation of patient care.
- Identify and act on changes in patient condition, making safe, timely decisions appropriate to the situation.
- Assist team leaders and members in liaising between healthcare professionals, doctors and allied healthcare professionals to ensure appropriate medical care is provided to all patients.
- Ensure that appropriate consent is obtained and maintained for patients undergoing relevant medical treatment.
- Ensure the safe administration and management of medication.
- Advocate on behalf of their patients to ensure quality healthcare services are provided.
- Maintain and protect the safety, confidentiality and dignity of patients and families.
- Manage a clean, safe and tidy unit.
- Maintain privacy and confidentiality of all patients' related information in relation to service provision and healthcare treatments and services.
- Supports and assist the Head Nurse in promoting a good working atmosphere and in making the most effective and efficient use of staff supplies and services.
- Collaborates with other health care team members in planning and providing safe and comprehensive care.
- Participates in environment safety awareness- CPR, Disaster, Fire and Infection Control.
- Performs other applicable task and duties within the realm of her knowledge, skills and abilities as assigned and delegated in accordance with the hospital policy.

## Education

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### **Bachelor of Science in Nursing**

WORLD CITI COLLEGE

2003 to 2007

## Nursing Licenses

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### **RN**

Expires: December 2020

State: OR

## Skills

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- Responsible for rendering professional nursing care to the patients within assigned unit. Such nursing care is an integral part of the total patient care plan working in the conjunction with the medical staff and according to the policies and procedure of the hospital. Plans, implements and evaluate patient care in the unit in accordance with established standard ad policies.
- Able to work efficiently in a team environment
- Good communicator; demonstrated ability to communicate with people from a variety of cultures
- Customer-focused approach
- Knowledgeable in computer(MS Word, Excel, Power Point & MS Presentation)
- Know how to swim, driving and some outdoor sports
- Profound ability to operate emergency equipment effectively
- Effective first-aid and medical skills
- Willing to help people with particular requirements, such as young children or people with disabilities
- Good organizational and time management skills EXAMINATIONS TAKEN Philippine Nursing Licensure Examination Exam Date: June 2007 Remarks: passed License Number:0450867 US Licensure Examination (VERMONT STATE) Exam Date: September 2011 Remarks: passed License Number:026.0058799 US Licensure Active (Montana) US Licensure Active (Oregon) Ministry of Health Prometric Exam, Kingdom of Saudi Arabia Exam Date: May 2012 Remarks: passed License Number:12 R-N 0055214 English Proficiency (IELTS) Exam Date: May 16 2015 Remarks: passed OCCUPATIONAL BACKGROUND;
- Responsible
- realistic
- dependable
- Utilization Management
- Memory Care
- Infection Control Training
- Medication Administration
- Critical Care Experience
- Supervising Experience
- Medical Imaging
- Nurse Management
- Vital Signs

- English
- Nursing
- Microsoft Office

## Certifications and Licenses

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### **BLS Certification**

### **First Aid Certification**

### **ACLS Certification**

## Assessments

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### **Medical Terminology — Proficient**

June 2019

Understanding and using medical terminology

Full results: [Proficient](#)

### **Electronic Health Records: Best Practices — Highly Proficient**

September 2020

Knowledge of EHR data, associated privacy regulations, and best practices for EHR use

Full results: [Highly Proficient](#)

### **Nursing Aide Skills — Highly Proficient**

February 2020

Providing nursing aid to patients using knowledge of relevant equipment and procedures.

Full results: [Highly Proficient](#)

### **First Aid — Highly Proficient**

September 2020

Treating common medical emergencies

Full results: [Highly Proficient](#)

Indeed Assessments provides skills tests that are not indicative of a license or certification, or continued development in any professional field.