

Efemena Ugbome

Relief Counselor - Mental Health Support Services - Chesterfield County

Chester, VA 23831

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Work Experience

Registered Nurse

Tyler's retreat at Iron bridge Rd. - Chester, VA

May 2021 to Present

- Delivers compassionate nursing care while achieving resident/family satisfaction and positive clinical outcomes.
- Administers medications and performs treatments per physician orders.
- Evaluates residents to observe condition and efficiently report changes in condition.
- Performs admissions, discharges, nursing assessments, and care planning.
- Monitors residents' intake of prescribed medications and administers tube feedings, as needed.
- Administers first aid and other nursing procedures for residents' minor injuries or temporary illnesses.
- Draws blood and collects other lab specimens.
- Discusses residents' condition with responsible family members.
- Maintains effective communication with staff, peers, and administrative personnel.
- Provides supervision and training to team members; assists in the training and supervision of new personnel.
- Performs other duties as directed.

Relief Counselor

Mental Health Support Services - Chesterfield County

March 2017 to Present

Providing direct care to adults with intellectual and physical disabilities, by assisting in monitoring individual's health care needs. Providing direct care to adults with intellectual disabilities, autism, some with co-occurring mental illness/ and or physical disabilities. Also working with individuals living in a community group, residential setting. Supporting choices, inclusion, decision making and self-directed services. Administration of medication to client as prescribed by the physician.

Registered Nurse (RN)

Central State Hospital - Richmond, VA

June 2021 to September 2021

- § Performs initial and on-going physical and psychosocial assessment according to accepted standards of nursing practice.
- § Assesses plans and evaluates patient care needs.
- § Carries out physician orders.
- § Administer prescribed medications, change dressings, clean wounds, monitor vital signs.
- § Participates in treatment team conferences to assist in planning and revising goals, objectives
- § and interventions appropriate to the age-related and problem-specific needs of each patient.

§ Implements nursing plan of care for assigned patients and conducts and/or co-leads group therapy sessions for patients.

Certified Nurse Assistant /Registered Medication Aide

The crossings of Ironbridge Pkwy - Chesterfield, VA
August 2015 to March 2020

Working under the direction and supervision of a Licensed Nurse; provides basic nursing and personal care services to assist participants in the Assisted Living Center. Services may include ADL assistance, set up and administration of medications, administration of diabetic insulin checks, dining room assistance and leading or assisting with recreational programs; performs other work as required.

DSP

Outreach Residential Services - Richmond, VA
April 2015 to December 2018

5032 Niles Rd, Richmond, VA 23234
April 2015 to December 2018

Job Description:

- Provide skill building supports to individuals in the performance of daily and independent living skills within their home and community;
- Provide encouragement and motivation to individuals;
- Provide opportunity for the community involvement for individuals;
- Administer medication;
- Support individuals in problem solving, decision making and general information acquisition;
- Complete required paperwork, daily log, incident reports, support logs, medication charts, data collections;
- Supports in the implementation of individual program plan for supports and behavior support activities and desired outcomes;
- Provide appropriate reinforcement and supports in obtaining desired outcomes; and
- Provide transportation to recreational activities, doctor's appointments, and employment;
- Help prepare meals, light cleaning, housekeeping, individual's clothes preparation, washing, etc.

DSP Administration Assistant

Quality Living Inc - Nashville, TN
October 2007 to June 2013

Performing all the functions of a Team Leader and assists the Group Home Trainers. Supporting and training Group Home Trainers. Ensuring quality of services provided and the health and safety of the individual served. Key Direct Support Professional Basic Skills: • Help collect and manage individual's financial information

Assist in monitoring individual's health care needs • Maintain documentation, certification and training as required to comply with federal, state and program requirements and standards • Assist with medical emergencies

Education

Associate in Health Science in Health Science

John Tyler Community College - Chester, VA

September 2014 to Present

Clinical Experience

Professional Career Institute - Midlothian, VA

July 2014 to September 2014

Skills

- Direct Care
- CNA
- Home Health
- Direct Support
- Disability

Certifications and Licenses

CPR

Certified Nursing Assistant (CNA)

First Aid Certification

Assessments

Patient-focused care — Completed

April 2019

Addressing concerns and using sensitivity when responding to needs and feelings of patients

Full results: [Completed](#)

Work style: Reliability — Familiar

April 2019

Measures a candidate's tendency to be dependable and come to work.

Full results: [Familiar](#)

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