

Harvinder Singh Uppal

Sacramento, CA | Harvinder.Uppal@samuelmerritt.com

PROFESSIONAL SUMMARY

Enthusiastic BSN graduate with well-developed skills in nursing, time-management, EMR, and interpersonal communication skills. Extremely detail-oriented, excellent interpersonal communication, & problem-solving skills. Eager to collaborate with other health care professionals to promote high-quality patient care, team collaboration, and successful patient outcomes.

EDUCATION, CERTIFICATIONS, AND LICENSE

Bachelor of Science in Nursing | Samuel Merritt University (Sacramento, CA) | 2021

Basic Life Support | American Heart Association | 2020-2022

Pre-Professional Health Academic Program Certificate | California State University, East Bay | 2017

Bachelor of Arts in Interpersonal/ Small Group Communication Studies | CSU, Sacramento | 2016

Communication Studies for Transfer (AA-T) | Sacramento City College | 2013

Communication Studies for Transfer (AA-T) | Cosumnes River College (Sacramento, CA) | 2013

High School Diploma | Galt High School (Galt) | 2009

LANGUAGE SKILLS

English – Full Professional Proficiency, Fluent, **Punjabi** – Native Proficiency, Fluent **Hindi** – Fluent **Urdu**- Limited Working Proficiency

NURSING CLINICAL ROTATIONS

Nursing Student Clinical Rotations | UC Davis Medical Center (Sacramento, CA) | 2020-2021

Nursing Student Clinical Preceptorship | Mercy General Hospital (Sacramento, CA) | 2021

Provided evidence-based care for up to three patients by applying comprehensive nursing process. Delivered compassionate care to critical patients suffering from injuries or debilitating conditions. Proactively learned new procedures and treatment protocols from established nurses.

Experience	Location	Department	Total Hours	Dates
Clinical Rotation	UC Davis Health	Oncology, Trauma, Cardiac Stepdown, ENT, Transplant	270	October- December 2020

Clinical Rotation	UC Davis Health	Cardiac Thoracic ICU, Burn ICU, Emergency, MSICU- Blue	135	January- February 2021
Clinical Rotation	UC Davis Health	Labor & Delivery	48	March- April 2021
Clinical Rotation	UC Davis Health	Pediatrics	36	May- June 2021
Clinical Rotation	Online Simulation	Psychiatry	135	June- July 2021
Clinical Rotation	Sacramento Self Help Housing	Community Health Nursing	135	June- July 2021
Senior Preceptorship	Mercy General Hospital	Acute Surgical Unit	110	September 2021
Leadership	Mercy General Hospital	Acute Surgical Unit	10	September 2021

WORK EXPERIENCE

Registered Nurse Supervisor | Rancho Seco Care (Galt, CA) | March 2022- Present

- Promotes and restores patients' health by developing day to day management and long-term planning of the patient care area
- Collaborates with physicians and multidisciplinary professional staff to implement patient care
- Provides physical and psychological support for patients, friends, and families
- Meets nursing operational standards by contributing information to strategic plans and reviews; implementing productions, productivity, quality, and customer service standards; resolving problems; and identifying system improvements
- Identifies patient service requirements by establishing personal rapport with potential and actual patients and other persons in a position to understand service requirements

Caregiver | In Home Self Supportive (Galt, CA) | 2020- Present

- Care for patients at home with household chores, such as cooking, cleaning, and laundry
- Personal care services, such as dressing, bathing, and feeding
- Transportation and accompaniment to medical appointments
- Ordering, picking up, and giving medications in a safe manner

Medical Scribe | Aquity Solutions | 2019

- Accurately document medical visits and procedures as performed by a healthcare professional
- Document patient medical history and physical exams
- Examine and record procedures/ treatments performed by a medical professional
- Dictate advice given by a medical professional, such as health education, diagnosis, prescriptions, possible treatments (with risks and benefits), and preventive care
- Check to correct information to reduce error inpatient medical charts

Founder/ Brand Ambassador | Inspire Clothing | 2018- Present

- Use the percentage of sale profits from the company to help do charity events locally and internationally
- Help underserved communities or individuals in need of basic necessity items
- Help make a positive impact on foster and homeless children's life
- Bring upon a difference in the community by motivating others to do good in this world
- Use social media and YouTube to promote kind acts
- Balance the business aspect and selfless service to continue the cycle of kindness

Site Teacher | Champions (Galt, CA) | 2017-2018

- Tutor children with their homework and ensure they are done before parents pick them up
- Organize activities for kids ranging from Kindergarten through Sixth grade
- Monitor children during playtime and free time
- Ensure the environment is clean and safe for use
- Prepare and distribute snacks in a sanitary way

Bank Teller | Wells Fargo (Elk Grove, CA) | 2014-2020

- Provide account services to customers and businesses by cashing checks, depositing checks, loan payments, cash withdrawals, making money orders/cashier checks, foreign exchange, and global remittance to various countries
- Ensure customer satisfaction via financial needs, which helped them succeed financially and meet their goals
- Recognize the ability to build rapport with customers, up-sell products/services and build a loyal clientele

Independent Business Owner | Amway | 2010-2014

- Recruited ambitious and hard-working individuals to become Independent Business Owners (IBO)
- Empowered men and women to build successful businesses, providing education and mentorship to an association of successful business leaders across North America
- Implemented retail and sales techniques to efficiently close deals
- Attended 4 leadership conferences a year

Team Member | Jack in the Box (Galt, CA) | 2007-2014

- Operated cash registers and managed the cash register to minimize loss prevention
- Worked with other team members to provide exceptionally fast and diligent service
- Helped other team members in completing tasks such as lifting heavy boxes and cleaning
- Well organized and fully stocked with necessary items
- Upsell new promotional deals
- Used interpersonal communication skills to better help customers and, most importantly, gain their loyalty

LEADERSHIP & COMMUNITY SERVICE EXPERIENCE

Adult Youth Commissioner | City of Galt | 2020

- Worked with the youth to initiate educational campaigns for COVID-19
- Created new community resources for residents of all ages
- Encouraged other young people to participate in local civic and political activities
- Established skills and habits of civic engagement and citizenship for the youth
- Planned community clean-up day within the city of Galt

Volunteer/ Shadowing a doctor | Stanford Healthcare (Palo Alto, CA) | 2017

- Shadow Dr. Poulos and his team of doctors, residents, and medical students working together to solve patient cases
- Got familiar with x-ray, CT scans, and MRI to effectively diagnose patients
- Assist the Doctor by getting him lunch, snacks, and drinks
- Carry his bags from one building to another and later to his SUV
- Ensure the Doctor is safely on and off from the Segway
- Hand him his walking cane when needed
- Assist the Doctor in the SUV and with his seatbelt
- Help put the Segway on the back of the SUV
- Be always close to him
- Assist him to use the restroom

Community Service Chair | American Medical Student Association (Hayward, CA) | 2016-2017

- Coordinate the Feed/ Clothe the Homeless event
- Organize events with other clubs
- Assist other board members with their tasks
- Organize the annually AMSA conference
- Contact local high schools and colleges on events pertaining to the Healthcare field

Volunteer | Bhagat Puran Singh Health Initiative (Sacramento, CA) | 2012-2020

- Attend health clinics within the Sacramento County, San Joaquin County, and Yolo County
- Provide basic health care screenings and general health/ nutrition advice to underserved and neglected communities
- Promote healthy eating and general knowledge to prevent chronic diseases, such as diabetes and heart disease
- Coordinate and lead on Clothe/ Feed Homeless events in Downtown Sacramento and Downtown Stockton

Chapter Adviser | Bhagat Puran Singh Health Initiative (Sacramento, CA) | 2015-2016

- Had a clear and consistent communication with the Sacramento chapter and Board of Directors

- Audited the chapter and board members
- Took initiative to engage in Board and personal projects to help BPSHI grow as an organization
- Conference call once a week with other chapters and Board of Directors

President | Bhagat Puran Singh Health Initiative (Sacramento, CA) | 2014

- Managed upcoming clinic dates, locations, and coordinate sufficient volunteers and supplies
- Communicated with Board Members on a regular basis
- Coordinated board meetings, general meetings, and training sessions
- Oversaw all other aspects of BPSHI and promote overall group advancement
- Coordinated future volunteers by initiating the application discussions and training
- Made goals at the beginning of each year/ semester for the entire club, and ensure that they are executed to full potential
- Ensured other board members are fulfilling their duties
- Ensured good communication with the committee at clinic locations, AADP coordinator, and Youth Activities Coordinator to help with projects
- Worked with volunteer Physicians, Public Health Graduate Students, and Medical School students to gear Health Education for different communities (creating/ updating/ editing health education material)

Founder | Bhagat Puran Singh Health Initiative (Sacramento, CA) | 2013-2014

- Filled out essential paperwork to start the organization on campus
- Attended meetings and met all requirements
- Collaborated with other organizations on campus to spread the word
- Recruited members by making announcements, social media, and posting fliers on campus

CSU- UC Liaison | Bhagat Puran Singh Health Initiative (Sacramento, CA) | 2013

- Established a close relationship between the California State University, Sacramento chapter and University of California, Davis chapter
- Weekly phone updates regarding future health clinics and social events

Social Justice Chair | Bhagat Puran Singh Health Initiative (Sacramento, CA) | 2013

- Worked on using strategies to fundraise for the Farmer Suicide Project in India
- Partnered with Guru Nanak Foundation to send funds to help in continuing education for the underserved families grieving the loss of their loved one by suicide
- Coordinated the Bone Marrow registry, Feed/ Clothe the Homeless community
- Raised awareness on issues within the Sikh Community, such as discrimination based on the caste system
- Worked with organizations to promote community advancement and advocate equity for all communities with an emphasis on underserved/ neglected communities, domestically and internationally
- Improve the social justice awareness of all Bhagat Puran Singh Health Initiative (BPSHI) members of the pertinent issues affecting our communities today

Volunteer | My Sister's House (Sacramento, CA) | 2014-2016

- Raised awareness regarding domestic violence in Asian Communities
- Printed informational pamphlets in both English and Punjabi regarding steps to break away from an abusive environment
- Distributed throughout Sacramento County and San Joaquin Sikh Temples

Secretary | Jakara Movement (Sacramento, CA) | 2014-2015

- Attended weekly conference calls to assist in events or ideas for future events
- Documented weekly meeting minutes and a summary of the conference call
- Initiated 'Sports Day' by tabling 5 Sundays in a row to sign-up children
- Acquired sporting goods and healthy snacks for children attending the event

Facilitator | Jakara Movement (Sacramento, CA) | 2012-2015

- Facilitated leadership conferences for adults and children throughout California
- Attended weekly conference calls to understand the content that would be presented at the leadership conferences
- Built rapport with everyone attending the conference
- Engaged the audience with critical thinking questions

Volunteer | Jakara Movement (Sacramento, CA) | 2012- 2017

- Took part in many volunteer opportunities, such as plant a tree project, collected donations and gave back to the less fortunate by passing out meals and clothing items
- Assisted in organizing leadership conferences for adults and conferences for children
- Networked with other professionals to gain better insights into future events

Awards

Merit Scholarship | California State University, East Bay | January & April 2017