



Kristina Hiralal

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PERSONAL SUMMARY

I am a dedicated and compassionate Registered Nurse (RN) with great group dynamics, showing ability to lead and be a team player and a progressive career history in direct patient care, triage and care coordination in fast-paced environment. I remain calm under pressure and skillfully handle difficult patients and high-stress situations. I consistently developing strong relationships with patients and families through empathetic communication, respectful attitude and excellent customer service.

PROFESSIONAL SUMMARY

I am a registered nurse with 10 years' experience. Seven (7) years at the Queen Elizabeth Hospital in Barbados, an acute care facility. One (1) year experience providing in-patient internal medicine care, two (2) years' experience on an in-patient surgical unit, three (3) months experience on the Surgical ICU, five (5) months experience on the High Dependency Unit (HDU) which provided step-down care to both medical and surgical patients, one (1) year experience as a scrub nurse in Cardiac Catheterization Lab (Cath Lab), eighteen (18) months in the Accident and Emergency Department and approximately one (1) year experience as a scrub nurse and running two (2) cardiac clinics at a private cardiac medical centre.

SKILLS

- Competence in use of MacPractice (software used for medical documentation)
- Competence in Flow Sheet charting
- Competence in conducting physical assessments
- Patient Condition Monitoring
- Maintaining Patient Safety Standards
- Prioritizing Patients
- Competence in emergency patient triage

WORK HISTORY

REGISTERED NURSE, EMERGENCY DEPARTMENT *04/2020 to 10/2021* **Queen Elizabeth Hospital | Bridgetown, SC**

- Contributed substantially to successful department accreditation by consistently operating to highest standards of care.
- Collected blood, tissue and other laboratory specimens and prepared for lab testing.
- Updated patient charts with data such as medications to keep records current and support accurate treatments.
- Collaborated with physicians to quickly assess patients and deliver appropriate treatment while managing rapidly changing conditions.
- Provided direct patient care, stabilized patients and determined next course

of action.

- Teamed on trauma and emergency interventions involving serious head injuries, gunshot wounds and thoracic trauma.

REGISTERED NURSE, PCU

01/2018 to 04/2019

Bracebridge Medical Centre | Bridgetown, SC

- Evaluated healthcare needs, goals for treatment and available resources of each patient and connected to optimal providers and care.
- Educated patients, families and caregivers on diagnosis and prognosis, treatment options, disease process and management and lifestyle options.
- Implemented medication and IV administration, catheter insertion and airway management.
- Orchestrated quality-driven, cost-effective care in high-volume trauma center setting.
- Monitored patient condition by interpreting and tracking EKG readings, identifying irregular telemetry readings and updating team members on changes in stability or acuity.

REGISTERED NURSE, CARDIAC CATHETERIZATION LAB

02/2016 to

02/2017

Queen Elizabeth Hospital | Bridgetown

- Oversaw delivery of care for patients on medical-surgical unit, providing direct care, delegating nursing assignments, and supervising team comprised of nurses, technicians and unit clerks.
- Managed quality care for patients with heart failure, end-stage renal disease and coronary artery disease.
- Minimized hospital stays with recovery-centered approaches, reducing average in-patient stay length.
- Monitored hemodynamic variances to identify signs of life-threatening complications.

REGISTERED NURSE, ICU

06/2015 to 08/2015

Queen Elizabeth Hospital | Bridgetown

- Provided direct patient care, stabilized patients and determined next course of action.
- Effectively prioritized assignments, executing care based on each patient's relative condition and delegating tasks to available personnel deliver safe and efficient care.
- Educated patients, families and caregivers on diagnosis and prognosis, treatment options, disease process and management and lifestyle options.

REGISTERED NURSE, MEDICAL-SURGICAL UNIT

03/2012 to 02/2015

Queen Elizabeth Hospital | Bridgetown, SC

- Educated patients, families and caregivers on diagnosis and prognosis, treatment options, disease process and management and lifestyle options.
- Provided direct patient care, stabilized patients and determined next course

PROCEDURAL SKILLS

- of action.
- Managed care from admission to discharge.
- Administered different therapies and medications in line with physician orders and treatment plan.
- Communicated openly and collaboratively with all healthcare staff to organize successful patient care.
- Organized and managed care of patients undergoing various therapies and procedures.
- Scrub Nurse for Catheterizations, PCI and Pacemaker Implantation
- Runner
- Phlebotomy
- IV cannulation
- Cardiac Monitoring
- Pre and post procedural care
- Perform ECG
- BLS/ACLS
- Assist Cardiac Techs and Radiographer
- Perform Stress Test with the Consultant
- Assist with Dobutamine Stress Test
- Maintaining emergency trolley
- Inventory
- Ordering supplies for procedures
- Assess, develop and implement a plan of care
- Managing ventilated patients
- Administration of CPAP/BiPAP
- Pain management
- Central line management
- Nasogastric tube placement
- Oral and nasopharyngeal suctioning
- Going on rounds with doctors and team
- Advocating on behalf of patients
- Maintaining strict aseptic techniques
- Ensure patient safety
- Pressure area care
- Wound management
- Competent in storage and administration of dangerous drugs
- Educate patients and family members on condition
- Giving and receiving patient handover making sure pertinent information is stressed
- Supervise nursing assistant and students
- Blood taking from arterial line
- Assist with techniques (thoracentesis, central line placement)

- Urethral catheter placement
- Prepare patients for their procedures
- Manage different drains (haemovac, Jackson Prat)
- Reverse barrier nursing

EDUCATION

Associate Degree in Nursing | General Nursing
Barbados Community College, Barbados

10/2011

CERTIFICATIONS

- Basic Life Support 2020
- Advance Cardiovascular Life Support 2016
- Phlebotomy 2015