

CURRICULUM VITAE

SPECIOSA PCHOROSIA MUTSOTSO, Bachelor of Science Degree in Nursing

SPECIALITY: General Nursing/ Midwifery/Psychiatry/OR/PACU

TOTAL YEARS OF EXPERIENCE: 15 Years

CAREER OBJECTIVE:

To continually provide world class nursing care with a personal touch while being resourceful, innovative, flexible and accountable.

PROFESSIONAL EXPERIENCE

DATE OF EMPLOYMENT February 2022 to Date

POSITION Staff Nurse L&D

FACILITY HOUSTON METHODIST MEDICAL CENTER

ROLES & RESPONSIBILITIES

Perform routine checkups on women in different pregnancy stages

Run diagnostic tests and interpret fetal heart monitors

Induce labor and provide care to patients during labor

Identify and handle complications

Identify and manage high risk obstetrics complications, pre eclampsia, placenta abruptio, cord prolapse, postpartum hemorrhage, shoulder dystocia, fetal distress etc

Triage mothers coming in and act accordingly

Administer magnesium, insulin drips, zulresso among other medications

Assist patients during delivery process

Manage patient care during cesarean deliveries

Determine cervical dilation

Insert IUPC and IUFSE as needed

Offer relaxation techniques during labor

Provide patient family education

Precept new staffs on the unit and mentor student nurses

Maintain accurate health records

Create a conducive, safe and friendly environment for patient and family

DATE OF EMPLOYMENT: August 2019 to January 2022

POSITION : Staff Nurse High Risk OB

HOURS PER WEEK: 36

FACILITY: Barnes Jewish Hospital

CITY: St. Louis

FACILITY DESCRIPTION:

BJC is the largest teaching and referral hospital in the state of Missouri with a bed capacity of 1400. It offers various speciality services to both clients and their families.

I am full time contractor staff, working in antepartum, mother baby and labor and delivery and covid unit.

SKILLS AND RESPONSIBILITIES

Providing direct patient care to antenatal clients with various medical surgical needs as well as obstetric complications using nursing process.

Administration of medication, enteral and parenteral nutrition.

Oxygen therapy

Wound care

Responding to medical and obstetric emergencies.

Covid 19 screening and patient care. infection prevention.

Peripheral line insertion and venipuncture

Maintaining safe therapeutic environment at all times

Continuous patient assessment and evaluation Blood and blood products transfusion

catheter insertion, care and maintenance of input and output Bladder scanning

CASES CARED FOR:

Respiratory tract infections like pneumonia, asthma, Covid 19

Hypertension

Cardiac Heart Disease

Acute and chronic kidney disease

Diabetes Mellitus

Post operative patients

Surgical wounds

Psychiatric Patients

Sickle cell disease

urinary tract infection

Premature rupture of membranes

Antepartum Hemorrhage

Intrauterine fetal growth restriction, preeclampsia, eclampsia.

DATE OF EMPLOYMENT: From September, 2009 to June 2019
POSITION: Clinical Nurse / Midwife
HOURS PER WEEK: 48
NAME OF THE FACILITY Aga Khan University Hospital Nairobi
CITY: Nairobi
COUNTRY: Kenya

FACILITY DESCRIPTION:

The Aga Khan University Hospital Nairobi is a premier tertiary teaching and referral private institution with approximately 300 BEDS. It is the leading private hospital in Kenya. It is JCIA accredited.

I work full time 48 hours per week in a 43-bed capacity Maternity Unit which also has a Maternity Operating Theatre, a Neonatal High Dependency Unit and Newborn Unit. I am responsible for the care of either 6 post-natal patients or three mothers in labour per shift.

SKILLS AND RESPONSIBILITIES

Assessing, planning, implementing and evaluating patients' care along with other members of the health care team using the nursing care plan.

Completing a full head to toe assessment of patients to include vital signs heart and lung sounds and pain assessment.

Administering vaginal prostaglandins and monitor syntocinon infusions.

Identifying deviations from normal during the second stage and undertaking active management of the third stage.

Undertaking newborn resuscitation.

Diagnosis and repair of first and second degree tears.

Identifying indication and contraindications of labour.

Provide care and conduct water birth delivery within hospital approved guidelines.

Completing and interpreting a partograph.

Lactation management.

Inserting peripheral lines and collecting blood samples for investigations.

Administering drugs through the following routes; intravenous, intramuscular, subcutaneous, oral, topical, per rectal, sublingual and inhalation.

Wound care management like diabetic wounds and burns.

Care of antenatal mothers with complications like, pre-eclampsia, premature labour, sickle cell disease, diabetes mellitus, anaemia, preterm premature rupture of membranes and malaria in pregnancy.

Administering vaccines to new born.

Assisting with procedures like epidural anaesthesia, foetal scalp electrode insertion.

Nasogastric tube feeding and gastric lavage.

Facilitate continuous medical education.

Ordering of DDA drugs.
Carrying out and interpreting CTG/NST.
Conduct normal delivery and assist with instrumental delivery.
Postnatal and new-born care.
Antepartum and intrapartum care
Identifying learning needs of the patient's/family and assume responsibility of educating on the identified need; for instance lactation management, post-partum care.
In liaison with hospital management, formulating/amendment of relevant policies in line with the maternal child health care vision of Aga Khan University Hospital, Nairobi.
Participating in external audits such as Joint Commission of International Accreditation (JCIA) and ISO audits. Partakes regularly in internal audits such as quality assessment rendered in the maternal child health programme.
Assume leadership role such as shift management and providing mentorship to student nurses, intern doctors, new employees and health care assistants.
Make ethical decisions related to consent and confidentiality.
Advocate for or on behalf of patients.
Maintaining patient records
Responding quickly to emergencies like post-partum haemorrhage
Care of neonates in nursery and neonatal high dependency unit
Scrub and circulating for caesarean sections and assist the surgeon with the surgery.
Working with both pre-operative area and post anaesthetic care unit.
Ensuring continuity of the standards of care by effective management of resources.
Counselling/testing of mothers for HIV and refer for continuity of appropriate care.
Maintaining safe practice and environment for patients.
Psychological support of mothers who have lost their pregnancies or babies.
Admission and discharge of patients. Doctors' rounds.

CASES CARED FOR

Ante partum haemorrhage.
Ante natal, intra-natal and post natal care.
Pre-eclampsia, eclampsia and hypertensive patients.
Diabetes Mellitus in pregnancy.
Sickle cell patients.
Anaemia in pregnancy.
Pre-mature labour and postdatism.
Malaria in pregnancy.
HIV/AIDS in pregnancy. Urinary
Tract Infection.
Asthma.
Neonate.

OPERATING ROOM I prepared and scrubbed for open myomectomy, mastectomy, lumpectomy, c-section, hysterectomy, myomectomy both open and minimal invasive, adenoidectomy, tonsillectomy, wound debridement, orthopedic surgery among other

Responsibility

- Scrub and assist with surgery

- The role of circulating nurse

- Ensure aseptic technique is followed for patient safety

- clamping blood vessels, coagulating bleeding points and ligating vessels as per surgeon orders

- provide physical assistance in patient positioning, lifting and moving as needed

- Set and prepare anticipated surgery

- assist the surgeon with sponging, cauterization and closure of surgical wounds

In Pacu, I offered direct care to post operatively in checking and changing bandages, pain management, Continuous patient assessment and determining patients readiness for discharge. Provide the patient and family with information concerning the patient.

EQUIPMENT USED

- Infuso pumps

- Syringe pumps

- Oxygen

- CTG machine

- Dinamaps

- Entonix gas

- Breast pump

- Cardiac monitor

- Crash carts

- Glucose meter

- Blood gas machine

- Portable suction apparatus

- Pulse oxymeter

PSYCHIATRIC NURSE

Mathare Mental Hospital : It is the largest psychiatric hospital in Kenya with a bed capacity of 1500. I worked part time for two years. It offers rehabilitation services and treatment to patients with various mental health needs to include, drug induced psychosis, bipolar, schizophrenia, depression, anxiety, psychosis, personality disorders, autism among others.

Roles

- Ensure safe therapeutic patient environment
- Admission of patients as per policy
- Administer medication and monitor the effect of the medication
- Maintain the inventory of controlled drugs
- Maintaining a therapeutic patient nurse relationship
- Prepare patient for ECT and provide care after ➤ Provide patient family education.

DATE OF EMPLOYMENT: From January, 2009 to 30 August, 2009.

POSITION: Clinical Nurse/ Midwife

HOURS PER WEEK: 48

NAME OF THE FACILITY: Nazareth Mission Hospital

CITY: Kiambu

COUNTRY: Kenya

FACILITY DESCRIPTION:

Nazareth Mission Hospital is a Catholic sponsored hospital which also has a Nursing School that offers Registered Nursing certification courses. It has a bed capacity of 350 and offers both in-patient and out-patient care. I worked full time 48 hours per week in an 80-bed Maternity Unit. I was responsible for the care of 10 mothers in labour and 20 post-natal mothers per shift.

SKILLS AND RESPONSIBILITIES

- Developing and maintaining up-to-date knowledge of statutory regulations which apply in work situation of the Nursing Council of Kenya.
- Ensuring appropriate medical treatment is given as prescribed
- Counselling and testing of mothers for HIV and ensuring continuity of care by referring those who test positive for HIV and their babies to ART clinics.
- Filtering obstetric emergencies during perinatal care.
- Conducting deliveries and mentorship of student nurses in labour room.
- Communicating with other professional staff to ensure that the care given is appropriate and standard.
- Maintaining personal contact with patients to ensure that they understand their treatment and needs.
- Ensuring continuity of the standards of care by effective management of resources.
- Maintaining discipline.
- Maintaining a safe practice and environment for patients at all times.
- Making sure that all information concerning patients remains confidential at all times.
- Administering medication.
- Assessment of patients to include taking vital signs.
- Conducting normal deliveries and repair episiotomies and tears.
- Conducting new born resuscitation.
- Post-natal care.

Labour monitoring using a partograph.
Preoperative and post-operative care of patients.
Antenatal care of mothers with various complications of pregnancy.
Admission and discharge of patients.
Doctors' rounds.

CASES CARED FOR

Ante partum haemorrhage
Ante natal, intra-natal and post natal care
Pre-eclampsia, eclampsia and hypertensive patients
Diabetes Mellitus in pregnancy
Sickle cell patients
Anaemia in pregnancy
Pre-mature labour and postdatism
Malaria in pregnancy
HIV/AIDS in pregnancy
Urinary Tract Infection
Neonates

EQUIPMENT USED

Oxygen
CTG machine
Dinamaps
Fetoscope

EDUCATIONAL BACKGROUND

DATE OF DEGREE: From May, 2012 to May, 2015
DEGREE EARNED: Bachelor of Science in Nursing
NAME OF UNIVERSITY: Kenya Methodist University (KeMU)
CITY AND COUNTRY: Nairobi, Kenya.

DATE OF DEGREE: From Mach, 2008 to September, 2009
CERTIFICATE EARNED: Kenya Registered Community Health Nursing
NAME OF COLLEGE: St. Joseph School of Nursing, Nyabondo CITY
AND COUNTRY: Kisumu, Kenya.

DATE OF DEGREE: From Mach, 2005 to September, 2007
CERTIFICATE EARNED: Kenya Enrolled Community Health Nursing
NAME OF COLLEGE: St. Joseph School of Nursing, Kilgoris, Kenya CITY
AND COUNTRY: Kilgoris, Kenya.

LICENSURE AND CERTIFICATES

Nursing Council of Kenya RN 155027

Texas Board of Nursing: RN License 1067924

Missouri Board of Nursing : RN License 2019029550

IELTS: *Kenya*. October 23, 2015. Scores: Listening = 6.0; Reading= 6.5,
Writing = 6.0; Speaking = 7.0. Overall Band Score = 6.5

ADDITIONAL QUALIFICATION AND TRAINING

Prevention of Mother to Child Transmission (PMTCT) of HIV/AIDS for Service Providers.

Training of Trainers (TOT) in PHC/CBHC, Health and Departments.

Advanced Life Support in Obstetrics (ALSO).

Peri-operative Theatre Training Course.

Child Birth Attendant Training.

Service Excellence Training. Advanced

Cardiac Life Support (ACLS) Basic Life

Support (BLS).

Obstetric and Neonatal Emergency Skills.

REFERENCES

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