



Okpara Chika Joan

Registered Nurse

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📅 05/09/1989 🇳🇮 Nigerian 💍 Married

Profile

Meticulous and enthusiastic patient-focused Registered Nurse/ Midwife with over 7 years of experience in providing a variety of healthcare services to support and achieve organizational goals and objectives. Possess a genuine passion for delivering premium, empathetic, compassionate patient based care and helping diverse people within the healthcare industry.

Education

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| Registered Midwife , <i>School of Midwifery, Our Lady of Lourdes hospital Ihiala, Anambra State.</i> | 10/2013 – 03/2015 Ihiala, Nigeria |
| Registered Nurse , <i>School of Nursing Our Lady of Lourdes hospital Ihiala, Anambra State</i> | 10/2009 – 11/2012 Ihiala, Nigeria |

Professional Experience

Staff Nurse/ Midwife, State Hospital Management Board, 12/2017 – present | Azia, Nigeria
Anambra State. (Comprehensive health centre, Azia)

Accident and emergency Nurse while floating to other departments such as OPD, medical ward, surgical ward, paediatric ward and labour ward.

- Admissions and discharge of patient.
- General assessment and head to toe physical examination of patient.
- Accurately assess and analyze patient's medical needs.
- Accessing IV lines and administration of IV drugs, vitamins, nutrients and other therapies.
- Practice of effective problem identification and resolution.
- Medication management and administration.
- Pre- operative and post- operative care.
- Provide patient and family based health education.
- Family support and counselling.
- Maternal and child care.
- Pre and post natal care.
- Neonatal care.
- Provision of nursing care to a group of 5- 6 patients.
- Wound dressing of various degrees.
- Participating in monitoring and conducting deliveries.
- Develop patient- oriented and individualized nursing care plan and implementation.
- Administration of triage and individualized care to patients.
- Provide mental and emotional support for patients and family members.
- Delivery of BLS/CPR to patients.
- Follow up with patients as needed.
- Identify changes in patient's condition and initiating referral to a higher level of care.

Staff Nurse/ Midwife, State Hospital Management Board, 04/2016 – 12/2016 | Onitsha, Nigeria
Anambra State. (General Hospital Onitsha)

Female Medical/ Surgical ward Nurse.

- Admissions and discharge of patients.
- Proper documentation of nursing care and intervention.
- Drug inventory.
- Pre and post surgical care.
- Accessing and administration of IV fluids, medications and other therapies.
- Administration and monitoring of blood transfusion.
- Provision of patient- based health education.
- Family support and counselling.
- Development of patient- oriented and individualized nursing care plan and update when necessary.
- Delivery of CPR/ BLS to patients.
- Appropriate and effective communication of patient's condition to other members of the medical team.
- Wound dressing.
- Provide direct patient care to a group of 5-6 patients.
- Delivered outstanding care to patients with various diagnosis and managed care from treatment initiation through completion.

Assistant Tutor, 03/2015 – 09/2015 | Ihiala, Nigeria

School of Midwifery, Our Lady of Lourdes hospital Ihiala.

.Taught puerperium to junior students.

Post Graduation Nurse, Joint Hospital, Ozubulu

11/2012 – 09/2013 | Ozubulu, Nigeria

- Admission and discharge of patients.
- Completed patient's general assessment and vital signs
- Wound dressing.
- Administered and monitored I.V medications and fluids.
- Administered and monitored blood transfusion.
- Proper and accurate documentation of nursing care and intervention.
- Health education.
- Patient's oral care.
- Monitored input and output of I.V fluids.
- Provided mental and emotional support to patients and family members.

Skills

Organizational skills, Active listening skill, Excellent bedside manners, Multitasking, Critical thinking ability, Patience, Good communication skill, Excellent team player, Culturally sensitive, Highly cautious of safety precautions and patient's confidentiality, Infection control and aseptic technique, Ability to work under pressure, Ability to raise patient's self esteem.

Certificates

- BLS. February 2022
- Blood borne pathogens completion certificate. January 2022
- Advanced Cardiac Life Support. July 2022
- CPR, AED & FIRST AID. February 2022
- Paediatric Advanced Life Support. July 2022.
- BLS license

Interests

Reading, singing meeting people.

Awards

Best graduating Student Midwife, Anambra State. 2015,

School of Midwifery, Our Lady of Lourdes hospital. Ihiala

Best behaved student Midwife 2015, School of Midwifery Our Lady of Lourdes hospital Ihiala.

References

Rev Sr, Dr MaryLaurette Madu, Rector, College of Nursing Mbanu, Imo State, Nigeria

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Rev Sr Celine Agonsi, Principal, School of Midwifery, Our Lady of Lourdes hospital Ihiala.

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