

Sheila Alejandro

California Registered Nurse

California

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- California Registered Nurse
- Compassionate, competent and dedicated Registered Nurse with 25 years' experience in hospital settings particularly in Operating Theatre
- Demonstrated ability in providing positive, high-quality nursing care with empathy and dedication
- Multi-disciplinary team member who provides professional patient care to complete physicians orders, delivery of medications, medical treatments, lab tests and other patients' needs in timely manner
- Proficient in Microsoft applications, such as Word, Excel, Power Point and Access
- BCLS/ ACLS Certified Provider

Willing to relocate: Anywhere

Authorized to work in the US for any employer

Work Experience

Registered Nurse - Surgery

Saint Agnes Medical Center - Fresno, CA

Present

Circulates in multi specialty cases.

Registered Nurse Operating Room

Adventist Health Bakersfield - California

May 2019 to December 2019

Circulates in multi specialty cases.

Operating Room Nurse

Alberta Health Services Foothills Medical Centre - Calgary, AB

March 2014 to April 2019

Nursing Skills

- Circulating & scrubbing in General, OB/gynae, Neuro, Spine and pediatric surgeries.
- Maintaining & adhering AORN standards and the policies of the facility.
- Assuring all members of the surgical team, including myself, are following safe standards of practice.
- Assuring patient safety, and working with a good surgical conscience.
- Maintain a clean and organized work environment & the availability of functioning equipment needed for surgical cases.
- Specimen collection & documentation with proper handling of specimens.
- Medication administration & documentation.

Supervisory Skills

- Oriented and trained new and existing nursing staff and students in performing clinical duties and provided necessary feedback to further develop skills and ensure delivery of quality care.

Licensed Practical Nurse

Intercare Southwood Care Centre - Calgary, AB
March 2014 to June 2014

Responsibilities

- Giving medication as prescribed by a physician
- Taking vital signs, such as blood pressure, temperature, and weight
- Basic wound care including cleaning and bandaging injured areas
- Giving injections of medication
- Taking medical histories
- Entering information into computer systems
- Managing IVs
- Ensuring patients and their families understand release instructions
- Supervising CNAs (Certified Nursing Assistants)
- Monitoring fluid and food intake and output
- Moving patients safely
- Assessing patients' reactions to medications
- Assessing patients' mental health

Registered. Staff Nurse Operating Room

Dubai Hospital - Dubai
January 2009 to August 2012

Responsibilities

Provide nursing care for patients undergoing surgery.

Assist surgeons in major or minor operations.

Maintain standards of nursing care in pre operative and post operative planning, implementation and patient care.

Prepare the operating room for all emergency and scheduled procedures.

Keep principles of aseptic techniques in performing surgical scrub ,setting instruments,gowning,gloving as needed for the procedure.

Assist as a circulatory or scrub nurse.

Monitor and report all vital signs of patient.

Administer oxygen therapy and suction of secretions if required.

Report any untoward reactions of patient to the surgeon or anaesthesiologist .

Carry out all the doctors order and directions.

Give all psychological support to the patient and family.

Registered Staff Nurse Coordinator / Scheduler Operating Room

Sheikh Khalifa Medical City - Abu Dhabi
March 2006 to August 2008

Responsibilities

- Scheduled and planned activities of eight Operating Rooms and equipment to maximize use and safeguard patient and O.R. Team's well-being.
- Communicated with surgeons and other multidisciplinary team members involved to ensure effective use of operating room resources.
- Coordinated with operating surgeon and established priorities to schedule patients for surgery according to urgencies and specialties.
- Maintained records on cases scheduled, cancelled and rebooked.

Registered Staff Nurse - OR

American Hospital Dubai - Dubai

September 2001 to March 2006

Prepare the unit and admission of the patient to Emergency Room/ER

Evaluation and recording of patient's conditions.

Assist in various procedures like Intubation, Chest Tube Insertion, Internal Jugular, Ryle's Tube insertion and Foley's Catheter Insertion etc.

Provide bed side nursing care.

Prepare the patient for various investigations like X-ray, ECG, Ultrasound, MRI etc.

Monitor vital signs and report to the physician.

Administer medication and treatments as prescribed by the physician.

Collection of samples, evaluate and record the results.

Provide psychological support to the patient and relatives.

Maintain barrier nursing techniques and prevent cross infection .

Follow medical and surgical asepsis.

Participate emergency nurse certification trainings and other health service activities.

Registered Staff Nurse Operating Room

Cabanatuan City general Hospital - Cabanatuan

June 1999 to June 2001

Registered Nurse Recovery Room

San Antonio Distrct Hospital - Nurva Ecija

June 1994 to April 1999

Education

Bachelor's in Bachelor of Science in Nursing

Wesleyan University - Philippines

June 1990 to April 1994

Nursing Licenses

RN

Skills

- Operating Room
- Aseptic Technique
- Critical Care Experience
- Experience Administering Injections
- Medication Administration
- Hospital Experience
- Nursing

Certifications and Licenses

BLS Certification

ACLS Certification