

ZAINAB ADERONKE, POPOOLA

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POSITION SUMMARY

Compassionate, dedicated and reliable caregiver with over 20 years of extensive nursing and social work experience in Nigeria. Proficient in providing high-quality client-centered care with focus on respect, empathy and sufficient skills required.

EDUCATION

- **Canadian Nursing Review (Advanced Diploma)**
OMNI College, Richmond, BC **July 2024 – Present**
- **Bachelor of Nursing science**
National Open University of Nigeria **June 2015- Feb 2022**
- **Masters in Science in Social works (Healthcare)**
Ladoke Akintola University of Technology Ogbomosho, Oyo state **Feb 2012-Sep 2014**
- **Post-graduate Diploma in Social Works (Healthcare)**
Ladoke Akintola University of Technology Ogbomosho, Oyo state **2010-2011**
- **Diploma in Peri-operative Nursing and Theater Management**
University College Hospital Ibadan Nigeria **Oct 2005 -Nov 2006**
- **General Nursing**
Ahmadu Bello University Teaching Hospital, School of Nursing, Zaria **Nov 1999 – Nov 2002**
- **Senior School Certificate**
Comprehensive College, Railway Compound Zaria **1992 – 1998**

PROFESSIONAL REGISTRATIONS

Nursing and Midwifery Council of Nigeria Issued:

- Registered Nurse (RN) License **Valid till Dec 31st, 2025**
- Registered Peri-operative Nurse (RPON) License **Valid till Dec 31st, 2025**

EMPLOYMENT

**Assistant Director of Nursing Service
(Operating Theatre)**

Jan 2016 – Dec 2024

Federal Medical Center Idi-Aba Abeokuta, Ogun State, Nigeria

- Pre-operative visits to surgical patients.
- Ensured informed consents for surgical procedures are taken at due time.
- Assessed and admitted surgical patients into the operating theater for day surgical procedures.
- Carrying out review of my patients with the surgical team and implementing treatment order effectively to enhance patient's clinical improvement.
- Performed routine observations of pre-operative, intra-operative and immediate post-operative vital signs on surgical patients.
- Anticipated and provided surgical team's need during surgery.
- Advocated and protected the surgical patient from potential harm or injury.
- Applied and administered resultative gadgets on surgical patients when the need arises.
- Educated individuals and families on health education and lifestyle modification on postsurgical conditions.
- Prepared examination rooms with sterile instruments, equipment, and supplies.
- Used aseptic techniques to prevent and control spread of infections within the operating theatre.
- Administrated intravenous fluids/blood products on surgical patients.
- Assessed patient's physical and psychological status to determine their readiness for onward transfer to the ward for further management.
- Participated in early discharge plans with surgical team for post-operative patients.
- Assisted my line manager to develop annual departmental objectives, budgets, policies, procedures, and strategies

Senior Nursing Officer

Jan 2008 - Dec 2015

Mental Health/Social Welfare Unit

Federal Medical Center Idi-Aba Abeokuta, Ogun State, Nigeria

- Assessment of mental health and social needs of both in and out patients.
- Involved in carrying out review of patients with mental illness with psychiatrists and implementing treatment orders effectively with a view to enhance patient's clinical outcome.
- Monitored high risk/suicidal patients.
- Provided an ongoing support and resources for clients and their families, ensuring their needs are met.
- Advocated actively for Clients' rights and needs in the healthcare, education and social services, to ensure access and timely assistance when necessary.
- Participated in organizing and implementing programs to raise awareness and support for mental health and social issues concerning clients.

- Mobilized funds and resources allocated by the government such as housing, financial assistance, rehabilitation services, to improve clients' quality of life and promote stability
- Addressed unique mental health needs of patients by developing individualized care plans and implementing them.
- Provided interventions for clients in crisis, ensuring safety and wellbeing through de-escalation techniques and appropriate referrals.
- Collaborated with other healthcare professionals to coordinate care and support client for holistic care outcome.
- Facilitated counselling sessions and follow-up visits to evaluate clients' recovery and wellbeing.

Nursing officer

2003 - 2008

Surgical Unit

Federal Medical Center Azare, Bauchi State

- Assessment of patients on admission holistically.
- Involved in the care of the elderly and incapacitated patients and assisting them to meet their daily routines.
- Monitored vital signs of surgical patients and ensured proper documentation.
- Ensured prevention of pressure sores in surgical patients by turning 2hourly.
- Assisted with activities of daily living (ADLs) such as bathing, grooming and peri-care
- Administered oral medications and intramuscular injections as prescribed.
- Administered intravenous fluids and transfusion of blood and blood products.
- Recorded fluid intake and output of surgical patients.
- Dressed surgical wound using aseptic techniques.
- Ensured safety precautions especially during patients' transfer.
- Involved in managing surgical emergencies.
- Worked with surgical team using multi-disciplinary approach to manage complex surgical cases.
- Developed and implemented care plans for surgical patients.
- Provided health education on disease process to peri-operative patients, families and significant others.

Nursing Officer

2002 - 2003

Alaoye Clinic and Maternity, Zaria, Kaduna State

- Administered prescribed drugs.
- Monitored and documented vital signs of patients.
- Served meals to patients on the ward.
- Bed making.
- Periodic observation and call for advice on effect of drugs on patients.

CERTIFICATIONS

- International English Language Testing System Certificate (IELTS)
- First Aid, AED and CPR Certificate
- Food Safe Certificate
- Criminal Record Certificate
- WHMIS Certificate
- Covid 19 Completed Vaccine Card

SKILLS

- Personal care assistance
- Prompt observation of health changes
- Communicates effectively and efficiently
- Companionship
- Can work independently and within a team
- Performs light housekeeping and meal preparation

REFERENCES

WESLEY BULLOCK

General Manager, Omni College, BC. Canada

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DILSHA CHAKKIYODI

Student Advisor OMNI College

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JAMIU O. AZEEZ

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