

Mark Christian R. Macaraig

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CAREER OBJECTIVE

To obtain a nursing position where I can make the most of my nursing education and training, over and above my interpersonal skills to give the maximum level of care contributing for the benefits of the company.

SUMMARY OF QUALIFICATIONS

- NHRA Licensed Nurse
- Basic Life Support Provider – American Heart Association
- IV Therapy Nurse
- Ability to work with patients with acute, chronic, and complex disease processes
- Excellent time management and nursing skills
- Ability to maintain clinical competency as required
- Outstanding ability to react and perform under stress in emergency situations

PERSONAL DATA

- Birthdate - January 28, 1993
- Nationality - Filipino
- CPR number - 930139550
- Passport number – P5264973B
- Driving License number- 930139550

PROFESSIONAL LICENSE TO PRACTICE

- **Registered Nurse – National Health Regulatory Authority Bahrain**
License # : 11316037
- **Registered Nurse – Philippine Regulation Commission**
Reg #: 0810893
- **BLS Provider – American Heart Association**
Training Center ID # ZZ20810
- **IV Therapy Nurse – ANSAP**
Card # 14-012977

WORK EXPERIENCE

February 10, 2019 up to present – Occupational Health and Safety Nurse

Cebarco S.P.C Bahrain
Marassi Bahrain - JV Project

Duties and Responsibilities/Job Description:

❖ Occupational Health and Safety Nurse

- Provide basic first aid and health care screening for workers with injury and illnesses
- Coordinate with the management to implement health and safety programs
- Organizing and scheduling of periodical clinical check on employees
- Maintains a register of all first aid services provided, whether injury or health illnesses
- Monitors all first aid equipment and medical supplies, including keeping a register of all supplies to ensure that all stocks are valid and within relevant expiry date.
- Makes appropriate interprofessional referrals for all employees that require evaluation in a medical facility.
- Reports to HSE Manager in case of any occupational injury or health illness which has resulted from an incident in the workplace.
- Provide a weekly and monthly report to HSE Manager, detailing all cases of treatment administered to employees.
- Provide information of health history, in case of compensation and disability claim by an employee to the management
- Responsible for securing and developing all records and equipment, and programs related to occupational health services.
- Evaluate and treat all injuries and illnesses in an efficient and professional manner within the scope of practice and consistent with clinical nursing guideline.
- Participates in training conducted by HSE department such as Confined Space Rescue, Tower Crane Rescue, Fire Drills, Disaster and Crisis Management Plan.

January 18, 2016 – February 07,2019 - Senior Nursing Officer

Dr. Haifa Eye Hospital
Abu Gazalah, Bahrain

Duties and Responsibilities/Job Description:

❖ Senior Nursing Officer

I. Clinical Responsibilities:

- Develop innovative strategies in patient care activities
- Responsible for maintaining clinical and patient care standards
- Lead, direct and guide other nursing staff in delivering patient care
- Develop and implement high quality and cost effective health care to patients.

- Coordinate with Doctors, administrative and other staff involved in health and patient care activities
- Interact with patients and their families to enhance confidence and comfort levels in them
- Actively participate in hospital's strategic meetings to enhance and improve operational performances
- Integrate the best practices in nursing patients and delivering health care systems.
- Possessing a deep awareness of the health care needs and difficulties encountered when treating a diversity of individuals possessing different ethnic, social, and cultural background

II. Supervisory Responsibilities

- Informing all nurses of any new procedure or policy implementations introduced by the healthcare facility's administration.
- Training nurses and non-licensed personnel.
- Ensuring that work standard, legal procedures and ethical standards regarding nursing practices are adhered to at all times
- Making recommendations to the Medical Director concerning procedure or policy modifications when necessary.
- Maintaining open channels of communication among nurses in order to enhance operational methods and provide optimal patient care within the hospital.
- Creation and submission of a variety of reports to higher administration recapulating problems, goals and any pertinent developments influencing the operation of the facility.
- Remaining up to date with latest information about products, equipment, and services relevant to the field of nursing and healthcare
- Monitoring job performance of shift nurses in order to regularly evaluate each nurse and suggest bonuses, promotions and terminations
- Creating schedules , implementing staff rotations and enacting rescheduling needs that address the current demands of the hospital.
- Supervising regular education oriented meetings in which national guideline changes are discussed with nursing staff in addition to any recent developments in the medical field that relates to nursing.

III. General Responsibilities

- Assists in auditing the required measures implemented to ensure correct compliance.
- Attends meeting as and when required
- Participate in Hospital Quality Improvement activities
- Performs other tasks and duties within the scope of knowledge, skills and experience required for the post, as assigned by the immediate Manager/Supervisor.
- Be aware of all policies and procedures and action plans put in place by the Hospital Management for all Hospital emergency scenarios e.g fire, bomb threat etc.
- Maintain full awareness of and compliance of Occupational Health & safety regulations.

🚦 **October 14, 2013 - December 2015- Staff Nurse**
UHBI- Paranaque Doctors Hospital
Dona Soledad Paranaque City

Areas of Specialty: Medical Surgical Ward- Emergency Department

Other Area of Assignment: Intensive Care Unit, OB-Gyne Ward, Pediatric Ward

Duties and Responsibilities/Job Description:

❖ **Staff Nurse**

- Responsible for all general nursing activities
- Applied aseptic management in the most effective way.
- Responsible for total care of the patient, coordinating activities with other disciplines such as occupational and physical therapy, social services, nutritional services and pharmacy.
- Deals with patients in burn unit- dressing their wounds, helping them in their daily tasks
- Treats patients suffering from electrical or fire exposures with utmost care and sensitivity
- Ensured safe passage with optimal outcomes across the lifespan
- Proficient in maintaining clinical competency, in compliance with the rules of the Emergency Unit and Intensive Care Unit.
- Responsible for wound care and for noting subtle changes that require immediate attention, prevention of infection and pain management
- Implement proper triage system of the institution through thorough assessment of patient
- Perform nursing interventions such as IV therapy. Administration of emergency drugs, suctioning and ECG tracing
- Responsible for the care of each patient and assist them towards their full recovery
- Assist the physician in performing procedures such as minor suturing, wound debridement, incision and drainage, removal of foreign body, intubation, cardio pulmonary resuscitation, catheterization, nasogastric tube insertion, and defibrillation when so delegated

EDUCATIONAL BACKGROUND

- ✓ **College Education:** Bachelor of Science In Nursing
Lyceum of the Philippines University- Batangas
(2009-2013)
- ✓ **Secondary Education:** Batangas State University
R. Martinez Brgy. Bucana Nasugbu, Batangas
(2005 – 2009)
- ✓ **Elementary Education:** Nasugbu West Central School
Concepcion St. Brgy.4 Nasugbu, Batangas
(1999 – 2005)

TRAININGS ATTENDED

- ✓ **Basic Life Support** – December 06, 2019 (Dr. Hala Al Sayed Medical Center)
Validity: December 06, 2019 to December 2021
- ✓ **Clinical Assessment of Trauma Patients** – December 28, 2019 (Dr. Hala Al Sayed Medical Center)
- ✓ **IV Cannulation Workshop** – December 27, 2019 (Positive Think Management & Consultancy)
- ✓ **31st Hypertension & Cardiovascular Highlight Session** – February 20, 2019 (Bahrain Specialist Hospital)
- ✓ **Infection Control Courses – September 2017 (Steris University – online course)**
 - Skin care and Hand Washing: Revising the Basics – Study Guide
 - The Role of Central Service in infection Control – Study Guide
 - Now Playing, Biofilms – The Good, The Bad and The Ugly – Study guide
 - An Introduction to Cleaning – Study Guide
 - The Essentials of Chemical Disinfection in Healthcare – Study Guide
 - Ultrasonic Cleaning – Study Guide
 - Understanding Steam Sterilization – Study Guide
 - The Basics of Hand Hygiene – eLearning
 - The Importance of Surface Disinfection and Departmental Housekeeping
 - Cleaning & Decontamination Webinar Series:
 - Introduction to Cleaning and Cleaning Testing
 - Manual and Automated Cleaning
 - Cleaning Chemistries and Cleaning
 - Verifying Cleaning Processes in Healthcare Facilities.
- ✓ **Clinical Research Methodology Courses:**
 - Training on statistical analysis method.
 - How to write and publish Medical research papers.
- CPD Department – National Health regulatory Authority, Bahrain
(24th – 25th February 2017)

“Basic Life Support- Healthcare Provider (CPR and AED)” - American Heart Association
Education Plus Consultancy- Manama Bahrain (April 2017 to April 2019)

“Basic Life Support- Healthcare Provider (CPR and AED)” - American Heart Association
LPU – BATANGAS by UST FMS LSTC (April 2013-2015)

“ Intravenous Therapy – ANSAP” - UHBI Paranaque Doctors Hospital
(Date Issued: September 8, 2014)

PERSONAL QUALIFICATION:

- Dedicated individual achieving a reputation for consistently going beyond what is required.
- Demonstrated ability to function effectively as a team player as well as working independently to achieve objectives.
- Confident and poised in interactions with individuals at all levels.
- Remain calm and professional during periods of critical need.
- Readily develop rapport with clients,co-employees and management team.

Character References will be issued upon request.

"I hereby affirm that the foregoing information's are true and correct to the best of my knowledge and belief."

Mark Christian R. Macaraig
Applicant