

PARDEEP KAUR BRAR

53 Executive Court, Brampton, ON

Phone: (647) 770-9299

Email: deepibrar22@gmail.com

CNO RN Registration Number: 23781187

OBJECTIVE

Dedicated and compassionate Registered Nurse seeking a position that allows me to utilize my clinical expertise and leadership skills to deliver exceptional patient care and contribute meaningfully within a collaborative healthcare environment.

PROFESSIONAL EXPERIENCE**Registered Nurse – Medical-Surgical Unit**

Halton Healthcare – Georgetown Hospital, ON

November 2023 – Present

- Provide high-quality, patient-focused care to individuals in the medical-surgical unit.
- Collaborate effectively with physicians and interdisciplinary teams to assess, plan, implement, and evaluate individualized patient care.
- Perform patient assessments, monitor vital signs, administer medications, and assist in pre- and post-operative care.
- Deliver wound care, IV therapy, and support recovery plans for post-surgical patients.
- Educate patients and families on disease management, discharge instructions, and health promotion.
- Maintain detailed patient records and follow infection prevention and safety protocols.

Staff Nurse

Hero DMC Heart Institute – Ludhiana, India

November 2012 – January 2021

- Delivered compassionate care to patients in the cardiac recovery department, including those on ventilators.

- Assisted patients with daily living activities such as hygiene, grooming, and feeding via nasogastric tube when necessary.
 - Practiced therapeutic communication, including the use of silence and therapeutic touch with terminally ill patients.
 - Measured and documented vital signs, monitored intake and output, and reported changes to medical staff.
 - Ensured proper elimination support and comfort for immobile patients using bedpans and urinals.
 - Demonstrated excellent teamwork and respect for colleagues, contributing to a positive work environment.
 - Applied correct body mechanics in lifting, positioning, and transferring patients safely.
 - Supported patients and families during difficult situations by offering empathy and emotional support.
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EDUCATION

Post-Graduate Certificate – Advanced Healthcare Leadership and Management *Lambton College, Toronto, ON – April 2022*

- Ranked in the top 5% of class.
- Gained strong knowledge in healthcare administration and leadership.
- Developed advanced communication and clinical skills aligned with Health Care Assistant roles.
- Volunteered at Compass Care Clinic in Brampton to enhance patient care experience.

Bachelor of Science in Nursing

Babe Ke Institute of Nursing, Daudhar, Moga, India – September 2008 to September 2012

- Completed internship in a surgical unit, developing core skills in pre-operative and post-operative patient care.
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KEY SKILLS

- Medical-Surgical and Cardiac Care
 - Clinical Assessment and Patient Monitoring
 - Post-Operative and Ventilator Care
 - Medication Administration & IV Therapy
 - Wound Care Management
 - Infection Control Practices
 - Therapeutic Communication
 - Patient & Family Education
 - Team Collaboration and Leadership
 - Electronic Documentation and Charting
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CERTIFICATIONS

- **Registered Nurse – College of Nurses of Ontario (CNO)**
Registration Number: 23781187