



ALLEN PATRICK POLO

San Isidro, Magalang, Pampanga, Philippines 2011
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HOME HEALTH CAREGIVER

PROFESSIONAL SUMMARY

Focused Home Health Caregiver delivers consistent and professional work for every assignment. Offers more than 5 years in healthcare industry and top-notch abilities in Geriatric Care. Well-organized, handles client demands to support advanced physical and mental conditions. Maintains efficient schedules based on client needs. Smoothly handle housekeeping, nutritional and recordkeeping requirements. Dedicated healthcare professional devoted to client needs. Trained in wound care, basic life support and daily support. Keeps clients active and mentally stimulated while meeting all physical requirements. Applies diligent attention to keep home environments clean. Caring and compassionate in handling personal hygiene requirements with dignity. Attentive professional versed in managing client social, emotional and domestic needs with compassionate support. Monitors and addresses household chores to keep spaces clean and organized. Assists with ADLs and transportation with focus on safety and companionship.

AREA OF EXPERTISE

- ✓ Skilled and knowledgeable in:
 - Tracheostomy Care Weaning and Corking
 - NGT and Foley Catheter Insertion
 - Tube Feeding NGT and PEG
- ✓ IV medication preparation and administration as authorized and instructed by license healthcare provider.
 - ✓ Manual Handling Technique for Mobility support with or without device and equipment assistance able to lift up to 90-130lbs
- ✓ Basic knowledge in Physiotherapy and Rehabilitation
 - ✓ Daily living activity assistance and support
 - ✓ Meal preparation and planning as per client nutritional needs
 - ✓ Wound Care
 - ✓ Defensive Driving Skill

PROFESSIONAL EXPERIENCES

MAY 2023 – PRESENT	Patient Masbang: Post-Meningitis Bed bound with Tracheostomy and PEG
MARCH 2024 – JULY 2024	Patient Corpuz; Post COVID-19 Parkinson's Disease and Frontotemporal Dementia with Type II Diabetes Bed bound with Tracheostomy and PEG
AUGUST 2021 – OCTOBER 2023	Patient Vitug: CKD Bed bound with Tracheostomy and PEG
APRIL 2021 – AUGUST 2021	Patient Pantua: CVA Bedbound with NGT.
FEBRUARY 2021 – APRIL 2021	Patient Amido: CKD Severe Rheumatoid Arthritis with Type II Diabetes
DECEMBER 2020 – JANUARY 2021	Patient Leyson: COVID-19 Alzheimer's Disease
JULY 2019 – SEPTEMBER 2020	Patient Pangan: Craniotomy CVA with Type II Diabetes
OCTOBER 2019 – JANUARY 2020	Patient Legaspi: Coronary Artery Bypass Secondary Hypertension with Type II Diabetes

Duties and Responsibilities:

- Regularly check vital signs as instructed.
- Assist in monitoring blood glucose levels frequently, ensuring they remain within the target range, administer insulin as prescribed by his doctor.
- Administer prescribed maintenance medications and diabetes management drugs as directed by his doctors, and report any adverse effects.
- Assist in meal planning and preparation that adhere to the dietary guidelines given by his RND.
- Help with daily activities such as bathing, dressing, grooming and oral care.

- Support the patient in safely getting out of the bed, walking or using mobility aids as needed.
- Assist with dressing changes and ensure the area is kept clean and dry as instructed accordingly to nursing guidelines.
- Assist and accompany patient for clinic visits, rehabilitation and physical therapy sessions, running errands such grocery, bank appointments, and travel leisure, providing transportation as needed.
- Reposition the patient to prevent bedsores.
- Prepare and administer enteral feedings via the PEG tube as per prescribed schedule.
- Respond promptly to any medical emergency or changes in the patient's status.
- Encourage independency as possible
- Assist with preparing for dialysis treatment schedules, monitor the patient during and after dialysis for complications and provide comfort.
- Regularly change bed linens and maintain clean and comfortable environment.
- Observed changes in mood or behavior, noting any signs of worsening depression, and communicate any concerns to the family and his physicians.
- Recognize seizure activity and ensure the patient in a safe position.

OTHER EXPERIENCES

BUTCHER | APRIL 2016 to JUNE 2018, Mira Hills Meat Products, Bantay, Ilocos Sur, Philippines

MAINTENANCE ELECTRICIAN | MARCH 2014 to MARCH 2016, DAHN BERGER PHILIPPINES

GALLEY STEWARD | NOVEMBER 2011 to NOVEMBER 2013, Magsaysay Maritime Corporation

WAITER/FOOD ATTENDANT | JUNE 2010 to JANUARY 2011, Hotel EuroAsia International Inc.

EDUCATION

2 Year Practical Nursing, AMA Computer College, Sto. Rosario, Angeles City, Pampanga

Secondary High School Diploma, Munoz National High School, Science City of Munoz, Nueva Ecija

Caregiving NC II, TESDA Online, CAPT. WILIJADO ABUID FOUNDATION Assessment Center, PASAY CITY

TRAINING AND CERTIFICATES

Basic Course on Patient Safety and Quality Improvement, Department of Health Academy, Philippines,

Nutrition Care for Clinical Nutritionist Dieticians, Department of Health Academy, Philippines, July 05, 2024

Managing Patient Records (Medical Schools), Department of Health Academy, Philippines, June 27, 2024

Communicating Effectively with the Members of the Healthcare Team, Department of Health Academy, Philippines, June 26, 2024

Participating in Multidisciplinary Care and Interprofessional Care Teams, Department of Health Academy, Philippines, June 23, 2024

Referring to Specialty Care and Higher Levels of Care, Department of Health Academy, Philippines, June 21, 2024

Planning for Continuing Care, Department of Health Academy, Philippines, June 19, 2024

Sustaining the Primary Care Worker-Patient Relationship, Department of Health Academy, Philippines, June 18, 2024

Counseling Services on General Disease Prevention and Health Promotion, Including Household Remedies, Department of Health Academy, Philippines, June 13, 2024

Providing Individual, Family and Community Healthcare, Department of Health Academy, Philippines, May 22, 2024

Recognizing Red Flags and Danger Signs in Primary Care, Department of Health Academy, Philippines, May 22, 2024

Administering Initial Treatment in Primary Care, Department of Health Academy, Philippines, May 17, 2024

Assessing and Managing Patient in Primary Care, Department of Health Academy, Philippines, May 15, 2024

Establishing Good Patient Communication, Department of Health Academy, Philippines, May 12, 2024

Infection Prevention and Control for COVID-19 (Home and Community Settings), Department of Health Academy, Philippines, May 11, 2024

Healthcare Waste Management, Department of Health Academy, Philippines, May 11, 2024

Personal Support Worker Course, PinoyWish Training Center Inc., Ortigas, Pasig City, Philippines, October 2019

National Certificate (NC II) in Caregiving, TESDA ASSESSMENT CENTER, Manila, Philippines, February 2020

CPR/AED/FIRST AID Certificate ID #3F855A, National CPR Foundation, February 14, 2023

HCP-BLS Certificate ID #5422D6, National CPR Foundation, February 14, 2023

Advance Training in Firefighting, Southern Institute of Maritime Studies-Manila Inc., Ermita, Manila, Philippines

Survival Craft and Rescue boats, Panama Maritime Training Services, Inc, Republic of Panama

Proficiency in Survival Craft and Rescue boats, The Maritime Training Center of the Philippines

Basic Safety Training, Southern Institute of Maritime Studies-Manila Inc., Ermita, Manila, Philippines

AWARDS

Seafarer of the Year “Crew of the Costa Concordia” Nominated by Magsaysay, Lloyds List Awards | Global 2012

PERSONAL INFORMATION

NAME : ALLEN PATRICK POLO

DATE OF BIRTH : MAY 26, 1987

AGE : 37 years old

CIVIL STATUS : SINGLE

RELIGION : Born Again Christian

HEIGHT : 167 cm

WEIGHT : 74.5 kg

REFERENCES

FATIMA E. MASBANG, Private Employer, San Fernando, Pampanga, faithmasbang@gmail.com

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