



MATAUKA KAREN MAKETO,NURSE

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Personal Details

Nationality : Zambian

Gender : Female

Profile

An experienced Nurse with over 10 years of experience providing quality care to patients in both acute and long-term care settings. Possesses strong communication and organizational skills, as well as a proven ability to quickly build rapport with patients and families. Committed to providing the highest level of care, with a focus on evidence-based practice and patient safety. Consistently developing strong relationships with patients and families through empathetic communication, respectful attitude and excellent patient care.

Languages

English

Skills

- Communication skills
- Empathy and compassion
- Ability to work with diverse populations
- Active listening and problem solving skills
- Cultural competences and sensitivity
- Critical thinking and assessment skill

- Flexibility and adaptability
- Ability to support independence and autonomy
- Time management and organization
- Ability to maintain confidentiality and privacy
- Ability to work under pressure

Professional Registration

Fully registered and Licensed to practice as a registered Nurse with the General Nursing and Midwifery Council of Zambia.

IELETS

Date released 07-10-23

Overall band score 7.5

Education

BEST WEST CARE TRAINING SCHOOL
2024

JUNE 2024 - AUGUST

Certificate in Individual Support (aged care and Disability)

MAKENI COLLEGE OF NURSING
DECEMBER 2012

JANUARY 2010 –

Obtained a Diploma in Registered Nursing
O'LEVEL PROGRAM

Hillcrest National Technical College –
2007

JANUARY 2005 – DECEMBER

General Certificate of Education O Level

Experience

AEGIS AMHERST – CANNINGVALE

July 2024 - August, 2024

Placement

Aged Care and Disability- full-time Training- 120 hours

Responsibilities

- Developed and implemented personalized care plans to meet the unique needs of age-related conditions resulting in improved behavioral outcomes.
- Utilized de-escalation techniques to manage agitation and aggression in dementia clients ensuring a safe and supportive environment.
- Utilized diversion therapy techniques to calm and reassure residents experiencing disorientation and distress, successfully reducing agitation and promoting sense of calm.
- Resourcefully implemented lifestyle management strategies designed to improve the quality of life for each individual and promoting sense of purpose and fulfillment.

- Ensured that they were properly taken care of by regularly assessing their physical and mental health conditions.
- Encouraged a sense of independence among clients through activities such as gardening, cooking & crafting.
- Maintained accurate records of residents' care plans.
- Reliably assisted with the daily personal needs of aged care residents, including bathing, grooming and dressing them in a respectful manner without compromising their dignity or safety.
- Helped residents reconnect with their past interests and passions, improving their mood and overall well-being.

University Teaching Hospital

April 2020 – Present

Nurse- Intensive Care Unit

- Providing critical care to critically ill patients including those with complex medical and surgical conditions.
- Developed and implemented individualized care plans to meet the unique needs of ICU patients.
- Utilized advanced monitoring and life support equipment including ventilators, dialysis machines, and invasive hemodynamic monitoring devices.
- Assisted in endotracheal intubation and monitored patient during the procedure.
- Insertion of cannula and cannula care.
- Catheterization and catheter care.
- Administration of oxygen via prongs, non-rebreather mask and high flow nasal catheter.
- Administration of medications via various routes and monitoring patient for adverse effects.
- Infection control and safety management.
- Demonstrating strong critical thinking and problem-solving skills in a high-pressure environment and prioritizing tasks.

University Teaching Hospital

MAY 2015 – APRIL 2020

Nurse- Medical and Surgical Ward

Responsibilities:

- Developed patient care and treatment plans including assessment, evaluation and nursing diagnosis.
- Managed patient emergencies promptly informing physicians of any vital changes in patients' prognosis.
- Managed oxygen therapy and ventilator support by developing and implementing respiratory care plans.
- Provided care to patients with stroke, traumatic brain injury and seizures.
- Provided basic bedside care.

- Managed patients with renal failure, including those requiring hemodialysis and peritoneal dialysis.
- Provided pre and post op care to patients undergoing surgery.
- Implemented discharge plan and instructions for patients and families.
- Wound dressing using aseptic technique.
- Proper disposal and waste management.

University Teaching Hospital

December 2013 – May 2015

Nurse- infectious unit

Responsibilities

- Managed patients from admission to discharge.
- Practiced barrier nursing.
- High level disinfected and cleaned patient's units.
- Gave health education on the prevention of infectious diseases.
- Inserted catheter and catheter care.
- Insertion of cannula and cannula care.
- Administered fluids and blood.
- Documented patients plan of care daily assessment and progress.
- Implemented discharge plan.
- Contact tracing and testing of people exposed to an infectious infection.
- Assisted in evaluation of patients and provided critical information needed for patient care.
- Nursing procedures; monitoring of vital signs, checking blood sugar levels, urinalysis, and gastric lavage.
- Administered drugs through oral, intravenous, intramuscular, subcutaneous and rectal routes while monitoring for any adverse reactions.
- Assisted in endotracheal intubation and monitored patient during the procedure Activated and rendered cardio-pulmonary resuscitation.
- Assisted with defibrillation.
- Inserted of nasal gastric tubes.
- Fed patients via nasal or oral gastric tube.
- Catheterized and did catheter care.
- Administered oxygen via prongs, non-rebreather mask and high flow nasal catheter.

Certificates

- Manual handling
- First Aid
- Basic emergency life support
- Cardiopulmonary resuscitation
- Certificate of recognition of valuable contribution during COVID

- Certificate in psychosocial counselling
- Supervisory and management skills

References

Available on request

Declarations

I hereby declare that the details stated above are authentic to the best of my knowledge and I shall provide the originals of the same when required.

A handwritten signature in blue ink, appearing to read 'MATAUKA KAREN MAKETO', is shown on a light-colored background.

MATAUKA KAREN MAKETO - NURSE