

THERESA SAKALA: RN

tsakala66@gmail.com

Cell: +260 978 661 873

PROFILE:

Compassionate and dedicated Registered Nurse who has a natural affinity towards looking after patients. Holds over 10 years' nursing experience, working alongside a multi-disciplinary team.

SKILLS

- Patient care
- Medication management
- Treatment plans
- Conflict resolution
- Relationship building
- counseling
- critical care support

Professional Experience: Registered Nurse

04/2011-09/2018 MAZABUKA GENERAL HOSPITAL-ZAMBIA

Total # Hospital Beds: 170

Staff Nurse: Medical Surgical Ward

Nurse to Patient Ratio: 1:4

Beds in Unit: 12

Responsibilities

- Using mechanical ventilation machines and nasal continuous positive airway pressure
- Administration of medication and intravenous fluids.
- Pain management by dilution of drugs to reduce strength hence to relief pain
- Administration of blood and blood products
- Performing tests such as blood gases, Procalcitonin tests, combs test, serum bilirubin tests and interpreting the results.
- Managing acute and chronic conditions with assessment and evaluating patients needs .
- Implements protocol for rapid response to critical care patients which helped improved patients outcome by ensuring interventions.
- Executes patients satisfaction and independence promoting self- nursing skills and knowledge of mechanism.
- Offered continuous review of patients from admission to discharge.
- Provide direct quality care to patients including daily monitoring, recording and evaluating of medical conditions upto 20 patients per day.
- Interactes with patients well regardless of their race, greed religion or ethnic background, giving quality medical care and treatment.

Specialized Equipment Used:

CPAP, Nebulizer, Mechanical Ventilator, Pulse Oximeter, Oxygen Concentrator, Cardiac Monitor, Suction Machine, Neonatal Resuscitator, Ambubag

Registered Nurse

12/2018 – 11/2024 – Current UNIVERSITY TEACHING HOSPITAL – ZAMBIA

Total # Hospital Beds: 1350

Staff Nurse: Medical Surgical

Nurse to Patient Ratio: 1:4

Beds in Unit: 40

Responsibilities:

- Bedside nursing
- Proper Communication & Documentation
- Head to Toe assessment
- Assists Doctor's Rounds
- Assessing and Proper Carrying out of Doctor's orders.
- Administration of oxygen
- Medication administration
- Intravenous therapy
- Blood Transfusion
- Blood Sugar monitoring
- Suctioning
- NGT insertion
- Tube Feeding
- Catheterization and suppositories
- Aseptic dressing of wounds, utilizing best evidence to promote wound healing

Duties

- Assisted physician and taking blood pressure, recording vitals in physical examinations
- Supervised admission of patients in emergency cases and transferring of patients from their locations to the hospital via ambulance
- Using mechanical ventilation machines and nasal continuous positive airway pressure
- Administration of medication and intravenous fluids.
- Pain management by dilution of drugs to reduce strength hence to relief pain
- Administration of blood and blood products
- Performing tests such as blood gases, Procalcitonin tests, combs test, serum bilirubin tests and interpreting the results.
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Cases Handled:

Diabetes Mellites, Hypertension, Hypertensive Crisis, Asthma, Status Asthmaticus, Cerebral Vascular Accident, Heart Failure, Sepsis, Severe Malaria, Pneumonia, Burns, Severe, Meningitis, Acute Renal Failure, Liver Cirrhosis, Respiratory Failure, Poisoning Food and Chemical, Pulmonary Embolism, Alcohol Poisoning, HIV Encephalopathy, Typhoid Fever, Acute Kidney, Hemorrhagic Shock, Cellulitis, Hypovolemic Shock, Epilepsy, Anaphylactic Shock, Fractures, Traumatic Brain Injury, Hysterectomy, Benign Prostate, Hypertrophy, injury, 9.mastectomy, 10. intestinal obstruction

Specialized Equipment Used:

Oxygen Cylinder, Suction Machine, Oxygen Cylinder, Oxygen Concentrator, Infusion Pump, Cardiac Monitor, Defibrillator, Pulse Oximeter, Nebulizer, Ambubag
Suctioning Machine, Sphygmomanometer, Pulse oximeter, Stethoscope, Nebulizer, Glucometer, Oxygen Equipment, ECG Machine

CERTIFICATIONS

- Registered Nurse – Nursing Council of Zambia

Education:**January 2008 – January 2011**

Diploma in General Nursing
Western School of Nursing
Zambia

REFERENCES

1. Shupikai Nkwemu
Nursing Officer
Mazabuka General Hospital
Contact No. + 260 978 628 250
2. Matildah Kameya
Nurse In-charge
University teraching hospital
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