

# RUTH OHOBI, RPN, CFCN

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Certified Advanced & Diabetic Foot Care Nurse deeply committed to providing compassionate and high-quality foot care within the GTA.

## SKILLS

- Experienced with Microsoft Word, Excel, Access, PowerPoint, Outlook, Meditech, Electronic Patient Record (EPR), Point Click Care (PCC), and Pyxis.

## PROFESSIONAL WORK EXPERIENCE

**WALK IN FOOTCARE & WELLNESS, TOTTENHAM, ON – October 2024 – Present**

### **Certified Advanced & Diabetic Foot Care Nurse (Independent Contractor)**

- Diabetic foot care - lower leg assessment, doppler & monofilament test.
- Involuteds nails, ingrown toenails trimming, and filing.
- Corn removal and callus reduction.
- Deflecting techniques - laser therapy, cushioning, and taping for pain relief.
- Reduction of nails with e-file, scalping techniques for hyperkeratotic tissue above the dermis.
- Medical Pedicure - Foot spa soak, foot waxing & foot massage.

**MICHAZ INC., ETOBICOKE, ON – September 2024 – Present**

### **Certified Advanced & Diabetic Foot Care Nurse (Mobile Foot Care Nurse)**

- Diabetic foot care; lower leg assessment.
- Involuteds nails, ingrown toenails trimming, and filing.
- Corn removal and callus reduction.
- Deflecting techniques, using numerous devices, cushioning, and strapping for pain relief.
- Reduction of nails with debridement of ram's horn nail and scalping techniques for hyperkeratotic tissue above the dermis.
- Maintain sterile techniques when providing nail care.

**MOUNT SINAI HOME HEALTHCARE (THE VILLAGE OF HUMBER HEIGHTS), TORONTO, ON – January 2023 – Present**

**PRIORITY HEALTHCARE (BAYCREST), TORONTO ON – November 2022 – Present**

**ELITE STAFFING AGENCY (ORCHARD VILLA), PICKERING, ON – February 2023 – December 2023**

### **Registered Practical Nurse (Pick-up Shifts).**

- Ensure resident care is provided with established nursing standards and principles, physicians' orders, and administrative policies, as well as, observe, report, and record vital signs, symptoms, and conditions of residents, and initiate remedial health measures where appropriate.
- Monitor residents' health, note changes in condition, and assess the need for referral to doctors; process and implement physician orders.
- Organize and direct functions and activities related to the provision of care to residents including restorative care and palliative care as required. Interprets and implements established policies, procedures, and regulations.
- Deliver safe administration of medication and treatments with a focus on accuracy, quality, and meeting our residents' quality of life requests.
- Follow plans of care following the standards of the College of Nurses and identify and report any changes in the resident's well-being to the Charge Nurse or facility's leadership team.

- Support and embrace the resident-centered social culture and deliver the highest quality of care to residents.

**YORK REGION, NEWMARKET, ON – August 2023 – January 2024**

**Registered Practical Nurse (Casual)**

- Contributes to the development, implementation, and evaluation of individual care plans, through the Multi-disciplinary Care Team process.
- Assists in the orientation of the resident, family, Health Care Aide/Personal Support Worker, and students.
- Assists with personal care as required.
- Shows concern for the well-being, comfort, and safety of the resident.
- Maintains all resident records in compliance with the standards of the College of Nurses of Ontario and the policies of the Centre.
- Responsible for performing all duties per the guidelines and regulations of the Occupational Health and Safety Act, and Long Term Care Act. and the policies and procedures of the Long Term Care and Seniors Branch and the Regional Municipality of York.
- Assumes responsibility for personal and vocational growth and development through participation in staff development programs, seminars, and workshops.
- Participates in facility C.Q.I. and Occupational Health and Safety programs and on committees or work groups, as required.
- Performs other related duties as assigned.

**WEST PARK HEALTHCARE CENTER, TORONTO, ON – May 2022 – August 2022; November 2022 - January 2023**

**Student Nurse and Registered Practical Nurse (Permanent Part-time)**

- Provided skin care including bedside baths, perineal care, and changing briefs to 3 patients daily.
- Monitored and recorded patients' vital signs and any changes to their overall wellness every shift.
- Obtained fluid samples for lab tests and provided emotional support to patients.
- Administered prescribed oral, Subcutaneous, intravenous(IV), and intramuscular medications according to a physician's written prescription.
- Changed Foley catheter bags, measured the output, and documented any changes noted.
- Performed bladder scan and bladder irrigation according to doctor's orders.
- Measured and administered insulin doses following a doctor's order and West Park Healthcare Center policy.
- Performed saline flush on Standard IV lines and Peripherally inserted central catheter (PICC) lines.
- Administered IV infusion, IV bolus, and IV medications with the supervision of a registered nurse.
- Documented any health changes of each assigned patient at the end of each shift.
- Administered food and medications through the Jejunal tube (J-tube) and Gastrostomy tube (G-tube).

**STUDENT CLINICAL EXPERIENCE**

**NURSE MY FEET MEDICAL FOOT & LOWER LIMB CLINIC, WINDSOR, ON – July 2024**

**Skills Learned – Advanced and Diabetic Nursing Footcare**

- Diabetic Foot care; Diabetic conditions resulting in infected wounds, leading to amputations in High-Risk individuals with neuropathy, and/or anticoagulant medications.
- ABIs, vascular Doppler, LOPS, Cold Laser Therapy, and Photodynamic Laser Therapy.
- Maintained CNO protocols for the recognition of arterial and venous ulcers.
- Deflecting techniques, using numerous devices, cushioning, and strapping for pain relief.

- Reduction of nails with debridement of Ram's Horn Nail and scalping techniques for hyperkeratotic tissue above the dermis.
- Practiced sterile techniques using an autoclave.

#### **NURSE MY FEET MEDICAL FOOT & LOWER LIMB CLINIC, WINDSOR, ON – June 2024**

##### **Skills Learned** – Basic Nursing Footcare (Corns, Calluses)

- Cut and filed toenails, corns, and calluses.
- Assessed and recognized soft tissue lesions, above the dermis, such as calluses, corns, verruca warts, and athletes' feet.
- Assessed the repercussions of bony deformities (such as hallux vulgas, claw toes, hammer toes, mallet toes, and nail deformities) and how they affect the dermis and function of the foot.

#### **HUMBER RIVER HOSPITAL, TORONTO, ON – January 2022 – April 2022**

##### **Skills Learned** – Chronic and Palliative Care

- Changed bed sheets and briefs, bathed & fed patients, and disposed of urine from a bilateral nephrostomy tube.
- Assessed patients from head to toe, devised treatment regimens, reviewed test results, took vital signs, and provided oral and parenteral drugs.
- Administered IV medication in primary and secondary IV bags, subcutaneous injections, and gave food through a bolus syringe.
- Performed basic duties such as feeding and bathing, recording vital signs, measuring food & liquid intake, and identifying symptoms such as bruises, wounds, and blood in the urine.
- Assessed patients' needs, treated illnesses and injuries, and provided therapy according to doctor's request.
- Demonstrated blood transfusion therapy, oral & nasopharyngeal suctioning, tracheostomy care & suctioning, and ostomy care.

#### **EDUCATION**

##### **Canadian Association of Foot Care Nurses (CAFCN)**

Member

September 2024 - Present

##### **Trent University (GBC Campus), Toronto, ON**

Bachelor of Science in Nursing

May 2024 - April 2026

##### **Saint Clair College, Windsor, ON**

Advanced Foot Care for RN, RPN

July 2024 - July 2024

##### **Saint Clair College, Windsor, ON**

Basic Foot Care for RN, RPN

June 2024 - June 2024

##### **George Brown College, Toronto, ON**

Postgraduate Certificate in RPN Bridge to BScN

September 2023 - April 2024

##### **George Brown College, Toronto, ON**

Diploma in Practical Nursing

May 2021 - August 2022

##### **George Brown College, Toronto, ON**

Postgraduate Certificate in Data Analytics

September 2020 - April 2021

#### **LICENSES & CERTIFICATIONS**

- CNO Registration Number - BB613101
- Basic Life Support for Health Care Providers (BLS) – Expires April 2025
- Standard First Aid & CPR/AED Level C – Expires April 2027

- Mask Fit Test Certification - Expires April 2026
- Police Clearance (Clear Criminal Record Check - Vulnerable Sector) - Expires October 2024
- Completed Immunizations
- Completed Pfizer vaccinations (3 doses)