

HES

HILDA ESI STEPHENS

Professional Summary

As a nurse, I have had the privilege of working in various healthcare settings, including hospitals, clinics, and long-term care facilities. Each day brings new challenges and opportunities to make a difference in the lives of my patients.

One of the most rewarding aspects of being a nurse is the relationships I have formed with my patients. I have had the opportunity to comfort and reassure patients during times of illness, provide education on health issues, and advocate for their needs. Seeing a patient's face light up with gratitude when they are feeling better is truly heartwarming.

I have also faced difficult moments in my nursing career, such as caring for patients who are struggling with chronic illnesses or nearing the end of life. It can be emotionally draining to witness their suffering, but I strive to provide compassionate care and support to both the patients and their families during these challenging times.

In addition to patient care, I have also honed my skills in critical thinking, communication, and teamwork as a nurse. I have learned to think quickly on my feet, collaborate with other healthcare professionals, and effectively communicate with patients and their families to ensure the best possible outcomes.

Overall, my experience as a nurse has been incredibly fulfilling and has reinforced my passion for helping others. I am grateful for the opportunity to make a positive impact in the lives of those I care for and look forward to continuing to grow and learn in my nursing career.

Work History

- Ada East District Hospital 2011 till date

Languages

English, Twi, Ga, Fante and Ada

Leadership positions

- GAMSO treasure - 2002 to 2003
- Galilea Sunday School President - 2003 to 2011
- Emergency and out patient department incharge- 2020 till date.

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Location: Kasseh Ada

Skills

- Good communication skills
- Good leadership skills
- Caring and compassionate
- Paying attention to details
- Critical thinker
- Counseling
- Emerging first aid provide
- Good listener
- Good team member
- Good team leader

Education

- Therapeutic Efficacy study (yearly program)
 - April 2023
 - April 2024 till date
- International Diabetic Federation - 2024

Achievement

- Solite for funds from community 25 branch of Rotary club to pay for children 5 medical bills who suffered various degree form burns.
 - Collabrated with the community 25 rotary club to put teenagers who is a singlr mother kind dressing making apprenticeship under they apprenticeship programme 1 year ago.
 - Solite for funds and cleaning from chiefs of the Ada traditional council to the hospital, Ada East Distrct Hospital
 - Solite for support from Slydoncy and the clan head of Ackwereh family to the Ada East District Hospital.
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Equipment Used

- Infusion pump & syringe
- Cardiac monitor
- Suction machine
- ECG machine
- Glucometer - One touch, Viva Cheelo
- Oxygen Condenser
- BP Machine digital & manual
- Encifere injection pump
- Nebulising machine
- Patient Bed-Epic

- Social Behaviour Change Communication.

- 31/10/2022

- Adolescent Contraception

- 21/09/2022

- Preceptship in adolescent GHS E-Learning Plarform (online learning)

- 06/09/2022

- Investigators and key research per Biomedical

- 24/04/2022

- Assin Manso Senior High School

- 06/2000

Hobbies

- Reading health journals.
- Cooking & Cleaning.