

**Mariem Turki Gara Youssef**  
**Saudi Arabia**  
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**Job Title : Nursing Assistant**

**Professional Objective :** Tunisian nursing assistant with over 5 years of experience in Tunisia and Saudi Arabia, holding a Diploma in Nursing. Specialized in basic patient care, vital signs monitoring, post-operative assistance, and medication management, with extensive experience in home care and elderly care. Recognized for strong communication skills, teamwork, and emotional support for patients. Seeking to join a healthcare facility in Canada to contribute to patient care quality and well-being.

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**Skills:**

- Proficiency in basic patient care procedures
  - Ability to use basic medical equipment
  - Understanding of vital signs monitoring techniques
  - Excellent communication with patients and healthcare team
  - Capacity for active listening and empathy towards patients
  - Ability to work in a team and collaborate effectively
  - Effective time management and prioritization skills
  - Capability to handle multiple tasks simultaneously
  - Maintenance of accurate and up-to-date medical records
  - Quick and efficient response to emergency situations
  - Aptitude for identifying patient health issues and informing medical staff
  - Ability to perform physically demanding tasks, such as assisting with patient mobility
  - Endurance to work long hours standing and performing repetitive movements
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**Professional Experience :**

**Nursing Assistant : 10-2023 ➔ until Today : Nail Company (Dental Clinic), Saudi Arabia**

- Greeting patients and ensuring their comfort before consultations
- Preparing instruments and the workspace for dental procedures
- Assisting dentists during examinations, cleanings, and dental procedures
- Passing instruments and providing suction during treatments to maintain a clean and dry operating field
- Sterilizing and disinfecting dental instruments and work surfaces according to health protocols
- Maintaining a clean and safe environment for patients and staff
- Educating patients on preventive dental care and oral hygiene
- Explaining post-operative instructions and recommended home care to patients
- Assisting with patient record management and appointment scheduling
- Managing phone calls and patient reception at the front desk as needed

**Nursing Assistant : 12-2019 ➔ 05-2022 ! MAHARA Company (Elderly Care), Saudi Arabia**

- Assisting elderly individuals with daily activities such as toileting, dressing, and mobility
- Assisting with personal hygiene, including bathing, showering, and skincare
- Assisting with meal preparation according to dietary needs and preferences
- Supporting and encouraging dietary intake based on dietetic recommendations
- Assisting with medication management and administration per medical prescriptions
- Monitoring medication side effects and reactions, and reporting concerns to healthcare professionals

- Regular monitoring of vital signs such as blood pressure, temperature, and pulse
  - Observing and reporting any changes in clients' health status or behavior
  - Providing emotional and psychological support by actively listening to elderly concerns and providing comfort
  - Encouraging participation in social and recreational activities to promote mental well-being
  - Ensuring a safe and clean environment by adapting domestic spaces to clients' needs and capabilities
  - Preventing fall and accident risks using appropriate safety equipment
  - Effective communication with family members and healthcare professionals to ensure continuity of care
  - Maintaining accurate records of care provided and observations on clients' health status
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**Nursing Assistant : 10-2017 ➔ 10-2019 : SMASCO Company (Home Care), Saudi Arabia**

- Assisting patients with personal hygiene, such as bathing, toileting, and dressing
  - Assisting patients with feeding and medication intake according to medical prescriptions
  - Performing vital signs monitoring including blood pressure, temperature, pulse, and respiration
  - Assisting with wound care and bandage application
  - Assisting with prescribed physical therapies by healthcare professionals
  - Providing emotional and psychological support to patients and their families
  - Actively listening to patients' concerns and needs, providing comfort and understanding
  - Maintaining a clean and safe environment for patients
  - Observing and reporting any changes in patient health status to healthcare professionals
  - Working closely with other home care team members, including nurses and therapists
  - Communicating effectively the care provided and observations in patient records
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**Volunteer Nursing Assistant : 09-2016 ➔ 10-2016 and 10-2016 ➔ 12-2016 :**  
**Pediatrics and Surgery Department, Fattouma Bourguiba Hospital, Monastir, Tunisia**

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**Education and Training :**

**06-2007 : High School Diploma in Experimental Sciences, Jeune Fille High School, Monastir, Tunisia**

**09-2010 : Diploma in Nursing : EL YOSR Training Center, Monastir, Tunisia**

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**Language: Arabic ➔ Mother tongue                      : French ➔ Advanced                      : English ➔ Advanced**