

Heinz Health

Address, City, Province, Postal code

Phone number

Email address

Portfolio, blog, website, LinkedIn (optional)

SUMMARY OF QUALIFICATIONS

- Honours Bachelor's degree in Health Sciences with Minor in Psychology, University of Ottawa
- Two years of working experience as a health care facilitator in a hospital
- Excellent communication and interpersonal skills honed through two years of work experience as a swimming instructor
- Superior proficiency in Microsoft Office, including Word, Excel and PowerPoint
- Member of the Health Promotion Team at the University of Ottawa
- Fluent in English and French, beginner in Spanish

EDUCATION

Honours Bachelor's degree in Health Sciences with Minor in Psychology year
University of Ottawa, ON

- Graduated with a cumulative GPA of 8.4/10

RELEVANT EXPERIENCE

Health Care Facilitator year - present
Organization, City, Province

- Assisted with daily activities and nursing services, such as entering patient data in log book, meeting basic and immediate patient and visitor needs, escorting patients to various tests
- Ordered and installed medical equipment used to facilitate technology transition
- Oriented new volunteers and presented workshops to update their knowledge of equipment and facility changes

Patient Care Aid year - year
Organization, City, Province

- Interviewed and evaluated new patients, reviewed facility care plans and managed patient documents with discretion in support to the lead physiotherapist
- Assisted in developing policy and procedure documentation for physiotherapy clinic to implement effective practices
- Developed and implemented a physical education program to improve mobility among elderly patients

Physiotherapy Assistant year - year
Organization, City, Province

- Assisted physiotherapists in treating patients, including leading exercises, joint mobilizations
- Supervised residents and assisted them in walking exercises prescribed in their rehabilitation
- Charted monthly rehabilitation notes regarding the progression of all class participants
- Provided on-site physiotherapy treatment at local sporting events, including taping joints and massage

OTHER EXPERIENCE

Tutor year - year

Organization, City, Province

- Explained biology concepts to high school students after school on a weekly basis
- Adapted teaching techniques to suit various learning styles in order to meet the students' learning needs
- Ran academic sessions to demonstrate and teach effective study techniques to students who needed guidance

Camp Counsellor Summer year

Organization, City, Province

- Organized, coordinated and led activities for over 20 children living with disabilities
- Guided junior counselors and camp volunteers to help them acquire a deeper understanding of leadership and counseling skills
- Maintained accurate program records, including incident reports, logbook documentation, and daily attendance

Lifeguard and Swimming Instructor year - year

Organization, City, Province

- Taught children, aged 3 through 10, various swimming techniques
- Created weekly lesson plans to correctly develop and evaluate each participant's swimming skills and progress
- Ensured the safety of all individuals in and around the pool area

CERTIFICATIONS

First Aid and Level 3 CPR, Organization, City, Province year

Lifesaving Instructor (LSS), Organization, City, Province year

National Lifeguard Service (NLS), Organization, City, Province year

ACHIEVEMENTS and AWARDS

Graduated *Cum Laude*, University of Ottawa, ON year

Dean's Honour List, University of Ottawa, ON year - year

Admission Scholarship, University of Ottawa, ON year - year

Highest Academic Standing, Organization, City, Province year

INTERESTS

Sports: Avid runner and cyclist who enjoys competing in sporting events

Arts: Enthusiastic oil painter who loves to recreate Canadian landscapes

Reading: Subscribes to the Physiotherapy Journal

Travel: Greatly enjoys experiencing and learning about new cultures; has traveled to Taiwan, Indonesia and Germany