



# JOHN PAUL ABAO

CAREGIVER/ASSISTANT NURSE

## CONTACT

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Jeddah, Saudi Arabia

## SKILLS

- Vital Sign Monitoring
- Compationate Patient Care
- Infection Control Implementation
- Safety Measures Impemention
- Emphaty and Compassion
- Attention to Detail
- Physical Stamina
- Bathing and feeding assistance
- BLS and First- Aid Certification
- Teamwork
- Time Management
- Effective Communication
- Critical Thinking

## LANGUAGES

- Tagalog (Native Language)
- English (Fluent)
- Arabic (Basic)

## PROFILE

Dedicated and compassionate healthcare provider in providing high-quality patient care in various healthcare settings. Skilled in assisting with daily living activities, administering medications, and monitoring patient health. Strong communication and interpersonal skills, enabling effective collaboration with healthcare teams and fostering positive relationships with patients and their families. Committed to maintaining patient dignity and comfort while adhering to safety and hygiene protocols. Seeking to leverage my skills and experience to contribute to a supportive and caring environment for patients.

## EDUCATION

- **UNIVERSAL SKILLS DEVELOPMENT INSTITUTE**  
JEDDAH, SAUDI ARABIA
  - Certified Caregiving
  - Certified Assitant Nurse
  - Certified Healthcare Assistant
  - First-Aid Certified
  - BLS Certified
  - OSHA Certified
- **UNIVERSITY OF SCIENCE AND TECHNOLOGY OF THE PHILLIPINES**  
CAGAYAN DE ORO CITY PHILIPPINES
  - Bachelor of Technical Teacher Education

## EMPLOYMENT

### Patient Care Assistant

Al Abeer Medical Group    Jeddah Saudi Arabia    Jan. 11 until Present

- Assisting patients with mobility and transfer
- Taking vital signs (temperature, pulse, blood pressure, etc.)
- Providing emotional support and companionship
- Maintaining clean and safe environment
- Assisting with patients records or documentation
- Providing support during minor procedures.

### Caregiver / Assistant Nurse

Saudi German Hospital    Jeddah Saudi Arabia    Aug 2024 - Dec 2024

#### ICU DEPARTMENT

- Assisting patients with daily activities such as bathing, dressing, grooming, and toileting.
- Regularly checking vital signs like temperature, pulse, and blood pressure and reporting changes to nursing staff.
- Helping patients take their medications on time, as prescribed, and ensuring they understand their medication regimen.
- Assisting patients with mobility, including helping them move around the facility, using walkers or wheelchairs, and transferring them safely.
- Providing compationhip and emotional support to patiens, helping to alleviate feelings of loneliness or anxiety.
- Maintening a clean an safe environment by cleaning patient areas, ensuring proper hygiene, and adhering to infection control protocols.
- Keeping accurate records of patient care, changes in condition, and any incidents that occur during shifts.