CYNTHIA OSUNKWOR

Registered Nurse | Registered Midwife | Registered Public Health Nurse

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PROFESSIONAL SUMMARY

Registered Nurse, Registered Midwife, and Registered Public Health Nurse with progressive clinical experience across medical-surgical, maternal and child health, mental health, community health, and emergency care settings. Proven ability to deliver safe, evidence-based patient care, working collaboratively within interdisciplinary teams to achieve strong patient outcomes. Skilled in patient assessment, medication administration, wound care, health education, and clinical documentation, with a consistent record of upholding infection prevention protocols and professional standards of care.

CORE COMPETENCIES

Clinical: Patient Assessment • Medication Administration • Wound Care • IV Therapy • Catheterization • Maternal & Child Health • Health Education • Emergency Response • Infection Prevention & Control • Clinical Documentation

Technical: Electronic Health Records (EHR) • Microsoft Office • Google Workspace

PROFESSIONAL EXPERIENCE

Registered Nurse Sep 2025 – Jun 2026

Global Divine Grace Hospital

- Delivered direct nursing care to patients across inpatient and outpatient units, ensuring strict adherence to clinical protocols and patient safety standards.
- Collaborated with multidisciplinary healthcare teams to support quality patient outcomes, conducting patient assessments, monitoring vital signs, and promptly reporting clinical changes to physicians.
- Administered prescribed medications and treatments while maintaining accurate documentation; educated patients on disease prevention, medication compliance, and healthy lifestyle practices.

Registered Nurse Jun 2025 – Jul 2025

Prime Specialist Hospital and Maternity

- Assisted surgeons and theatre personnel during surgical procedures, maintaining strict aseptic technique and adherence to patient safety protocols.
- Conducted preoperative and postoperative patient assessments and monitoring; supported wound care, medication administration, and postoperative recovery management.
- Maintained accurate patient records and clinical documentation; supported emergency response and routine patient care activities across hospital units.

Nursing Intern Feb 2024 – Feb 2025

Nigerian Navy Reference Hospital, Calabar

- Assisted in the daily management of patients across medical-surgical, emergency, outpatient, and specialist units under clinical supervision.
- Performed nursing procedures including wound dressing, catheter care, medication administration, specimen collection, and patient monitoring.
- Participated in emergency response situations, supporting rapid interventions during critical patient events.
- Collaborated with physicians and senior nurses to implement patient care plans and evaluate treatment outcomes; maintained accurate clinical documentation and electronic patient records.

Community Health Nurse Apr 2022 – Feb 2024

Dominion City Medical Team, Enugu

- Participated in community health outreaches and wellness campaigns focused on preventive healthcare and health promotion.
- Conducted health screenings, blood pressure monitoring, and basic health assessments; delivered health education sessions on disease prevention, hygiene, nutrition, and healthy living.

- Administered medications and first-line nursing interventions during outreach activities; coordinated referrals for individuals requiring advanced medical attention.

Student Nurse Sep 2018 – Oct 2022

University of Nigeria Teaching Hospital, Federal Neuropsychiatric Hospital, Community Health Centres & Midwifery Units

- Gained hands-on clinical experience across medical-surgical, psychiatric, maternal and child health, community health, and emergency nursing rotations.
- Assisted with patient assessments, medication administration, wound care, and antenatal/postnatal care, maintaining accurate documentation and adherence to infection prevention protocols.
- Participated in mental health care delivery through therapeutic communication and patient health education.

LEADERSHIP EXPERIENCE

Assistant Intern Representative Feb 2024 – Feb 2025

Nigerian Navy Reference Hospital, Calabar

- Represented interns in communications with hospital management and departmental leadership; coordinated intern welfare and professional engagement initiatives.

Treasurer Dec 2025 – Jun 2026

Environmental CDS, Chikanda

- Managed financial records and expenditures for the association, maintaining accountability and transparency in financial reporting.

EDUCATION

BNSc, Nursing Sciences — University of Nigeria, Nsukka

September 2016 – April 2023

PROFESSIONAL CERTIFICATIONS

- Registered Nurse (RN) — Nursing and Midwifery Council of Nigeria, August 2021
- Registered Public Health Nursing Officer (RPHNO) — Nursing and Midwifery Council of Nigeria, October 2022
- Registered Midwife (RM) — Nursing and Midwifery Council of Nigeria, March 2023
- Health, Safety and Environmental Management (HSE) — Chartered Institute of Environmental Health and Safety (CIEHS), April 2026