**Ekta Hans**

RN(EC), NP-PHC, MN

28 Kezia Crescent. Ema[il: ekta.k.ha](mailto:ekta.k.hans@gmail.com)[ns@gmail.com](mailto:ns@gmail.com)

Caledon, Ontario Cell: (647) 703-8755

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# EDUCATION & CERTIFICATIONS

**Toronto Metropolitan University, Toronto September 2022- August 2023**

* Primary Health Care Nurse Practitioner (PHCNP) Certificate Program

**Toronto Metropolitan University, Toronto September 2018- December 2020**

* Master of Science in Nursing with a focus on health and illnesses of individuals and communities

# Brock University, St. Catharine’s, ON September 2012- April 2016

* Bachelor of Science in Nursing (Honours)
* Deans list 2012-2013
* Recipient of Harrison-Thompson Bursary Trust (2015)
* Date Conferred: June, 2016

# Basic Cardiac Life Support November 2023

**Coronary Care I January-April 2017**

**Coronary Care II January- May 2020**

# PROFESSIONAL MEMEBERSHIPS

Registered Nurses of Ontario **November 2014- Present**

College of Nurses of Ontario **August 2016- Present**

Ontario Nursing Association **August 2017- Present**

Nurse Practitioner Association of Ontario **October 2022-Present**

American Association of Nurse Practitioners **June 2023-Present**

**EMPLOYEMENT**

**Region of Peel, Brampton, ON**

**Nurse Practitioner January 2024-Present**

* Responsible for conducting assessments, diagnosing, managing, and treating seniors with delirium, depression, cognitive impairment and behavioural disturbances
* Work collaboratively as a member of an integrated care team to implement patient centered pharmacological and non-pharmacological treatment plans
* Support transitions in care for clients and their families
* Provides triage support to Behavioural Supports Ontario services to support timely referral management for patients
* Provide support to clients and their families with facilitating home care services, long term care placements, and short stay respite

**Brampton Civic Hospital, Brampton, ON**

**Registered Nurse August 2017-Present**

* Responsible for providing care to medical and cardiovascular patients including those requiring and recovering from bypass, pacemaker and angioplasty heart surgery, as well as acute and chronic medical conditions
* Interpret and monitor cardiovascular readings, vital results, and lab results of patients
* Implement patient care plans using an interprofessional collaborative approach
* Educate patients and their caregivers in regards to their care plan using adult learning
* Drawing blood samples and completing ECGs as per physicians’ orders
* Function as team leader when needed to coordinate and oversee daily administrative duties, patient admissions/discharges/transfers, supervising and supporting staff
* Participated in the implementation of the Telemetry Engage pilot project

**West Park Healthcare Centre (WPHC), Toronto, ON**

**Clinical Nurse Educator February 2021-August 2022**

* Worked in collaboration with key stakeholders to identify, plan, develop, deliver and evaluate organizational education initiatives
* Assisted with the development and delivery of organizational policies and procedures pertaining to clinical practice
* Supported the design and translation of clinical education as per best practice and research
* Facilitated the onboarding of new nursing hires and clinical orientation
* Participated in the performance evaluation of nursing staff in regards to their practice
* Developed individualized education plans for nursing staff by assessing their learning needs
* Conducted audits to monitor clinical practice and for quality improvement
* Worked in partnership with unit leadership to develop education initiatives based on the identified learning needs of nurses

**Runnymede Healthcare Centre, Toronto, ON**

**Advanced Practice Nurse August 2020-February 2021**

* Participated in the development and implementation of organization policies, procedures, and protocols
* Worked collaboratively with clinical educators and patient care managers to translate evidence-based knowledge and best practice guidelines in nursing practice
* Participated in the onboarding of new hires with unit leadership
* Managed and led transfer of accountability processes, purposeful rounding, inter- professional rounds, shift reports and patients’ concerns
* Worked collaboratively with key stakeholders to support the professional development of nursing staff
* Provided leadership and support to nursing staff

# Central West Local Health Integration Network, Brampton, ON

**Care Coordinator July 2019-September 2020**

* Responsible for assessing patients’ specific care needs, determining eligibility of services, as well as developing, applying, and monitoring individual care plans
* Worked collaboratively with patients, their families, and caregivers to address their health needs and concerns
* Processed referrals for services including nursing, speech language pathology, occupational therapy and physiotherapy
* Worked with internal and external stakeholders including service providers, hospital and community partners to improve quality of care for patients
* Coordinated immediate interventions in response to patients needing timely assistance

# Mississauga Hospital, Mississauga, ON

**Registered Nurse March-September 2017**

* Responsible for providing care to medical and cardiac patients with acute and chronic health conditions
* Practiced within a faced paced environment while ensuring patient safety and quality of care
* Worked as part of an inter-professional team to develop appropriate strategies and plan of care for optimal patient care
* Cared for patients with telemetry, total parenteral nutrition, nasogastric tubes, Jackson-Pratt drains, catheters, chest tubes, wound care, central venous access devices, enteral Feeds and I.V. therapy

# St. Catharine’s General Hospital, St. Catharine’s, ON

**Registered Nurse September 2016-March 2017**

* Responsible for delivery of care to telemetry, stroke and medical patients
* Worked collaboratively with interdisciplinary team members to assess patients, provide interventions and evaluate their care plans
* Delivered preoperative and postoperative care for cardiac patients
* Provide patient and family education on illness process and management, medications, interventions, and home health care

**PROFESSIONAL EXPERIENCES**

**Queen Square Family Health Team, Brampton, ON**

**PHCNP Student May- July, 2023**

* Worked on an interdisciplinary team providing primary care, geriatric, palliative and diabetic services
* Conducted physical, psychosocial, cognitive assessments, ordered and interpreted diagnostics, monitored and followed up with patients
* Initiated written, verbal and virtual referrals and consults for patients
* Formulated appropriate differential diagnoses and chief diagnosis based on history of presenting illness, physical exam and diagnostic findings
* Initiated and evaluated plan of care collaboratively with patients, families and interdisciplinary team members
* Provided education counselling to patients and families regarding their health condition(s), intervention and gaps identified
* Demonstrated therapeutic communication, sensitivity, and patient centered care in all patient interactions

**Queen West Medical, Brampton, ON**

**PHCNP Student January-March, 2023**

* Delivered high level of primary care to a diverse patient population of all ages with acute and chronic illnesses
* Conducted patient health histories and physical assessments using a comprehensive and organized approach
* Ordered and interpreted diagnostic tests, monitored trends, and intervened appropriately to abnormal findings
* Developed individualized plan of cares collaboratively with patients based on their health care needs, social determinants of health, evidence-based practice and research
* Prescribed appropriate pharmacological treatments for patients based on the chief diagnosis, age, medical and social history, cost, efficacy, safety and adherence
* Recommended evidence based non-pharmacological interventions for patients
* Provided patients with health counseling and education
* Initiated referrals and consultations based on the clinical context of the patient

**Humber River Hospital, North York, ON**

**PHCNP Student September-November, 2023**

* Delivered acute and chronic care to adult patients receiving hemodialysis on an outpatient basis
* Collected patient data from comprehensive health histories, focused and head to toe physical examinations, and diagnostic investigations
* Ordered and interpreted diagnostic tests as well as intervened accordingly to any abnormal findings
* Developed individualized plan of cares collaboratively with patients and the interdisciplinary team
* Managed hemodialysis treatment accordingly to patients’ health status, physical assessment and diagnostic findings
* Prescribed pharmacological treatment to patients and recommended non pharmacological interventions based on the chief diagnosis and patient specific factors
* Initiated referrals and consultations based on the clinical context of the patient

**Registered Nurses of Ontario, North York, ON**

**ACPF Reviewer** **July 2021-August 2022**

* Reviewer for the Advanced Clinical Practice Fellowship Program
* Reviewed and evaluated submitted proposals by RNs and NPs to support mentorships focused on promoting knowledge, expertise, improving patient care and outcomes

**St. John’s Rehab, Sunnybrook Health Sciences Centre, Toronto, ON**

**MN Student** **September-December 2020**

* Led a quality improvement initiative to evaluate weekly interdisciplinary grand rounds on the stroke-rehab unit to promote patient centered care and interprofessional collaboration
* Initiative entailed literature review, observation, data collection from clinical staff, analyzing findings and disseminating findings with participating staff and manager which was used by the organization to develop a plan of action towards the identified need for change

**RESEARCH**

**Bethesda, Hamilton, ON**

**Research Assistant February 2014**

* Participated in phase 1 and 2 working with Dr. Boyd and Tom Archer of the *Curriculum of Caring* (a project supported by the AMS Phoenix Project and McMaster University)
* Facilitated the collection and coding of qualitative data by interviewing individuals with developmental disabilities in regards to their personal experiences with healthcare professionals, to improve healthcare for developmentally disabled service-users