

Sonia Emuan  
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## Sonia Footcare – Healthier Feet

Sonia Footcare

<https://www.soniafootcare.ca>

### **Career Objective**

Compassionate and dedicated Registered Practical Nurse (RPN) with extensive experience in geriatric nursing and expertise as a Community Footcare Nurse. Skilled in providing comprehensive care to older adults and delivering specialized footcare services to improve patient outcomes. Seeking a position where I can leverage my knowledge, skills, and passion for geriatric and footcare nursing to make a positive impact on the lives of patients.

### **Education & Certification**

Credentials:	Institution and Date:
Clinical Nursing Leadership eLearning Training	Ontario Centres for Learning, Research and Innovation in Long-Term Care March 5, 2021
CNO & RPNAO Current	CNO & RPNAO Current 3/March/2016
CPR/AED Level A&C Current	Canadian Red Cross\ Current 2023
Diabetes Nurse Educator Certificate	University of Toronto 14/Feb/2019 - 23/May/2019
Registered Practical Nurse Diploma	St. Lawrence College 4/Sept/2013 - 24/April/2015
Foot Care Nurse Certificate	Foot Care Kingston\ TiredSole 3/April/2017 - 23/July/2017
WHMIS Certificate	St. Lawrence College 4/Sept/2013 - 24/April/2015
Bachelor of Science in Accounting	Edo State University of Nigeria 30/Sept/1993 - 7/May/1998

## Professional Experience / Clinical Consolidation And Field Practicum

Position Held:	Institution and Date:
Bruyère Continuity Complex Clinical Consolidation	Elizabeth Bruyere Hospital, 2015
Urgent Care & Obstetrics, Dialysis	Perth and Smith Falls District Hosp, 2014
Psychiatric Nursing, Forensic Treatment Unit	Brockville General Hospital , 2014
Radiology Department & Respiratory Therapy	Brockville General Hospital, 2014
Med-Surg and ICU	Perth and Smiths Falls District Hospitals , 2013
Med-Surg and Orthopaedics	Kemptville District Hospital , 2013
Community Nursing	Perth Community Care Center, 2012

### Professional Experience

**City of ottawa nursing home : 2007 Present**

**Community Advanced Nursing Foot Care Present.**

**location where I provide care.** Services in various locations, including:

- The comfort of your own home
- Hospitals
- Long-term care facilities
- Residential facilities
- Senior Centers
- Community Centers

**Community Diabetes Educator.Present.**

- Registered Practical Nurse, City of Ottawa Nursing Home, Ottawa, ON and advance diabetic Community nursing FootCare June 2007 - Present
- Provide exceptional nursing care to elderly residents, focusing on the unique needs and challenges associated with geriatric patients.
- Implement evidence-based practices and protocols to ensure high-quality care and promote optimal health outcomes.
- Develop and update comprehensive care plans for each resident, addressing physical, emotional, and psychosocial needs.
- Collaborate with interdisciplinary teams to coordinate care and provide person-centered treatment plans.
- Administer medications, monitor vital signs, and perform routine nursing procedures.
- Monitor changes in residents' conditions, document observations, and communicate effectively with healthcare professionals.
- Promote a safe and comfortable environment by maintaining infection control protocols and ensuring resident safety.
- Act as a resource and support for Personal Support Workers, providing guidance and supervision.
- Proactively participate in continuing education programs to enhance knowledge and skills in geriatric nursing.
- Conduct comprehensive foot assessments and provide specialized footcare services to clients in the community.
- Perform foot care treatments, including nail trimming, callus reduction, wound care, and diabetic foot assessments.
- Educate clients on foot health management, self-care techniques, and prevention of foot-related complications.
- Collaborate with healthcare professionals, including physicians and podiatrists, to ensure coordinated and effective care.
- Maintain accurate and detailed client records, documenting treatments, progress, and follow-up plans.
- Stay updated on best practices and advancements in footcare nursing through continuous professional development.

## **Skills**

- Proficient in geriatric nursing, with a deep understanding of the unique physical, emotional, and social needs of older adults.
- Skilled in providing comprehensive footcare services, including assessment, treatment, and education.
- Strong clinical assessment and critical thinking abilities to identify and address patients' healthcare needs.

- Excellent interpersonal and communication skills to establish rapport with patients, families, and interdisciplinary teams.
- Proven ability to prioritize tasks, multitask effectively, and work well under pressure.
- Knowledge of infection control protocols and commitment to maintaining a safe and hygiene environment.
- Strong organizational skills, attention to detail, and ability to maintain accurate and up-to-date documentation.
- Proficient in utilizing electronic medical records (EMR) systems for efficient and effective patient care.
- Dedicated team player with a positive attitude, demonstrating professionalism and compassion in all interactions.

### **Professional Development & Certifications**

Critical Conversations	2020
Conflict Resolution Basics	2020
Excellence in Resident - Centered Care Team member course	RIA (Research Institute for Ageing 2020
Advance Skin and wounds Care	International Interprofessional <i>Wound Care</i> 2017
Stroke Network of South-eastern Ontario – A Guide for Stroke Caregivers	Putting it into Practice 2013
Gentle Persuasive Approaches in Dementia Care:	Responding to Persons with Challenging Behaviors 2011
Gerontological Nursing Association of Ontario – Geriatric Patient:	Behaviour Management and Safety 2010

### References

Available upon request

