

# ANNE NYAMBURA MUCHIRI

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## Community Health Nurse

Medical-Surgical Nursing | Patient Assessment & Monitoring | Antenatal & Postnatal Care | Immunization & Cold Chain Management | Family Planning Services | Psychiatric Care & Mental Health Support | Emergency Response & Basic Life Support (BLS & ACLS Certified) | Surgical Assistance & Theatre Nursing | Medication Administration & Pharmacology | Health Education & Patient Counselling | Maternal & Child Health (MCH) Services | Clinical Documentation & Patient Records | Laboratory Investigations & Diagnostic Support | Infection Control & Safety Procedures | Microsoft Office & Healthcare Technology

## PROFESSIONAL SUMMARY

Dedicated and skilled Community Health Nurse with expertise in medical-surgical nursing, maternal and child health, psychiatric care, immunization, and family planning. Skilled in patient-centered care, pain management, wound care, antenatal/postnatal care, and emergency response, ensuring optimal patient outcomes. Proficient in clinical assessments, KEPI cold chain management, health education, and documentation, with a commitment to efficiency and patient safety. Holds NCK registration and certifications in BLS, ACLS, and BEmONC. Seeking to apply clinical expertise in a dynamic healthcare setting to enhance patient care and community health..

### Career Strengths

- **Problem-Solving Skills:** Skilled in assessing and managing patient conditions, including pain management, wound care, and emergency response, ensuring effective treatment and recovery.
- **Communication Skills:** Proficient in in-patient education, health counselling, and multidisciplinary collaboration, ensuring clarity in treatment plans and fostering patient compliance.
- **Teamwork and Collaboration:** Experienced in working alongside doctors, nurses, and healthcare teams to provide holistic and coordinated patient care across diverse medical settings.
- **Interpersonal Skills:** Strong ability to build patient trust, offer compassionate care, and maintain professional relationships with colleagues and supervisors in fast-paced healthcare environments.
- **Leadership Skills:** Skilled in mentoring nursing students, assisting in surgical and obstetric procedures, and leading health campaigns to improve community healthcare outcomes.
- **Adaptability and Flexibility:** Quick to adapt to new healthcare technologies, protocols, and emergency situations, ensuring efficient and high-quality nursing care in various clinical settings.

## PROFESSIONAL EXPERIENCE

**Registered Health Nurse** | April 2025 – June 2025

British Family Hospital Satellite Clinic, Machakos

Key Responsibilities:

- Providing essential reproductive health services including counselling, family planning education, and insertion/removal of contraceptive implants, enhancing access to informed health choices.
- Supporting minor surgical and dental procedures by scrubbing in for dental theatre operations, performing wound cleaning, clerking patients, and dispensing prescribed medications to ensure continuity of care.
- Strengthening infection prevention practices by enforcing sterilization protocols, ensuring proper PPE use, and triaging patients effectively, minimizing the risk of healthcare-associated infections.
- Improving patient satisfaction by offering individualized counselling, conducting timely follow-ups, and delivering compassionate care, thereby fostering trust and reinforcing clinic reputation.

**Theatre Nurse (Practical Attachment)** | May 2024

Chaaria Mission Hospital

Key Responsibilities:

- Scrubbed and assisted in various surgical procedures, including cesarean sections, dilatation and curettage (D&C), debridement, and fracture repair surgeries, ensuring adherence to aseptic techniques.

- Assisted surgeons and anesthetists by handling surgical instruments, ensuring proper patient positioning, and managing sterile field protocols.
- Participated in the sterilization, preparation, and packing of surgical instruments, ensuring compliance with infection control and theatre nursing standards.
- Provided post-operative care and monitoring, ensuring patient stability and pain management in the immediate recovery period.

#### Emergency & Casualty Nurse (Practical Attachment) | 2024

Kiirua Mission Hospital

Key Responsibilities:

- Provided emergency response and trauma care, stabilizing critically ill and injured patients upon arrival in the casualty department.
- Assisted in triage and patient prioritization, ensuring that critical cases received immediate medical attention.
- Performed basic life support (BLS) and advanced cardiovascular life support (ACLS) procedures, preventing further complications in emergency cases.
- Coordinated with multidisciplinary emergency teams, including doctors and paramedics, to facilitate rapid diagnosis and treatment.

#### Obstetric & Labor Ward Nurse (Practical Attachment) | 2024

Nyambene Sub County Hospital

Key Responsibilities:

- Assisted in labor ward management, providing support during normal and complicated deliveries to ensure safe maternal and newborn outcomes.
- Monitored neonatal health status, conducting Apgar score assessments and newborn screenings to detect any immediate health concerns.
- Provided maternal education on breastfeeding, newborn care, and postpartum self-care, promoting healthy mother-infant bonding.
- Assisted in emergency obstetric interventions, ensuring timely medical responses to birth-related complications.

#### Rural Healthcare Nurse (Practical Attachment) | February 2024 – March 2024

Nkondi Health Centre

Key Responsibilities:

- Conducted detailed patient assessments, diagnosis, and treatment planning, managing both acute and chronic illnesses in an outpatient setting.
- Dispensed medications and provided patient education, ensuring adherence to prescribed treatment plans and minimizing adverse drug reactions.
- Delivered antenatal care, immunization services, and family planning counseling, improving access to essential healthcare in rural communities.
- Conducted a case study on communicable diseases, analyzing local healthcare challenges and developing recommendations for improved disease prevention strategies.

#### Public Health & Immunization Nurse (Sub-County Exposure) | April 2024

Machakos Sub County Hospital

Key Responsibilities:

- Managed vaccine procurement, storage, and distribution, ensuring proper cold chain maintenance and timely immunization supply.
- Participated in sub-county health meetings, collaborating with public health officers, epidemiologists, and medical personnel to evaluate immunization coverage and plan interventions.

- Assisted in the implementation of immunization campaigns, promoting vaccine uptake and disease prevention across different population groups.
- Contributed to disease surveillance and health promotion programs, supporting efforts to identify and control outbreaks within the community.

#### Antenatal & Postnatal Care Nurse (Practical Attachment) | 2023

Meru Teaching and Referral Hospital

Key Responsibilities:

- Conducted detailed maternal health assessments, including reviewing pregnancy history, LMP, EDD, parity, and gravida, ensuring early detection of potential complications.
- Performed comprehensive physical examinations, such as abdominal palpation, fetal heart rate monitoring, and fundal height measurement, to assess fetal well-being.
- Assisted in antenatal blood screening, including hemoglobin levels, blood grouping, HIV status, and Rhesus factor determination, ensuring prompt identification of high-risk pregnancies.
- Provided postnatal care for mothers and neonates, monitoring for postpartum complications and educating mothers on breastfeeding, newborn care, and maternal nutrition.

### EDUCATION

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#### Diploma in Kenya Registered Community Health Nursing | 2021 – 2024

Kenya Medical Training College (KMTTC), Meru Campus

#### Kenya Certificate of Secondary Education (KCSE) | 2017 – 2021

Nyandarua High School

### TRAININGS/ CERTIFICATIONS

- Advanced Cardiovascular Life Support (ACLS) Certification – American Heart Association | Jan 2025 – Jan 2027
- Basic Life Support (BLS) Certification – American Heart Association | Jan 2025 – Jan 2027
- Basic Emergency Obstetric and Newborn Care (BEmONC) Certification – Amref Health Africa | Dec 2024

### PROFESSIONAL MEMBERSHIP

- Registered Member – Nursing Council of Kenya (NCK) | Jan 2025

### LANGUAGES

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| • English – Proficient | • Swahili– Native |
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### REFERENCES

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Mr. Francis Kimathi

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