



JAMES KAROKI MAINA

REGISTERED COMMUNITY HEALTH NURSE

CONTACTS



Phone No.
+254 114 022 303



Email Address.
rnmmainajames@gmail.com



Address.
Nanyuki, Kenya

- **Availability:** Immediate (Open to relocation)

EDUCATION

Diploma in Kenya Registered Community Health Nursing
Sister Leonella Consolata Medical College, Mathari | 2022 – 2025

High School Diploma – Kenya Certificate of Secondary Education (KCSE)
Nanyuki High School | 2017 – 2021

CORE SKILLS

Clinical Nursing Skills

- Patient Assessment & Physical Examination
- Medication Administration & Dosage Calculation
- Wound Care & Advanced Dressing Management
- Vital Signs Monitoring & Clinical Interpretation
- IV Therapy & Fluid Management
- Infection Prevention & Control (IPC)
- Emergency Response & First Aid
- Health Education & Patient Counseling

PROFESSIONAL SUMMARY

Qualified and compassionate Registered Community Health Nurse with comprehensive clinical experience across tertiary hospitals, community health centers, and primary care facilities. Specialized expertise in patient care coordination, health promotion, disease prevention, and community health management gained through intensive clinical practice in diverse healthcare settings. Proficient in medication administration, wound management, vital signs monitoring, infection prevention and control, and patient education delivery. Demonstrated excellence in working within multidisciplinary teams while maintaining stringent patient safety standards. Committed to delivering evidence-based, culturally sensitive care that improves health outcomes in both urban and rural populations.

PROFESSIONAL EXPERIENCE

Registered Nurse - Outpatient & Casualty Department Consolata Hospital, Mathari | October 2025 – Present

Providing acute and primary care nursing in a busy mission hospital serving diverse patient populations

- Deliver comprehensive nursing care in the Outpatient Department, managing 50+ patients daily across general medical, minor surgical, and specialty clinics
- Provide emergency nursing care in the Casualty Department, including triage, stabilization, and emergency interventions for acute conditions
- Conduct patient assessments, vital signs monitoring, medication administration (oral, IM, IV), and wound management procedures
- Perform clinical procedures including catheterization, nasogastric tube insertion, and oxygen therapy administration
- Maintain accurate patient documentation, treatment records, and casualty registers in compliance with hospital protocols
- Provide patient and family education on treatment plans, medication adherence, and follow-up care requirements

Key Achievements:

- Successfully manage high-volume patient flow in both outpatient and emergency settings while maintaining quality care standards
- Consistently recognized for clinical competence, professional conduct, and effective teamwork in fast-paced healthcare environment

Volunteer Nurse - Male Medical/Surgical Ward

Nanyuki Teaching and Referral Hospital | July 2025 – October 2025

- Inpatient acute care nursing in male medical and surgical ward of tertiary referral hospital
- Provided comprehensive bedside nursing care for male patients with medical and post-operative surgical conditions
- Conducted patient admission, transfer, and discharge procedures following established ward protocols
- Performed regular patient assessments, monitored vital signs every 4-6 hours, and promptly reported clinical changes to medical staff
- Administered oral, intramuscular, subcutaneous, and intravenous medications following strict medication safety protocols
- Provided pre-operative and post-operative care including surgical wound management, drain care, and pain assessment

Community Health Management

- Health Promotion & Disease Prevention Programs
- Community Health Assessment & Screening
- Public Health Program Implementation
- Maternal & Child Health Services
- Immunization Campaign Planning & Execution
- Health Data Collection & Analysis
- Environmental Health & Sanitation
- Home-Based Care & Follow-up Visits

Professional Healthcare Skills

- Electronic & Manual Healthcare Documentation
- Multidisciplinary Team Collaboration
- Patient Safety & Quality Improvement
- Cultural Competency & Sensitivity
- Healthcare Communication & Patient Advocacy
- Critical Thinking & Clinical Decision Making
- Time Management & Task Prioritization
- Professional Ethics & Patient Confidentiality

LANGUAGES

- English – Fluent
- Kiswahili – Fluent

- Assisted physicians during ward rounds, minor procedures, and patient examinations
- Maintained accurate nursing documentation including care plans, vital signs charts, fluid balance charts, and progress notes
- Delivered patient education on wound care, medication use, mobilization, and post-discharge self-care
- Ensured strict compliance with infection prevention and control measures in the ward environment

Key Achievements:

- Maintained zero medication errors throughout entire placement period through meticulous attention to medication administration protocols
- Improved patient satisfaction through attentive monitoring, compassionate care delivery, and clear health education
- Enhanced clinical competencies in managing complex medical and post-surgical patients including diabetic care, hypertension management, and post-operative recovery
- Recognized by ward supervisors for reliability, professionalism, and positive contribution to multidisciplinary team performance

Clinical Nurse - Community Health Services

Njokini Dispensary, Mukurweini | August 2024

Primary healthcare delivery in a rural community health facility

- Conducted comprehensive patient intake including detailed history taking, clinical triage, and vital signs monitoring for 40+ patients daily
- Administered immunizations (EPI schedule), family planning injections (Depo-Provera, Sayana Press), and other routine nursing procedures with precision
- Performed wound management including cleaning, dressing application, and healing progress monitoring for acute and chronic wounds
- Maintained accurate and complete patient documentation, outpatient registers, and daily clinical reports in accordance with MOH guidelines
- Delivered maternal and child health (MCH) services including antenatal care, postnatal care, and growth monitoring
- Conducted structured health education sessions on hygiene, nutrition, malaria prevention, and non-communicable disease management
- Ensured strict adherence to infection prevention and control protocols during all clinical activities

Key Achievements:

- Achieved 100% accuracy in patient documentation and reporting throughout placement period
- Improved community health literacy through engaging, culturally appropriate health education reaching 200+ individuals
- Optimized patient intake and triage processes, reducing waiting times by 30%
- Consistently commended by supervisors for professionalism, clinical competence, and exceptional teamwork

Clinical Nurse - Primary Healthcare

Gichira Health Center, Nyeri | July 2024

Primary healthcare delivery across rural and urban community health facilities

- Managed comprehensive patient care including intake, triage, vital signs monitoring, immunizations (EPI schedule), family planning services, wound management, and maternal/child health programs
- Delivered health education on hygiene, nutrition, and disease prevention while maintaining meticulous clinical documentation

Key Achievements:

- Achieved 100% accuracy in patient documentation and clinical reporting
- Reduced patient waiting times by 30% through optimized triage and intake processes
- Enhanced community health literacy reaching 200+ individuals through culturally appropriate education
- Recognized for exceptional clinical competence, professionalism, and teamwork

REFERENCES

Clement Kiptui, BSN/IT
Head of Department - Nursing
Sister Leonella Consolata Medical
College
Phone: +254 713 019855

Elizabeth Nguyo
Registered Nurse
Karatina Sub County Hospital
Phone: +254 722 996615

Jacinta Nzilani
Nursing Staff
Nanyuki Teaching and Referral
Hospital
Phone: +254 721 964583

Clinical Nurse - Community Health

Karatina Sub County Hospital | December 2023 – May 2024

Multi-specialty nursing in a 100-bed district hospital with outpatient and emergency services

- Provided patient triage, clinical assessments, medication administration (oral, IM, SC), immunizations, wound care, and emergency nursing support.
- Supported maternal/child health clinics and maintained comprehensive patient records and statistical reports.

Key Achievements:

- Improved patient flow by 15% through efficient triage and documentation systems
- Delivered preventive care education to 500+ patients, strengthening community health awareness
- Maintained consistently accurate nursing records with zero documentation errors