

Ousman KOLINGO

Nurse and psychologist specialising in clinical and abnormal psychology

Address: Quartier KOKOLO III (3rd district of Bangui, CAR)

Tel: (+236) 75 42 85 45 / 72 68 23 40

Email: *Ousmankilongo@gmail.Com*

[Email: ousmankilongo@gmail.com](mailto:ousmankilongo@gmail.com)

SKILLS

- **Psychological:** care for GBV and use of PM+, PSP, anxiety and distress scales, regular needs assessment regarding training and improving staff psychological care skills and the importance of PSP, writing monthly and quarterly reports on activities, coordination of activities and organisation of staff schedules; use of general well-being assessment scales, the trauma scale, the Child PTSD scale, HDA, WHODAS, the safety line, running psychological interviews and psychosocial support, psychosocial intervention, client assessment and drawing up action plans, basic knowledge of child, adolescent and adult development, and many personality disorders, humanist, behaviourist and psycho-dynamic psychological approaches; drafting individual interview reports, solid results-based management knowledge, responsible, professional, strong sense of integrity.
- Medical emergencies: paediatric resuscitation, following IPC standards in hospitals, safety in blood transfusion and perfusion; regular needs assessment concerning training and improving staff skills, drafting monthly and quarterly reports on activities, coordination of service activities and organisation of staff schedules.
- Neonatology: new-born resuscitation, asphyxia care, sepsis, risk of infections, ECUN, monitoring blood transfusion and perfusion safety, premature baby care, monitoring and following the Kangaroo method, safety during congenital syphilis care, following IPC standards in hospitals, training trainers on nursing care.
- Internal medicine and intensive care: patient consultation, respecting the medical administration route and urinary catheterisation duration, nasogastric tube, abiding by IV-line duration times, awareness of hospital-acquired diseases (scare).
- IT skills: good command of Microsoft Office Word, Excel, PowerPoint, Access, plus communication tools (Outlook, Internet, Microsoft Teams, Zoom).
- Operating System: Windows (XP, 7, 8, 10, 11).

PROFESSIONAL EXPERIENCE

CENTRE MEDICAL DE LA NATION

Date: 01/06/2020 to 31/01/2023

Position: Nursing Supervisor

Tasks:

- Monitoring and assessing activities
- Staff schedules
- Collecting medical data and drawing up a report each month for the Health District in region 7
- Enforcing the work schedule
- Ensuring continuous training for health assistants to guarantee proper patient care and that the centre follows ethics and sepsis rules
- Ensuring successful joint work with teams from the centre and from the Ministry of Health on caring for potentially epidemiological diseases and malaria
- Creative problem solving

MEDECINS SANS FRONTIERES Belgium

PROJECT: Grand Bangui at CHUC

Date: 1 to 31 January 2023

Position: Nurse working on the Klebsiella epidemic

Tasks:

- Safeguarding measures to fight epidemics and control infections
- Safeguarding use of standard measures and the care protocol
- Administering care to patients and abiding by the medical administration route
- Identifying emergencies and setting up a response strategy according to the protocol and case triage management
- Following up and treating cases admitted to hospital in this structure (Neonatology unit)
- Aiding the CHUC structure in terms of risk analysis and protection against hospital-acquired infections by means of training and meetings
- Helping to create and ensure a good working atmosphere within the CHUC structure
- Safeguarding good care for premature new-borns (abiding by the Kangaroo method of mother care) and children in the care unit suffering from asphyxia, etc.

MEDECINS SANS FRONTIERES France

PROJECT: SICA IN BANGUI

Date: 1 to 31 October 2022

Position: Orthopaedic nurse

Tasks:

- Following the doctors' instructions for nursing care, treatment and monitoring of patients
- Monitoring the protocols applied in the department and universal hygiene standards/precautions, to ensure care quality and continuity for the target

- population
- Maintaining medical secrecy and confidentiality
- Supervising and training orderlies, nutrition assistants, cleaning staff and other staff under my supervision
- Ensuring good pharmacy management in the department, control and upkeep of medical equipment (taking inventory of the stock of prescribed medicines and material at each shift change)
- Monitoring expired medication
- Running and supervising administrative procedures and documents

MEDECINS SANS FRONTIERES Belgium
PROJECT: HIV/TB IN BANGUI

Date: 20 July to 26 August 2022

Position: Referral nurse

Tasks:

- Working with HIV/TB patient referrals:
- Updating admission files
- Monitoring biomedical examinations at the Pasteur Institute and in the MSF/SICA hospital
- Safeguarding the MSF protocol on blood sampling
- Monitoring patients during the referral and counter-referral
- Responsible for the epidemiological inquiry on VISITC (CD4)

MEDECINS SANS FRONTIERES Belgium
PROJECT: SEXUAL AND REPRODUCTIVE HEALTH AT BANGUI

Date: October 2018 to June 2022

Position: Nurse (Neonatology Unit); (Focal point for the non-profit MSF OCB CAR)

Tasks:

- Management of the overall correct operation of the MSF OCB CAR structure according to medical ethics and the code of professional conduct
- Identifying emergencies and setting up a response strategy according to the Protocol with the hierarchy (MSF OCB CAR)
- Following up and treating cases admitted to the hospital in this structure (Neonatology Unit)
- Transfer of knowledge to other staff by means of training
- SANOU facilitator
- MSF academy learning companion
- Aiding the MSF structure regarding risk analysis and protection against hospital-acquired infections by means of training and meetings (IPC rules)
- Taking part in knowledge-sharing meetings with the MSF team on abnormalities encountered compared to maternity and infant care

BANGUI PAEDIATRIC UNIVERSITY HOSPITAL COMPLEX

Date: February 2018 - October 2021

Position: Emergency room nurse (deputy team leader)

Tasks:

- Management of the overall correct operation of the CHUPB structure according to medical ethics and the code of professional conduct
- Identifying emergencies and setting up a response strategy according to the protocol and case triage management
- Following up and treating cases admitted to hospital in this structure
- Aiding the CHUPB structure in terms of risk analysis and protection against hospital-acquired infections, by means of training and meetings
- Helping to create and ensure a good working atmosphere within the CHUPB structure.
- Taking part in knowledge-sharing meetings with the CHUPB team on the abnormalities encountered compared to Medical Emergency Room
- Temporarily taking charge when the team leader was not present at a medical emergency
- Department staff management as deputy team leader

CHEIKH ANTA DIOP HIGH SCHOOL QUARTIER GBAYA DOMBIA 3rd District of Bangui

- Date: September 2016- June 2018
- Position: Teacher for year 7 class
- Tasks: Classes in life and earth sciences and physical sciences for year 7 and year 10 class
- Number of hours: 18 hours a week

NASRADINE HIGH SCHOOL QUARTIER GBAYA DOMBIA in the 3rd District of Bangui

- Date: September 2015- June 2018 part-time
- Position: Teacher for year 8 class
- Tasks: Classes in life and earth sciences for years 7, 8, 9, 11 and 12.
- Number of hours: 15 hours a week

KANZA CLINIC IN THE QUARTIER YAMBASSA IN BANGUI

Date: October 2014 to May 2015

Position: Team Leader at the Clinic

Tasks:

- Medical consultation and administration
- Monitoring patients, assisting them and easing their pain
- Planning the nursing care
- Safeguarding against sepsis in hospital environments
- Ensuring data is collected plus other important information from victims of rape and other crimes, for the purposes of medical care
- Helping and completing certain administrative tasks according to the community's needs in reports to be sent to contractors (CIAF/CAR)
- Maintaining regular contact with local authorities and operational partners on the supervisor's request (service providers)

- Regularly monitoring vulnerable persons
- Helping to control implementation of programmes to care for vulnerable people and ensure monitoring of product delivery and follow up on victims (humanitarian aid through Turkish schools)
- Helping to plan risk reduction in the different departments plus measures to control workplace hazards and specific risks

DIPLOMAS AND CERTIFICATES

- Baccalaureate-D from B. BOGANDA high school
- State nursing degree from the University of Bangui
- Certificates in Basic Project Accounting Management
- Chinese Language class certificate
- Certificate for resuscitation of new-borns in the Neonatology Unit (MSF)
- Facilitator certificate in SANOU (MSF)
- Learning companion certificate (MSF academy)
- Certificate in Word and Excel, new technologies, advanced functions
- Certificate in GBV, PSP, MHGAP, PM+
- Degree in psychology
- M1 master's degree in clinical and abnormal psychology

EDUCATION

- ✓ 2023: ongoing M2 master's degree in clinical and abnormal psychology at the University of Bangui
- ✓ 2022: M1 master's degree in clinical and abnormal psychology at the University of Bangui
- ✓ From 6 to 17 March 2023: psychological internship in the CAR Psychologist Network (REPCA)
- ✓ From 1 to 31 March 2022: training on GBV, PSP, MHGAP, PM+, two-week internship in care and mental health department (Bangui psychiatric)
- ✓ 2021: Psychology degree at the University of Bangui
- ✓ 2021: Computer training (advanced Word and Excel), new technologies
- ✓ 2016: Training in management and accounting at Bangui
- ✓ 2010: Nursing Degree at the University of Bangui
- ✓ 2007: Baccalaureate D at B. BOGANDA high school
- ✓ 2003: Year 7, Des Martyres High School in Bangui
- ✓ 2000: Primary School, Ecole 36 Villa in Bangui

OTHER SKILLS

- ❖ IT skills: MS Office, Internet, Word and Excel, new technology, advanced functions
- ❖ Good flexibility and ability to adapt.
- ❖ Quick to learn.
- ❖ Knowledge transfer.
- ❖ Works well under pressure.

Volunteering: Referral focal point for Non-Profit MSF Belgium - CAR Mission from August 2020 to October 2022

LANGUAGES

French
English
Chinese
Arabic
Sangho
Lingala

LEISURE: Reading, traveling and music

Signature

Ousman KOLINGO