

OBJECTIVE

Position as an Advice Nurse

CAREER SUMMARY

Experience as a Charge Nurse and employee supervisor in long-term acute care and skilled nursing facilities. Ability to read subtle patient body language and pursue solutions to improve patient comfort, care and quality of life. License as Public Health Nurse. Certification as Wound Care Nurse. BA degree in Social Work. Diverse volunteer and clinical nursing background.

EDUCATION

BS magna cum laude, Nursing, Samuel Merritt College, Oakland, CA, 2008

- Tutored classmates in medical/surgical, critical care, pediatrics, community and mental health
- Was inducted into Sigma Theta Tau nursing honor society

BA cum laude, Social Work, Sacramento State University, 2003

- Intern, Healthy Start – provided health resources to at-risk students at Hiram Johnson High School

CONTINUING EDUCATION

Human Awareness Institute – coursework in relationship skills,

Landmark Education – coursework in personal growth, and Nonviolent Communication training

CLINICAL ROTATIONS

Maternity, Marin General Hospital, Greenbrae, CA – 120 hours

Pediatrics, Children's Hospital, Oakland, CA – 120 hours

Medical/Surgical, Kaiser Permanente, South San Francisco, CA – 120 hours

Telemetry Preceptorship, Kaiser Permanente, Oakland, CA – 240 hours

Critical Care, CPMC, St. Luke's Campus, San Francisco, CA – 120 hours

Mental Health, CCRMC, Martinez, CA – 120 hours

Community Health, Rescue Mission, San Francisco, CA – 120 hours

PROFESSIONAL EXPERIENCE

Note to the reader: During the past 11 months while out on disability I have been donating my time and expertise as a Medical Services Volunteer at Project Homeless Connect taking blood pressures, performing blood sugar screenings and basic wound care for 30 patients per day. Provide patient counseling on managing ongoing medical needs and how and where to obtain additional services.

KENTFIELD REHABILITATION & SPECIALTY HOSPITAL, Kentfield, CA 2010-2012

60-bed licensed long-term acute care hospital (LTACH) serving complex medical/rehab patients

Registered Nurse

Provided nursing care to a population where 80 percent of patients are admitted directly from ICU, requiring respiratory, physical, occupational, speech and/or TBI rehabilitation.

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- **Achievement:** Observed subtle body language changes indicating increasing anxiety in a terminally-ill pulmonary patient. Found that his CO₂ levels were 110 (normal range is 40-70). Apprised physician of patient's status; suggested a change in anxiety and pain medications would be appropriate. **Results:** Patient's CO₂ level dropped to 80 within 48 hours. Consulted with respiratory therapy department to fine tune patient's timing on medication administration and therapy. Patient was considerably more comfortable and cooperative during respiratory treatment.
- Operating at a 1:5 ratio, directed the activities and supervised three CNAs.
- **Achievement:** Served as Member, Employee Satisfaction Committee. Encouraged employees to fill out and turn in annual Employee Satisfaction Surveys by giving awards to all if a certain percentage cooperated with the survey. Our monthly Bright Ideas Program rewarded participating employees when their constructive suggestions, i.e., operations efficiencies, visitor hospitality and parking convenience were implemented. **Results:** Employees were happier and felt valued as team members who could contribute to a positive working environment.
- Managed wound care for up to 14 patients.
- Performed NG tube insertion/removal, G tube/TPN maintenance and administered medications via IV, PICC and NG tubes. Delivered ventilator and tracheostomy care and respiratory treatments. Specialized in evidence-based pain management, neurological care and infection control. Skilled in code/isolation procedures.

ROUNSEVILLE REHABILITATION CENTER, Oakland, CA 2009-2010
16-bed skilled nursing/rehabilitation unit and 70-bed long-term care facility

Charge Nurse

- Delivered nursing care for 14 rehabilitation or 28 long-term care patients.
- **Achievement:** Identified depression in an elderly male Parkinson's disease patient who was generally sullen and uncooperative. Persuaded attending physician to authorize regular and varied changes of environment for the patient that included time out of doors and taking field trips home for meals with his wife. **Results:** He quickly perked up and cooperated better with his various therapies.
- **Achievement:** New owner took over facility and instituted cost-cutting program that eliminated over the counter drugs, some wound care supplies and employee overtime. Using available stock, created supplies to maintain proper medical protocol for healings, designed wound care supplies from existing inventory to preserve a healing environment. **Results:** Patient wounds healed as they would with more conventional supplies.
- Supervised three CNAs who took vitals, assisted RNs with wound care and bathed patients.
- Held accountability for administration of all IV/PO medications, ostomy care, tube feedings and wound care.
- Prepared patients for PT, OT and speech therapy to coordinate rehabilitation treatments.

COMMUNITY SERVICE

Volunteer Animal Socializer ("Cat Whisperer") and Pet Adoption Event Administrator,
Hopalong Animal Rescue
Children's Homes Construction Volunteer, Colina de Luz, Mexico