**LARNETTE HIGHTOWER**

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# Professional Summary

My objective is to obtain a challenging position as a Registered Nurse on the surgical unit, where I will have opportunities for career advancement and educational growth. My goal is to always be a very caring, hardworking and service-oriented Registered Nurse with more than 10 years of Med-Surg experience. Well-versed in offering evidence-based, therapeutic care for patients dealing with multiple comorbidities and medical /mental disorders. Collaborative and motivational leader with expertise in training new nursing staff while providing top-notch service to multicultural patient populations.

# Experience

**Registered Nurse** 12/2020 to 06/2021

**University of Maryland Laurel Regional -**7300 Van Dusen Road Laurel, MD

* Specialized in the nursing care of patients with respiratory conditions due to COVID-19.
* Treated patients using pharmacological and non-pharmacological treatment modalities to address various disorders, diseases and injuries.
* Conducted invasive and non-invasive procedures, including insertion and management of central, arterial and PICC lines.
* Educated patients and families on treatment strategies and at-home care to enhance long-term outcom.
* Conducted post-op reviews, tracked patients' vitals and monitored fluids to reach optimal care targets.
* Maintained composure and efficiency during rapid response situation and emergency codes.
* Performed blood and blood product transfusions and intravenous infusions to address patient symptoms or underlying causes.
* Maintained high flow oxygen delivery and respiratory care operations to meet patient care needs.

**Registered Nurse** 04/2011 to 12/2020

**Unity Healthcare Inc.** – 1220 12TH St SE Washington DC 20003

* Strong leader for nursing personnel assigned to the unit/shift.
* Specialized in the nursing care of patients with chemical dependency.
* Treated patients using pharmacological and non-pharmacological treatment modalities to address various disorders, diseases and injuries.
* Trained and mentored new RNs on best practices, hospital policies and standards of care.
* Advocated for patients by identifying insurance coverage, communicating care preferences to practitioners and verifying interventions met patients' treatment goals.
* Conducted invasive and non-invasive procedures, including insertion and management of central, arterial and PICC lines.
* Educated patients and families on treatment strategies and at-home care to enhance long-term outcomes.
* Delivered high-quality nursing care to patients on 24-bed medical-surgical unit with emphasis on orthopedics, urology, and gastro-intestinal post-operative patients. Administered oral, intramuscular and IV medications to patients and monitored responses for emergent concerns.
* Conducted post-op reviews, tracked patients' vitals and monitored fluids to reach optimal care targets.
* Maintained composure and efficiency during rapid response situation and emergency codes.
* Performed blood and blood product transfusions and intravenous infusions to address patient symptoms or underlying causes.
* Maintained optimal ventilator settings and operations to meet patient care needs.

**Registered Nurse** 05/2018 to 09/2019

**John Hopkins / Sibley Memorial Hospital -** 5255 Loughboro Rd NW Washington DC 20016

* Treated patients using pharmacological and non-pharmacological treatment modalities to address various disorders, diseases and injuries.
* Trained and mentored new RNs on best practices, hospital policies and standards of care.
* Advocated for patients by identifying insurance coverage, communicating care preferences to practitioners and verifying interventions met patients' treatment goals.
* Conducted invasive and non-invasive procedures, including insertion and management of central, arterial and PICC lines.
* Educated patients and families on treatment strategies and at-home care to enhance long-term outcomes.
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* Administered oral, intramuscular and IV medications to patients and monitored responses for emergent concerns.
* Conducted post-op reviews, tracked patients' vitals and monitored fluids to reach optimal care targets.
* Maintained composure and efficiency during rapid response situation and emergency codes.
* Performed blood and blood product transfusions and intravenous infusions to address patient symptoms or underlying causes.
* Maintained optimal ventilator settings and operations to meet patient care needs.
* Monitored and managed various treatment and care interventions, including IV administration, wound and ostomy care and catheter insertion.
* Provided behavioral and emotional support and closely supervised patients suffering from dementia and Alzheimer's.
* Assessed patient health needs by reviewing and tracking EKG readings to address telemetry readings and quickly inform teammates on stability or acuity changes.
* Assessed patients in active drug and alcohol withdrawal and provided interventions to manage physical and psychological withdrawal symptoms.

**Registered Nurse** 08/2014 to 12/2015

**George Washington Hospital Center** – 900 23RD St NW Washington DC 20008

* Assessed need for, ordered, obtained and interpreted appropriate lab tests.
* Chronic patient care in med-surg unit, adeptly handling all aspects of treatment from medication to wound care to monitoring for 6-7 patients per shift.
* Pharmacological and non-pharmacological management and treatment of various disorders and diseases.
* Self-directed with astute judgment skills. High level of personal accountability.
* Effective counseling in health maintenance and disease management.
* Managed care for post-operative patients through discharge.
* Instructed patients and family members on proper discharge care. Closely monitored acute conditions.
* Developed and implemented nursing care plans.
* Developed patient care plans, including assessments, evaluations and nursing diagnoses.
* Followed infection control procedures.
* Monitored fluid intake and output levels.
* Assisted doctors with surgeries and non-invasive procedures.

**Registered Nurse** 04/2012 to 12/2014

**Specialty Hospital of Washington** – 700 Constitution Ave SE

* Chronic patient care in med-surg unit, adeptly handling all aspects of treatment from medication to wound care to monitoring for 7-18 patients per shift.
* Pharmacological and non-pharmacological management and treatment of various disorders and diseases.
* Managed care for post-operative patients through discharge.
* Liaised between patients and physicians to ensure patient comprehension of treatment plans.
* Closely monitored acute conditions.
* Demonstrated ability to lead and motivate outstanding healthcare teams.
* Diagnosed and treated patients with chronic and acute health problems such as MI, arrhythmias, asthma, COPD and pneumonia.
* Developed and implemented nursing care plans.
* Followed infection control procedures.
* Experience with various medical conditions including Parkinson's, Dementia, Diabetes, Cancer, Alzheimer's and Paget's disease.
* Scheduled patient admissions and discharges.
* Monitored fluid intake and output levels.
* Assisted doctors with surgeries and non-invasive procedures.

# **Education:**

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| **Associate Degree of Science**: Nursing**University of the District of Columbia** - Washington DC |  12/2010 |
| **Licensed Practical Nurse**:**TESST College of Technology** - Alexandria, VA |  09/2007 |