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| Name: |   Sarah Frosch |
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| Location: |   US-WI-Prairie du Sac-53578 () |
| Last Modified: |   10/3/2019 8:00:00 PM |

 Work History

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| Company Name: |   UW Digestive Health Center | 01/01/2018 - Present |
| Job Title: |   Registered Nurse |
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| Company Name: |   Advanced Pain Management, Pain Centers of Wisconsin Sauk Prairie | 01/01/2016 - 08/31/2018 |
| Job Title: |   Ambulatory Surgery Center RN Supervisor, O ctober |
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| Company Name: |   UnityPoint Health Meriter | 02/01/2014 - 10/31/2016 |
| Job Title: |   Neonatal Intensive Care Unit RN |
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| Company Name: |    | 01/01/2016 - 10/31/2016 |
| Job Title: |   NICU Unit Council Member |
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| Company Name: |   UnityPoint Health Meriter | 01/01/2013 - 02/28/2014 |
| Job Title: |   Perinatal Float RN, M arch |
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| Company Name: |   UnityPoint Health Meriter | 05/01/2012 - 03/31/2013 |
| Job Title: |   Antepartum/Postpartum RN |
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| Company Name: |   UnityPoint Health Meriter | 01/01/2011 - 04/30/2012 |
| Job Title: |   Antepartum/Postpartum Student Nurse Extern, M |
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| Company Name: |   UnityPoint Health Meriter | 01/01/2008 - 05/31/2011 |
| Job Title: |   Med-Surg Certified Nursing Assistant |
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| Company Name: |   Sebring Assisted Living | 09/01/2004 - 04/30/2008 |
| Job Title: |   Resident Services Director |
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 Education

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| School: |   Herzing University | Graduation Date: |  |
| Major: |    |
| Degree: |   Associate Degree |
| School: |   University of Wisconsin- LaCrosse | Graduation Date: |  |
| Major: |    |
| Degree: |   Bachelor's Degree |

 Additional Skills And Qualifications

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| Recent Job Title: |    null | Recent Wage: | 0 per  |
| Security Clearance: |   No |  |  |

 Desired Position

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| Desired Wage: |    per  | Desired Employment Type: |  |
| Desired Travel: |    |   Desired commute: |  |
| Desired Relocation: | No |  |

 Resume

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| Sarah M. Frosch201 15th St ~ Prairie Du Sac, WI 53578608.206.0872 ~ smfrosch@gmail.com\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_REGISTERED NURSE CREDENTIALSAdmitted to the Wisconsin State Board of Nursing, May 2012, license number 189319EDUCATIONHerzing University, Madison, WI Accredited by the Commission on Collegiate Nursing Education (CCNE)Associate Degree of Nursing, April 2012Graduated Magna Cum Laude, GPA 3.72University of Wisconsin- LaCrosse, LaCrosse, WIBachelor of Science Degree in Therapeutic Recreation, August 2004Graduated with Honors, GPA 3.54President of Rho Phi Lambda 2004Drafted grant proposal for Rho Phi Lambda members to attend Midwest Therapeutic RecreationSymposium, 2004MEMBERSHIPSAORN, Member 587992, joined 2017APIC, Member 174350, joined 2017CERTIFICATIONSACLS, valid until December 2020BLS, valid until April 2020TRAININGSWISCA Annual Forum, February 2018Break out sessions included: ASC Infection Prevention Program Assessments , Linking Peer Review andBenchmarking to Improve Quality , and Active Shooter TrainingAPIC ASC Intensive Course, Milwaukee, WI, August 2017- 31 contact hoursAPIC 2017 Seminar, Pewaukee, WI, May 2017- 5 contact hoursSteris University CoursesStericycle Biohazard WasteStericycle DOT TrainingUnderstanding Steam SterilizationWild IRIS Medical EducationInfection Control, 6 contact hoursEpic and NextGen training and experience?VOLUNTEER EXPERIENCEWisconsin Emergency Assistance Volunteer Registry (WEAVR), Member, joined January 2018SP Area Youth Baseball, Sauk Prairie, WI, Youth Baseball Team Manager andConcessions Stand Volunteer, 2.5 yearsSP Boys Basketball, Sauk Prairie, WI, 3rd Grade Boys Basketball Coach, 1 year3rd Grade Reading Club Volunteer, Grand Avenue School, Sauk Prairie, WI, 1 yearSt John s Lutheran Church, Prairie Du Sac, WI, Sunday School Teacher, 3 yearsAmeriCorps Volunteer, 2000-01 School Year, America Reads Program , Wisconsin Heights School DistrictWorked closely with the school s Reading Specialist at the elementary level to provide reading supportin the classrooms throughout the school year and summer school sessions.Instructed grade school students within the special education reading program.Developed instructional aides and implemented a special education summer reading program for gradeschool students.EXPERIENCEUW Digestive Health Center, Madison, WIRegistered Nurse, August 2018- PresentAdmit and prepare patients for either a colonoscopy and/or endoscopy procedures by providing directcare activities, such as: inserting peripheral IVs, reviewing medical history, assessing vital signs andEKG rhythms, and performing any necessary point of care testing. As a Prep Nurse I am alsoresponsible for teaching patients about the procedure, conscious sedation administered, and appropriatedischarge instructions.Under the direct supervision of the physician, I administer conscious sedation and monitor patientswithin the procedure room according to facility policies and protocols.During the recovery phase I perform post anesthesia care assessments, assess vital signs per facilitypolicies and protocols, and provide and necessary direct care activities.Teach proper and specific discharge instructions to ensure the safe discharge of patients to their homesafter the procedure.Advanced Pain Management, Pain Centers of Wisconsin Sauk Prairie, Sauk Prairie, WIAmbulatory Surgery Center RN Supervisor, October 2016-August 2018Admitted patients into the preoperative department and performed direct care activities, such as:cardiovascular and pulmonary assessments, any necessary point of care testing, inserted peripheral IVs,and taught patients about conscious sedation and the procedure prior to entering the operating room.Took on the role of charge nurse by delegating duties as assigned to medical assistants and fellow nursesto ensure the best patient care and safety allowing the timely flow through the entire perioperativeexperience all while maintaining HIPAA.Under the direct supervision of the physician, I administered conscious sedation and monitored patientswithin the operating room. During open cases, patients were administered MAC sedation by the CRNAand I acted as circulating nurse and assisted the CRNA with patient care.1? During the postoperative experience I performed post anesthesia care assessments, assessed vital signsper facility protocols and taught proper and specific discharge instructions to ensure the safe dischargeof patients to their homes after their procedure.As the provider s implant chart nurse, I obtained all necessary medical records from either internal oroutside facilities for pre procedure clearance requirements, which included a full history and physical,lab results, EKG results, and ICD 9 codes to ensure they were appropriately forwarded to the orderingphysician, and then faxed to the appropriate hospital in a timely manner in preparation for the implantcase. I also acquired pump refills prescriptions from the physician and/or the patient s medical record toensure they were faxed to the corporate pharmacy to allow adequate time for processing and delivery ofpump medications prior to the patient s appointment.Acting as the site s Infection Control personnel, I monitored and entered hand hygiene audits into site sdatabase, ordered and administered flu vaccinations and TB tests to employees, monitored site s surgicalsite infections, assisted surgical technician in making sure proper sterile technique and sterilizationprocesses were followed and any other duties as assigned to ensure site was following CDC guidelinesat all times. Instructional materials were developed to aid in staff compliance.As the RN Supervisor I was the site s Quality Assurance staff member and was responsible for planningand developing quality improvement projects to improve patient care and safety measures. Theseprojects ensure the best quality of care and well being of our patients by assessing and evaluating thebest practices based on the Joint Commission and CMS guidelines. One of my recent qualityimprovement project, Tap It and Slap It . Instructional materials were developed to teach and enhancestaff s education to reduce patient falls and promote safety for the patients in the ASC. This wassubmitted to the Leading Practice Library through The Joint Commission s website in June 2018. Theseinstructional materials aided staff s education of preventing falls.Provided support to the regional manager by assisting with staff meetings and minutes, new employeetrainings and completion of yearly staff competencies. I also sat in on and participated in staff memberreviews, discipline discussions and interviews for potential new hires. I was responsible for making surethe site adheres to CMS and The Joint Commission guidelines with respect to all site specific fire,weather, and medical drills.UnityPoint Health Meriter, Madison, WINeonatal Intensive Care Unit RN, February 2014 - October 2016Provided nursing care to neonatal patients in a Level III NICU (micro preemies to term infants, 24weeks gestation to 41 weeks gestation) per unit policies.Assessed vitals signs per facility policy for all assigned neonates, including continued measurement ofabdominal girth as it is a critical indicator for necrotizing enterogastritis (NEC) in preemies. Provideddirect care to micro preemies to ensure the best developmental outcomes.Calculated and mixed proper caloric recipes of breastmilk and/or formula for oral and NG feedings perphysician orders.Inserted nasogastric tubes for feedings. Cared for and maintained NG tubes of all assigned neonateswhile ensuring proper placement prior to every feeding.If indicated in plan of care, assisted Pediatric GI Physician in performing upper GI scopes of the neonateat the bedside.2? Provided care to neonates who displayed reflux symptoms and performed proper care education anddischarge teaching to the parents related to the safe care of the baby who exerted signs and symptoms ofreflux.Continued assessment and care of neonates who displayed signs and symptoms of respiratory distressand/or pulmonary hypertension by communicating those assessments to the physicians providing care.This included assisting with the intubation of neonates, care and maintenance of the ET tubes, properdeep suctioning, HFOV, iNO experience, CPAP and high flow oxygen delivery assessments and careexperiences.Worked closely on a daily basis with Respiratory Therapy to care for, assess, and evaluate thoseneonates on respiratory support and was in close communication with the physicians when assessmentsindicated concern for respiratory distress and/or the need for a septic workup.Monitored neonates on respiratory support for bradycardia and/or desaturation episodes and respondedappropriately and urgently by using critical thinking and my nursing judgment and assessment skills toevaluate if resuscitation was indicated; then communicated such episodes to physicians in a timely andprofessional manner for the well-being of the neonate.Updated patient care plans as patient s care progressed.Worked closely with the entire medical team: neonatologists, medical residents, pharmacists,nutritionist, PT, OT, Speech Therapists, Respiratory Therapists, and social workers on daily rounds toprovide the best medical care within the intensive care unit.Also participated in the specialty care and rounds of patients as needed or as assigned, such as, but notlimited to cardiology, ophthalmology, gastroenterology, and pulmonary specialties.Obtained skills such as, but not limited to, endotracheal tube care and pulmonary ventilation care (whichincluded iNO and high frequency oscillatory ventilation), ABG lab draws, NG tube insertion, NG careand maintenance, peripheral and central line care and administration of medication, chest tube care andmaintenance.Maintained sterility with central line changes and/or dressing changes.Trained student nurses and participated in training of new employees during the orientation process.Participated on the NICU Developmental Committee where I worked closely with PT, OT and Speechtherapies to develop and teach current staff and family members the most recent evidence based practicestandards of care to ensure the best developmental outcomes for the micro preemies within our NICUcare.NICU Unit Council Member January 2016 - October 2016. Assisted in developing new nursingstandards of practice for the NICU based on the latest evidence based practices, which included peer topeer reviews. This incorporated developing, teaching, and monitoring outcomes of our staff peer to peerreviews.UnityPoint Health Meriter, Madison, WIPerinatal Float RN, March 2013 - February 2014Received cross training to work in the Level III Neonatal Intensive Care Unit.Provided nursing care to neonates who required CPAP ventilation and/or high flow nasal oxygen,nasogastric feedings, and medication administration (via peripheral and/or central lines).Inserted and assessed peripheral IVs. Assessed and evaluated central lines.3?UnityPoint Health Meriter, Madison, WIAntepartum/Postpartum RN, May 2012 - March 2013Assessed vital signs and monitored new mothers (vaginal or c-section deliveries) by performing funduschecks per policy or as ordered by physicians after delivery in the postpartum unit. Monitored newbornsand provided newborn assessments per facility policies.Set up sterile field and assisted physicians with the circumcisions of male newborns.Provided new parents with all newborn teachings prior to discharge to home.Performed all required newborn testing/screenings prior to discharge, which included: hearing tests, carseat tests, cardiac screening, Hepatitis B vaccines, and blood glucose testing if indicated.Performed doppler and EFM screenings as ordered by the physician for antepartum patients.UnityPoint Health Meriter, Madison, WIAntepartum/Postpartum Student Nurse Extern, May 2011 - April 2012UnityPoint Health Meriter, Madison, WIMed-Surg Certified Nursing Assistant, J une 2008 - May 2011Sebring Assisted Living, Coventry Village , Madison, WIResident Services Director , September 2004 - April 2008Worked as the Activities Director in the assisted living facility and memory care unit to providetherapeutic recreational activities to senior citizens living within the facility.Coordinated the facilities volunteer program by recruiting, managing and overseeing volunteerpersonnel and duties as assigned.Planned and evaluated special events for the senior citizens and their families, which included drivingthe residents in the facility bus to local events.4? |