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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. Frosch 201 15th St ~ Prairie Du Sac, WI 53578 608.206.0872 ~ smfrosch@gmail.com \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  REGISTERED NURSE CREDENTIALS Admitted to the Wisconsin State Board of Nursing, May 2012, license number 189319 EDUCATION Herzing University, Madison, WI Accredited by the Commission on Collegiate Nursing Education (CCNE) Associate Degree of Nursing, April 2012 Graduated Magna Cum Laude, GPA 3.72 University of Wisconsin- LaCrosse, LaCrosse, WI Bachelor of Science Degree in Therapeutic Recreation, August 2004 Graduated with Honors, GPA 3.54 President of Rho Phi Lambda 2004 Drafted grant proposal for Rho Phi Lambda members to attend Midwest Therapeutic Recreation Symposium, 2004 MEMBERSHIPS AORN, Member 587992, joined 2017 APIC, Member 174350, joined 2017 CERTIFICATIONS ACLS, valid until December 2020 BLS, valid until April 2020 TRAININGS WISCA Annual Forum, February 2018 Break out sessions included: ASC Infection Prevention Program Assessments , Linking Peer Review and Benchmarking to Improve Quality , and Active Shooter Training APIC ASC Intensive Course, Milwaukee, WI, August 2017- 31 contact hours APIC 2017 Seminar, Pewaukee, WI, May 2017- 5 contact hours Steris University Courses Stericycle Biohazard Waste Stericycle DOT Training Understanding Steam Sterilization Wild IRIS Medical Education Infection Control, 6 contact hours Epic and NextGen training and experience  ?VOLUNTEER EXPERIENCE Wisconsin Emergency Assistance Volunteer Registry (WEAVR), Member, joined January 2018 SP Area Youth Baseball, Sauk Prairie, WI, Youth Baseball Team Manager and Concessions Stand Volunteer, 2.5 years SP Boys Basketball, Sauk Prairie, WI, 3rd Grade Boys Basketball Coach, 1 year 3rd Grade Reading Club Volunteer, Grand Avenue School, Sauk Prairie, WI, 1 year St John s Lutheran Church, Prairie Du Sac, WI, Sunday School Teacher, 3 years AmeriCorps Volunteer, 2000-01 School Year, America Reads Program , Wisconsin Heights School District Worked closely with the school s Reading Specialist at the elementary level to provide reading support in 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 grade school students. EXPERIENCE UW Digestive Health Center, Madison, WI Registered Nurse, A ugust 2018- Present Admit and prepare patients for either a colonoscopy and/or endoscopy procedures by providing direct care activities, such as: inserting peripheral IVs, reviewing medical history, assessing vital signs and EKG rhythms, and performing any necessary point of care testing. As a Prep Nurse I am also responsible for teaching patients about the procedure, conscious sedation administered, and appropriate discharge instructions. Under the direct supervision of the physician, I administer conscious sedation and monitor patients within the procedure room according to facility policies and protocols. During the recovery phase I perform post anesthesia care assessments, assess vital signs per facility policies and protocols, and provide and necessary direct care activities. Teach proper and specific discharge instructions to ensure the safe discharge of patients to their homes after the procedure. Advanced Pain Management, Pain Centers of Wisconsin Sauk Prairie, Sauk Prairie, WI Ambulatory Surgery Center RN Supervisor, O ctober 2016-August 2018 Admitted 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 nurses to ensure the best patient care and safety allowing the timely flow through the entire perioperative experience all while maintaining HIPAA. Under the direct supervision of the physician, I administered conscious sedation and monitored patients within the operating room. During open cases, patients were administered MAC sedation by the CRNA and 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 signs per facility protocols and taught proper and specific discharge instructions to ensure the safe discharge of patients to their homes after their procedure. As the provider s implant chart nurse, I obtained all necessary medical records from either internal or outside 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 ordering physician, and then faxed to the appropriate hospital in a timely manner in preparation for the implant case. I also acquired pump refills prescriptions from the physician and/or the patient s medical record to ensure they were faxed to the corporate pharmacy to allow adequate time for processing and delivery of pump medications prior to the patient s appointment. Acting as the site s Infection Control personnel, I monitored and entered hand hygiene audits into site s database, ordered and administered flu vaccinations and TB tests to employees, monitored site s surgical site infections, assisted surgical technician in making sure proper sterile technique and sterilization processes were followed and any other duties as assigned to ensure site was following CDC guidelines at 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 planning and developing quality improvement projects to improve patient care and safety measures. These projects ensure the best quality of care and well being of our patients by assessing and evaluating the best practices based on the Joint Commission and CMS guidelines. One of my recent quality improvement project, Tap It and Slap It . Instructional materials were developed to teach and enhance staff s education to reduce patient falls and promote safety for the patients in the ASC. This was submitted to the Leading Practice Library through The Joint Commission s website in June 2018. These instructional materials aided staff s education of preventing falls. Provided support to the regional manager by assisting with staff meetings and minutes, new employee trainings and completion of yearly staff competencies. I also sat in on and participated in staff member reviews, discipline discussions and interviews for potential new hires. I was responsible for making sure the site adheres to CMS and The Joint Commission guidelines with respect to all site specific fire, weather, and medical drills. UnityPoint Health Meriter, Madison, WI Neonatal Intensive Care Unit RN, February 2014 - October 2016 Provided nursing care to neonatal patients in a Level III NICU (micro preemies to term infants, 24 weeks gestation to 41 weeks gestation) per unit policies. Assessed vitals signs per facility policy for all assigned neonates, including continued measurement of abdominal girth as it is a critical indicator for necrotizing enterogastritis (NEC) in preemies. Provided direct 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 per physician orders. Inserted nasogastric tubes for feedings. Cared for and maintained NG tubes of all assigned neonates while ensuring proper placement prior to every feeding. If indicated in plan of care, assisted Pediatric GI Physician in performing upper GI scopes of the neonate at the bedside.  2  ? Provided care to neonates who displayed reflux symptoms and performed proper care education and discharge teaching to the parents related to the safe care of the baby who exerted signs and symptoms of reflux. Continued assessment and care of neonates who displayed signs and symptoms of respiratory distress and/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, proper deep suctioning, HFOV, iNO experience, CPAP and high flow oxygen delivery assessments and care experiences. Worked closely on a daily basis with Respiratory Therapy to care for, assess, and evaluate those neonates on respiratory support and was in close communication with the physicians when assessments indicated concern for respiratory distress and/or the need for a septic workup. Monitored neonates on respiratory support for bradycardia and/or desaturation episodes and responded appropriately and urgently by using critical thinking and my nursing judgment and assessment skills to evaluate if resuscitation was indicated; then communicated such episodes to physicians in a timely and professional 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 to provide 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 not limited to cardiology, ophthalmology, gastroenterology, and pulmonary specialties. Obtained skills such as, but not limited to, endotracheal tube care and pulmonary ventilation care (which included iNO and high frequency oscillatory ventilation), ABG lab draws, NG tube insertion, NG care and maintenance, peripheral and central line care and administration of medication, chest tube care and maintenance. 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 Speech therapies to develop and teach current staff and family members the most recent evidence based practice standards of care to ensure the best developmental outcomes for the micro preemies within our NICU care. NICU Unit Council Member January 2016 - October 2016. Assisted in developing new nursing standards of practice for the NICU based on the latest evidence based practices, which included peer to peer reviews. This incorporated developing, teaching, and monitoring outcomes of our staff peer to peer reviews. UnityPoint Health Meriter, Madison, WI Perinatal Float RN, M arch 2013 - February 2014 Received 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, WI Antepartum/Postpartum RN, May 2012 - March 2013 Assessed vital signs and monitored new mothers (vaginal or c-section deliveries) by performing fundus checks per policy or as ordered by physicians after delivery in the postpartum unit. Monitored newborns and 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, car seat 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, WI Antepartum/Postpartum Student Nurse Extern, M ay 2011 - April 2012 UnityPoint Health Meriter, Madison, WI Med-Surg Certified Nursing Assistant, J une 2008 - May 2011 Sebring Assisted Living, Coventry Village , Madison, WI Resident Services Director , September 2004 - April 2008 Worked as the Activities Director in the assisted living facility and memory care unit to provide therapeutic recreational activities to senior citizens living within the facility. Coordinated the facilities volunteer program by recruiting, managing and overseeing volunteer personnel and duties as assigned. Planned and evaluated special events for the senior citizens and their families, which included driving the residents in the facility bus to local events.  4  ? |