Beata Palarz-Kasia

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Registered Nurse, DNP Candidate

Homer Glen, Illinois, United StatesHospital & Health Care

Previous positions

Registered Nurse III at Rush Oak Park Hospital

Clinical Instructor at Rush University

Education

Rush University, MSN, Registered Nursing/Registered Nurse

Experience

Registered Nurse - Per Diem

Rush Oak Park Hospital

October 2017 – Present(2 years 1 month)Rush Cardiac Rehabilitation

As an RN at Rush Oak Park Hospital (ROPH), I was cross trained in the Rush Cardiac Rehabilitation Department, where I am responsible for monitoring cardiac patients during the cardiac rehab exercise. After transferring into a full-time position as a Staff RN in the CICU, I have remained registry in this position. In this role, I effectively communicate with the interdisciplinary team to ensure patients have a qualifying diagnosis and complete the Phase II Cardiac Rehabilitation program successfully.

I also have started my Doctorate of Nursing Practice (DNP) project in this setting, which involves a comprehensive evaluation of the CR program.

Registered Nurse

Rush University Medical Center

December 2018 – Present(11 months)Cardiac Intensive Care Unit (CICU)

Registered Nurse III

Rush Oak Park Hospital

September 2015 – December 2018(3 years 3 months)Intensive Care Unit (ICU)

I started working at Rush Oak Park Hospital as a new graduate registered nurse (RN) in the adult intensive care unit (ICU). As a novice nurse, I learned to apply the nursing process to take care of complex patients including those with atrial fibrillation in a rapid ventricular response, septic shock, acute respiratory failure, heart failure and end-stage renal disease. In the ICU, I am responsible for monitoring the critically ill patient wth hourly vital signs, intake/output and overall clinical status. I present in daily interdisciplinary rounds and communicate with interdisciplinary team in effort to provide effective and high-quality care.

As grew at ROPH, I participated in nursing professional governance committees including Evidence Based Practice Committee, Policy and Procedure Committee , and the Geriatric Resource Nurse Committee.

Clinical Instructor

Rush University

January 2018 – August 2018(7 months)

Nursing Assistant II

Rush University Medical Center

July 2014 – September 2015(1 year 2 months)7N Atrium - General Medicine/Infectious Disease

At RUMC, I further expanded my experience as a nurse assistant when I started working as an student nurse assistant on a busy general medical floor. I provided basic care including assistance with activities of daily living (ADLs), checking vital signs and point of care glucose, measuring intake and output, as well as relaying any abnormal findings to the nurse. My experience on this medical floor challenged me to not only improve my time management skills, but also to discuss complex cases with the nurse and medical team.

Work Study

Rush University Medical Center

March 2014 – September 2015(1 year 6 months)

As a work-study nursing student, worked with the Rush College of Nursing Faculty. I performed literature searches and prepared materials for various project topics including continuing education on motivational interviewing and chronic disease conditions, community health workers, the patient centered medical home, and outcomes measures. This experience helped me improve literature review skills and work in a team.

Patient Care Technician, Acute Rehab

Loyola University Medical Center

May 2013 – February 2014(9 months)

My experience in Acute Rehab allowed me to expand my skills as a nurse assistant. After completing proper training, I practiced new skills such as performing venous venipunctures, EKGs, bladder scans and straight catheterizations as needed. During each shift, I assisted 8-10 rehab patients with ADLs and ensured proper body mechanics. I documented patient care and communicated patient needs to nurses and other clinical staff.

Health Services Administrative Intern

Loyola University Medical Center

January 2013 – May 2013(4 months)

As an intern at LUMC, I spent time with Nursing Administration and learned about patient satisfaction, budgeting and staffing concerns in the inpatient hospital setting. I performed chart audits to ensure proper charting by clinical staff for areas such as patient education and pain management. I also assisted with meetings on topics such as Root Causes Analyses, The Joint Commission surveys, Magnet Designation, and Sedation Policies.

Health Systems Management Student

Loyola University Chicago

August 2009 – May 2013(3 years 9 months)

Industry Liaison Project Specialist

Instituto Health Sciences Career Academy

October 2011 – January 2013(1 year 3 months)Greater Chicago Area

I started at IHSCA as a Math tutor and quickly learned that the way to communicate with underprivileged youth is much different from any other individual. I gained the opportunity to affect IHSCA students by mentoring them in their internship opportunities with the Office of the Industry Liaison (OIL). My experience in OIL allowed me to work in collaboration with other health professionals. I utilized opportunities that OIL presented and engaged those students interested in certain areas of healthcare such as health law and nursing. In addition, I worked with the American Heart Association and the American Red Cross to provide all IHSCA students with certifications in babysitting, first aid, and CPR/AED. Overall, my efforts at IHSCA were devoted to encouraging young individuals to pursue careers in the health industry.

Certified Nurse Assistant

Peace Village

July 2010 – January 2013(2 years 6 months)

As a CNA at Peace, I took responsibility of assisting 10-15 residents with activities of daily living such as oral and personal hygiene. I initiated conversation, developed relationships and gained a high-level understanding of companionship and patient-support. I learned the importance of working in a team with other CNAs and nurses to ensure a high-level of care. In addition, I maintained patient charts and learned about the process of patient care. Learning a combination of such skills in a senior-living community established a foundational understanding of patient care.

Education

Rush University

MSN, Registered Nursing/Registered Nurse

2013 – 2015

Rush University

Loyola University of Chicago

B.S., Health Systems Management

2009 – 2013

Loyola University of Chicago

Activities and Societies

Upsilon Phi Delta, Health Systems Management Student Council, Biostatistics Minor

Languages

English

Native or bilingual proficiency

Polish

Full professional proficiency

Projects

Senior Capstone Project

January 2013 – April 2013

Team Members (3): Beata Palarz-Kasia, Noel Andrew, Humia A.

CARE Bracelet Marketing Plan

January 2013 – April 2013

Team Members (2): Beata Palarz-Kasia, Gina Yi, RN, BSN

CPR/First Aid Student Certifications

September 2012

Developed IHSCA processes to implement certification programs for students in babysitting, CPR and First Aid through partnerships with the American Red Cross and American Heart Association

Team Members (2): Beata Palarz-Kasia, Beata Palarz-Kasia

Sexual Assault Awareness Marketing Project

January 2013 – April 2013

Team Members (3): Beata Palarz-Kasia, Sydney Lammers, Gina Yi, RN, BSN

Skills & Expertise

Epic Systems

Cpr Certified

Public Health

Healthcare Management

Nursing

BLS

Patient Safety

Hospitals

Microsoft Excel

EHR

PowerPoint

Nursing Care

Inpatient

Patient Education

EKG

EMR

Home Care

Healthcare

Cardiopulmonary Resuscitation (CPR)

Microsoft Word

Vital Signs

Health Education

Holistic Health

CPR Certified

Rehabilitation

Certifications

Certified Nurse Assistant

, License

July 2010

BLS Healthcare Provider

American Heart Association, License

November 2012

Student Leadership Development

Loyola University Chicago, License

April 2013