Arielle Ruizo RN, BSN

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Operating Room Nurse at University of Washington Medical Center

Seattle, Washington, United States Hospital & Health Care

Previous positions

Registered Nurse at Virginia Mason Medical Center

Registered Nurse at Providence Health & Services

Education

Seattle University, Bachelor of Science in Nursing, Nursing

Background

Summary

I'm a Seattle University alumna, having earned my Bachelor of Science in Nursing. Seattle U's emphasis on social justice, life-long learning, and caring for the whole person provided a solid foundation for me to build my nursing practice.

As an RN, I've learned that there are a multitude of avenues that we can take in order to care of our patients to the best of our ability. Every day is a new opportunity for self-reflection so we can continuously improve our nursing practice. Nursing is a 24-hour job and it takes collaboration, compassion, and critical thinking to succeed.

With the experience that I've had in my career and the populations that I've worked with, it has allowed me to initiate a flourishing career as an OR RN, which I consider to be one of the greatest blessings.

Experience

Operating Room Nurse

University of Washington Medical Center

February 2019 – Present(9 months)Seattle, WA

I started my career as an Operating Room nurse through completion of the Northwest Perioperative Consortium and graduated on June 14th, 2019.

I'm currently in orientation, learning to scrub and circulate within the scope of General Surgery. As an RN2 on the General Surgery Team, our specialty covers surgeries in the following areas:

-Acute Care (Ex: Laparoscopic Cholecystectomy, Wide Local Excision, Sentinal Lymph Node biopsy, Incision & Drainage)

-Foregut (Ex: Laparoscopic Nissen Fundoplication, Laparoscopic Paraesophageal/Hiatal Hernia Repair)

-Weight Loss (Ex: Gastric Bypass)

-Colorectal (Ex: Small Bowel Resection)

-Hepato-biliary-pancreas (Ex: Liver Resection, Whipple)

-Endocrine (ex: Adrenalectomy, parathyroidectomy w/ IOPTH)

-Hernia (Ex: Inguinal Hernia Repair)

-Breast (Ex: Biopsy, Lumpectomy, Partial or Total Mastectomy)

Registered Nurse

Virginia Mason Medical Center

October 2017 – November 2018(1 year 1 month)Greater Seattle Area

Assess and monitor inpatients & outpatients through cardiac stress tests.

Dobutamine Stress Echocardiograms:

-Gather patient's cardiac history, and assess cardiac/signs symptoms;

-Titrate dobutamine per protocol and administer atropine IV push per cardiologist's discretion to help patient achieve near-peak and peak heart rate for optimal imaging,

-Monitor patient on 12-lead ECG for ST-segment changes during stress portion and in recovery.

Transesophageal Echocardiograms + Direct Current Cardioversions:

-Gather patient's medical history and determine if clinically appropriate to undergo procedure

-Administer moderation sedation under direct supervision of Non-Anesthesia Sedation Provider

-Closely monitor patient's response to moderation sedation and vital signs during procedure and recovery

-Assist RNs from Electrophysiology Lab in performing Direct Current Cardioversions on patients when deemed clinically appropriate (ex: if patient symptomatic with atrial fibrillation that cannot be medically managed)

Regadenoson Stress Test:

-Gather patient's cardiac history and determine contraindications

-Monitor patient's vital signs and response to regadenoson.

-Monitor patient on 12-lead ECG for ST changes.

-Provide interventions (ex: aminophylline or nitroglycerin) if necessary

Exercise Myocardial Perfusion Scan:

-Gather patient's cardiac history and determine contraindications

-Monitor patient during each stage of progression on the treadmill which progresses per the Bruce Protocol

-Determine if clinically appropriate for the patient to receive Myoview tracer, or if Regadenoson needs to be administered

Treadmill Stress Echocardiogram:

-Gather patient's cardiac history + contraindications

-Monitor patient at each stage of the Bruce Protocol

-Monitor 12-lead ECG for ST-segment changes during stress and recovery

-Determine if patient needs to be seen by cardiologist

Monitor patients as they go through Cardiac Rehabilitation post procedure (s/p PCI, stent, PCTA, etc)

Registered Nurse

Providence Health & Services

October 2015 – October 2017(2 years)Everett, WA

• Assessing the physical and psychosocial needs of patients, implementing a plan of care for them, and constantly evaluating their plan of care to ensure that their needs and care plan goals are being met.

• Collaborating with patients, their families, and members of the medical treatment to help move them along in their recovery.

• Monitoring patients who come back from Cath Lab: assessing surgical sites and peripheral vasculature for signs of complications, providing appropriate interventions, and providing education on activity restrictions and lifestyle modifications.

• Providing personalized discharge education to patients to empower them to be able to manage their care safely after they are discharged from Providence.

Student Nurse

Seattle Children's

June 2014 – August 2014(2 months)United States

-Total clinical hours: 148

-Helped pediatric patients recover from surgery in the Post-Anesthesia Care Unit under the supervision of a precepting RN for Senior Practicum.

-Performed assessments (surgical site, pain, body system) and carried out developmentally appropriate, as well as individualized nursing interventions based on assessment findings.

-Worked with inpatient, outpatient, and ED admits

Student Nurse

Swedish Medical Center

April 2014 – June 2014(2 months)

-Total clinical hours: 60

-Balanced nursing care of two couplets on the postpartum unit under the supervision of a precepting RN during the OB clinical rotation

-Performed heat-to-toe assessments on postpartum mothers and neonates, carrying out nursing interventions according to findings

-Provided patient education prior to discharge from the unit

-Provided patient care to both mother and baby

Nursing Tutor

Seattle University

September 2012 – May 2014(1 year 8 months)

-Collaborated with nursing students in their courses to prepare them for success in the nursing program

- Courses tutored: Anatomy & Physiology I/II, Microbiology, Pathophysiology, Introduction to Pharmacology

- Integrated knowledge from prequisite courses and nursing courses with clinical experience to improve retention of material.

- Utilized Socratic method of teaching to foster independent growth and development

Student Nurse

Regional Hospital for Respiratory and Complex Care

January 2014 – March 2014(2 months)

-Total clinical hours: 60

-Providing safe patient care for complex respiratory patients under the supervision of a precepting RN

-Performed individualized nursing interventions based on focused respiratory assessments

Everett Clinician

United States Youth Volleyball League

May 2010 – August 2013(3 years 3 months)

-Clinician of the Everett Site during the USYVL summer league

-Introduced players, ages 5 to 16, to new volleyball skills each week, building the skills off of one another

-Educated coaches on appropriate positive reinforcement and coaching techniques

-Collaborated with other clinicians during intersite game days to foster a positive playing environment.

Student Nurse

Virginia Mason Medical Center

April 2013 – June 2013(2 months)

-Total Clinical Hours: 100

-Units: Acute Care of the Elderly, Oncology, Cardiac Telemetry

-Performed head-to-toe and focused assessments on client in order to develop individualized care plans

Education

Seattle University

Bachelor of Science in Nursing, Nursing

2010 – 2014

Seattle University

Activities and Societies

Seattle University Women's Rowing Team, Seattle University Learning Assistance Programs, Lifelong AIDS Alliance, Dean's List

Henry M. Jackson High School

2006 – 2010

Activities and Societies

Wind Ensemble, Honors Society, Leaders of the Pack, Associated Student Body

Skills & Expertise

Epic Systems

Pain Management

Nursing

Cerner

BLS

Wound Care

Critical Thinking

Clinical Research

Telemetry

PowerPoint

Healthcare

Microsoft Word

Certifications

Registered Nurse License

Washington State Department of Social and Health Services, License RN60506483

June 2015 – March 2020

Courses

Seattle University

Transition to Professional Nursing - Practicum(2437)

Senior Synthesis in Nursing(4900)

Nursing Care of Older Adults - Theory/Clinical(334/335)

Nursing Care of Adults I - Theory/Clinical(354/355)

Mental Health Nursing - Theory/Clinical(336/337)

Human Sexuality(491)

Nursing Care of Children - Theory/Clinical(364/365)

Nursing Care of Adults II - Theory/Clinical(454/455)

Nursing Care of Communities - Theory/Clinial(460/461)

Nursing Leadership and Management(462)

Nursing Care of the Childbearing Family - Theory/Clinical(463/464)

Honors & Awards

Dean's List

Seattle University College of Nursing

March 2011

- An honor awarded by Seattle University College of Nursing for students with a GPA of 3.5 or above

Dean's List

Seattle University College of Nursing

June 2012

- An honor awarded by Seattle University College of Nursing for students with a GPA of 3.5 or above

Dean's List

Seattle University College of Nursing

December 2012

- An honor awarded by Seattle University College of Nursing for students with a GPA of 3.5 or above

Dean's List

Seattle University College of Nursing

June 2013

- An honor awarded by Seattle University College of Nursing for students with a GPA of 3.5 or above

Volunteer Experience & Causes

Teen Department Volunteer

YMCA

May 2005 – June 2010(5 years 1 month)Children

Assisted other volunteered and supervised eventgoers during events such Teen Night and Parent's Night Out

Chicken Soup Brigade Volunteer

Lifelong AIDS Alliance

April 2013 – June 2013(2 months)Social Services

-Gathered prepared meals and foods for clients in the Seattle area

Clothing Server/Clothing Bank Assistant

St. Francis House

April 2011 – June 2011(2 months)Social Services

-Gathered clothing items and other desired products for clients

-Served coffee and sandwiches to clients

Causes Arielle cares about:

Arts and Culture

Children

Civil Rights and Social Action

Education

Health

Human Rights

Disaster and Humanitarian Relief

Science and Technology