

# Jessica Parkes-Tuhalski

West Allis, WI

-Email me on Indeed: <http://www.indeed.com/r/Jessica-Parkes-Tuhalski/c8c57369d522c879>

- Well-rounded registered nurse with experience ensuring high standards of culturally competent care for a wide variety of patients with complex conditions and diverse needs. Responsible health care provider with excellent communication skills demonstrated by 18 years of experience in the health care field.

Authorized to work in the US for any employer

## Work Experience

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### **Registered Nurse**

COLUMBIA ST. MARY'S MILWAUKEE

August 2019 to Present

- Monitor patient condition, including interpreting and tracking EKG readings, identifying irregular telemetry readings, and updating team members on changes in stability/acuity.
- Manages quality care for patients with varied conditions including but not limited to heart failure, end-stage renal disease, and coronary artery disease.
- Facilitated therapeutic communication, conflict resolution, and crisis intervention by redirecting negative behaviors and helping patients regain or improve coping abilities to prevent further disability
- Perform ongoing assessments to evaluate patient condition and needs and working with multidisciplinary teams to develop, initiate, manage, and modify individualized plans of care
- Advise patients and caregivers of proper wound management, discharge plan objectives, safe medication use, and disease management
- Educate patients and families on effective treatment options, at-home care strategies that will help to improve lifestyle changes that will lead to a reduction in symptom re occurrence and enhance long-term outcomes

### **Resident Assistant**

HERITGE SENIOR LIVING WEST ALLIS

May 2016 to May 2019

- Assistance with ADLs such as bathing, dressing, toileting, and oral hygiene
- Use of equipment such as Hoyer lift, sit to stand, and gait belt for transfers
- Documentation in paper MAR
- Passing medication to residents and taking and documenting vital signs

### **Certified Nurses Aide**

NEW HEALTH SERVICES

April 2007 to May 2016

- Communicate change in condition to registered nurse
- Document I&O, bowel and bladder, and other duties under the supervision of a registered nurse
- Medication reminders, meal prep, and assistance with ADLs such as ROM, ambulating, and personal cares

## Education

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### **Associate of Science in Nursing**

Milwaukee Area Technical College

May 2019

### **Medication Aide Certification**

University of Wisconsin Green Bay - Green Bay, WI

July 2016

## Nursing Licenses

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### **RN**

## Skills

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- Fantastic organizational skills
- Ability to recognize and evaluate ever-changing patient situations
- Ability to work on a team and collaborate with others to provide safe and effective care
- Ability to implement and provide care in accordance with priority in a timely and effective manner
- Strong therapeutic communication skills
- EMR/HER
- PCU/ICU Stepdown experience
- Care plan development
- IV drug therapy management
- Hospital Experience
- Crisis Intervention
- Conflict Management

## Certifications and Licenses

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### **BLS Certification**

## Assessments

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### **Clinical Judgment — Highly Proficient**

December 2020

Assessing a patient's condition and implementing the appropriate medical intervention.

Full results: [Highly Proficient](#)

Indeed Assessments provides skills tests that are not indicative of a license or certification, or continued development in any professional field.