

# SHAYNA GILMAN

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## QUALIFICATIONS

- Certified Nursing Assistant, January 2013
- American Red Cross Adult and Pediatric CPR Certification, First Aid, and AED
- Licensed Practical Nurse, June 2017
- Registered Nurse, September 2018
- Lead role in a Quality and Satisfaction Team on the MSP Unit at ARH
- Bachelor's in nursing with projected graduation December 2021

## EDUCATION

### **University of Wisconsin-Stevens Point, Stevens Point, WI**

- Bachelor's Degree in nursing, projected graduation December 2021
- Advanced courses in management and community focus

### **Mid-State Technical College, Wisconsin Rapids, WI**

- Associate Degree in Nursing, graduation date 05/17/2018
- NCLEX Registered Nurse, September 2018
- Mid-State Student Nurses Association, Member since 2015
- Clinical Experience:
  - Bethel Nursing home 60 hours
  - Marshfield Medical Center 7N, 5N, 4N, 3N 256 hours,
  - Aspirus Riverview Med/Surg 108 hours
  - Preceptorship on Aspirus Riverview Med/Surg 96 Hours

### **Lincoln High School, Wisconsin Rapids, WI**

- High School Diploma, June 2011
- Focus with marketing and communication skills.

## WORK EXPERIENCE

### **Aspirus Riverview Hospital, Wisconsin Rapids, WI**

*Registered Nurse, November 2018 – present*

- Coordinate communication between patient and doctor
- *Safety precaution implementation*
- *Take vital signs, daily weights, and measure I&Os*
- *Work with PICC lines, IV's, IV pumps, Foley Catheters, drips, medication administration, wounds and more*
- *Assist with Codes and Rapid Responses*
- *Use and correspond to emails appropriately and timely*
- *Stay current on all education and safety mechanisms*

### **Atrium Post-Acute Care, Wisconsin Rapids, WI**

*Licensed Practical Nurse, June 2017 – August 2018*

- Perform patient safety (Identifiers, medication administration, ambulation, etc.)
- Ensure safety precautions are in place and are tendered to each individual.
- Take vital signs, daily weights, and I&O measurements
- Work with PICC lines, IV's, IV pumps, Foley Catheters, Medication administration, Wound dressing changes, and more

**Aspirus Wausau Hospital: IMC Unit, Wausau, WI**

*Certified Nursing Assistant & Nurse Technician March 2016 – July 2017*

- Perform patient personal cares; bathing, hair care, skin care, lotion, repositioning, ambulating, and safety measures
- Assist with Codes or Rapid Responses and life saving measures
- Assist with physical therapy needs as well as occupational therapy needs
- Take vital signs, daily weights, I&O measurements, and height as well as work on admission and discharge paperwork
- Assist with Trach care, wound changes, -ostomy's, Foley care as well as removal, IV sites and removal, and lastly ensuring medication regimens
- Use and correspond to emails appropriately, EPIC training, and stayed current on all safety measures

**Aspirus Wausau Hospital: Comfort Care & Hospice Services, Wausau, WI**

*Certified Nursing Assistant, December 2014 – March 2016*

- Provide comfort and presence to patients and their families
- Perform CNA cares; bathing, hair care, skin care, lotion, repositioning, ambulating, and safety measures
- Help adjust or alter the patients care plan based on growing or changing needs
- Maintain effective and therapeutic communication throughout my team, patients and their families

**ADDITIONAL SKILLS & ORGANIZATIONS**

- Interpersonal Communication, Team Leadership, Coaching and Mentoring
- Computer skills (Microsoft Word, Excel, PowerPoint, and Email)
- Former DECA, FBLA, Volunteer Program (1,500 hours) member
- Active member of Mid-State Technical College Nursing Association (MSNA)
- Lead role in the Quality and Satisfaction (for patients and staff) team on the Medical/Surgical/Pediatric Floor at Aspirus Riverview Hospital; specializing in coordinating appointments and functions as well as, boosting morale by encouraging team involvement for games/raffles or interactive exercises for patient and staff satisfaction.