

Rachel Armas

NURSE CASE MANAGER SUPERVISOR - Warrior Transition Battalion

Castle Rock, CO 80109

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I am a Registered Nurse, licensed in the state of New Mexico. During my time in the Army, I learned the value of servant leadership, empowering me to effectively anticipate and accommodate customer needs. I offer numerous commendations for providing services to Soldiers, Retirees, and Families while fully employing best business practices. My 12 years serving on Active Duty do speak to my professional background and I am seeking opportunity with a highly reliable and reputable organization who values employees by investing in them.

Willing to relocate to: Castle Rock, CO - Denver, CO - Aurora, CO

Work Experience

NURSE CASE MANAGER SUPERVISOR

Warrior Transition Battalion - Fort Carson, CO
January 2019 to Present

Serves as Battalion Nurse Case Manager, Evans Army Community Hospital Warrior Transition Battalion (WTB).

Responsible for the leadership, health, safety, and welfare of 14 nursing, and 8 auxiliary personnel assigned to the Battalion. Plans, interprets, and defines the standard nursing practice, programs, and activities for Nurse Case

Management. Principal advisor to the WTB Commander on all clinical and administrative Case Management

matters. Along with the Battalion Surgeon, manages, and oversees all clinical care in the WTB, EACH. Utilizes collaborative team approach to meet complex health needs for Wounded Warriors, which promotes optimal

clinical effectiveness and cost efficiency. Ensures all nurse case managers are clinically competent and comply with mandatory requirements, regulations, and established criteria.

CLINICAL EDUCATOR

121 Combat Support Hospital
January 2018 to December 2018

Yongsan, Republic of Korea

Served as primary staff in the Clinical Education Division at a forward deployed 248-bed Combat Support

Hospital and 38-bed Army Community Hospital. Responsible for orientation programs, annual training and administrative oversight of all training programs for approximately 700 Army Soldiers, Government

Service, and Korean Government Service personnel. Provided educational guidance, organized orientations, developed medical and nursing education initiatives to increase Joint Commission compliance up to 96%.

DIRECTOR

US Army - Denver, CO

January 2016 to December 2017

Director of the Denver Medical Recruiting Company, served nine western states covering 692,152 square miles.

Commanded, controlled, and directed Active Duty and Reserve recruiting activities with 25 soldiers, two civilian

staff members, and one contract receptionist organized into five recruiting centers. Trained, maintained, and sustained the force annually recruiting over 100 Active Duty and Reserve officers in support of the Medical, Dental,

Veterinary, Nurse, Specialist, and Medical Service Corps. Developed strategies and systems to manage marketing,

and logistics across the five recruiting centers. Established a command climate, which fostered teambuilding and mission accomplishment, ultimately leading the company to number one of 16 for three consecutive years.

LICENSED PRACTICAL NURSE INSTRUCTOR

US Army - Tacoma, WA

October 2014 to January 2016

Primary instructor for this 40 week course; responsible for the instruction and skill progression of up to 140 enlisted

Soldiers annually. Provided mentorship, coaching and guidance to six NCOs and five GS-11 instructors.

Prepared

lesson plans, delivered and directed didactic, clinical and simulation experiences. Enforced compliance with Texas

Board of Nursing and Army regulations. Evaluated student knowledge and performance competencies.

Counseled

and prepared students for successful completion of the National Certification for Licensure standards by individualizing teaching. Responsible for the health, welfare and leadership development of all assigned students and was accountable for \$800,000 of property.

NURSE MANAGER

Madigan Army Medical Center - Joint Base Lewis McChord, WA

January 2013 to October 2014

Clinical Nurse Manager for a 31-bed medical oncology unit, supporting 12 subspecialties in a 243-bed Regional

Medical Center. Directed and evaluated the delivery and outcome of nursing care in accordance with the National

and local standards. Responsible for the development, training and evaluation of more than 65 military and civilian nursing personnel. Budget and equipment valued in excess of \$1,054,144. Collaborated with healthcare

professionals to ensure an interdisciplinary and cost effective approach. Implemented and monitored standards of nursing practice and clinical improvement initiatives to support family and patient centered care.

EMERGENCY DEPARTMENT REGISTERED NURSE

10th Combat Support Hospital - Fort Carson, CO

October 2010 to January 2013

Charge Nurse of a 15 bed Emergency Medical Treatment section in a combat hospital facility in Afghanistan.

Provided healthcare to over 6,000 American and Coalition forces, Civilians, Afghan Soldiers and civilians, country nationals, and security detainees. Provided, directed, and evaluated delivery and outcomes of nursing care. Evaluated

resource utilization of personnel, equipment, and supplies and adjusted to meet needs of current mission.

Collaborated with other healthcare professionals to ensure delivery of multidisciplinary and evidence based approach to high quality patient care. Supervised medics and other clinical staff nurses to ensure safe delivery of emergency,

trauma, and resuscitative outpatient care while employing best practices in a highly stressful environment,

contributed to survival rate of 92%.

MEDICAL SURGICAL NURSE

Walter Reed National Military Medical Center - Washington, DC

October 2008 to October 2010

Served a staff/charge nurse and supervised up to five professionals and four paraprofessionals on a 22-bed multi- specialty surgical unit at the Army's largest medical center. Provided direct nursing care consistent with

departmental policies and current professional standards while using the nursing process. Collaborated with multi- disciplinary health care providers to ensure safe, high quality patient care. Participated in the unit/hospital level

performance improvement programs and orientation of new personnel.

Education

Master's in Business

Northeastern University - Boston, MA

2018

Bachelor's in BSN

University of New Mexico-Main Campus - Albuquerque, NM

2007

Nursing Licenses

RN

RN

Skills

- Excel (10+ years)
- Microsoft Word (10+ years)
- Word (10+ years)
- Staff Nurse (4 years)
- Hospital (5 years)
- Med Surg (2 years)
- RN (10+ years)
- Emergency Room
- Medical Surgical

Military Service

Branch: United States Army

Rank: Major

Certifications and Licenses

BLS, ACLS

Additional Information

SKILLS

- Strong verbal, interpersonal, and written communication
- Collaborative/servant leadership
- Conflict resolution; Arbinger trained
- Self-motivated; determined
- Skilled in Excel and Microsoft Word
- Extremely organized; multitask well