Sara Hammonds

Contact Info: 434-907-1882

[shammonds@radford.edu](mailto:shammonds@radford.edu)

<https://www.linkedin.com/in/sara-hammonds-04400868>

Emergency Department Nurse

Roanoke, Virginia, United States Medical Practice

Previous positions

Future Flight Crew member at East Coast Helicopter Operations

Intern at Carilion Clinic Life-Guard

Education

Radford University, Bachelor’s Degree, Registered Nursing/Registered Nurse

Background

Summary

I'm a Registered Nurse (RN) in a level one trauma center Emergency Department at Carilion Roanoke Memorial Hospital in Roanoke, VA. I’m currently seeking opportunities to obtain my EMT-B and gain pre-hospital experience. In the future I would like to complete an RN to Paramedic bridge program and work towards my dream career of becoming a flight nurse.

In my spare time I enjoy spending time with friends, traveling, hiking, and trying new things.

Experience

Registered Nurse

Carilion Roanoke Memorial Hospital

December 2016 – Present (2 years 11 months) Roanoke, Virginia Area

Future Flight Crew member

East Coast Helicopter Operations

October 2017 – October 2017Philadelphia, Pennsylvania

Intern

Carilion Clinic Life-Guard

January 2017 – May 2017(4 months)Christiansburg, Virginia

Server

Smokey Bones Bar & Fire Grill

October 2016 – March 2017(5 months)Roanoke, Virginia Area

Kitchen/Catering Staff

Carol's Place Restaurant

May 2015 – August 2015(3 months)15173 Forest Rd Forest, VA 24551

Server

La Villa

May 2014 – January 2015(8 months)8109 Timberlake Rd Lynchburg, VA 24502

Crew Member

McDonald's Corporation

2011 – 201314901 Forest Rd Forest, VA 24551

Cashier, drive-thru, preparing and serving food and beverages, maintaining clean environment

Teacher Assistant

Seven Hills Dance Studio

August 2011 – May 2012(9 months)4925 Boonsboro Rd Lynchburg, VA 24503

Instruct and monitor students and observe students' performance

Education

Radford University

Bachelor’s Degree, Registered Nursing/Registered Nurse

2012 – 2017

Activities and Societies

Student Nurses Organization (SNO), Roanoke Campus - Vice President (August 2015 - May 2016), President (May 2016 - October 2016), Psi Chi International Honor Society in Psychology, Omicron Delta Kappa National Leadership Honor Society

Jefferson Forest High School

Advanced Diploma

2008 – 2011

Activities and Societies

Yearbook

Languages

English

Native or bilingual proficiency

Spanish

Limited working proficiency

Sign Languages

Limited working proficiency

Skills & Expertise

Cashiering

Dance

First Aid Training

Critical Thinking

Microsoft Excel

Food Service

Microsoft Office

Customer Service

PowerPoint

Teaching

Teamwork

Restaurants

People Skills

Microsoft Word

Pediatric Advanced Life Support (PALS)

Advanced Cardiac Life Support (ACLS)

CPR Certified

Basic Life Support (BLS)

Certifications

BLS for Healthcare Providers (CPR and AED)

American Heart Association | American Stroke Association, License

September 2015 – September 2017