

Mitchell Balding

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Ethical, passionate, and professional registered nurse pursuing a position in a challenging and progressive healthcare organization. Looking to broaden and refine current skills, acquire and nurture new ones, while completing assigned duties and obligations. Strives to provide superior outcomes. Possesses strong communication skills and works well in both a team and individual work setting. Respects cultural diversity and seeks to promote an environment optimal for healing, educating, and promoting healthy lives for patients and families.

Licenses and Certifications

Registered Nurse, State of Minnesota Board of Nursing, October 2017
CPR / BLS Certified by American Heart Association, November 2018 to November 2020
ACLS Provider 05/2018 to 05/2020
PALS Provider 10/2018 to 10/2020
TNCC Certification 09/2019 to 09/2023

Academic Background

Rasmussen College, Bloomington, MN
Associates of Science, Professional Nursing
Dean's List- Spring 2016 through Spring 2017

Graduation: September 2017

Related Coursework:

Nutrition, Health Assessment, Fundamentals of Professional Nursing, Microbiology for Healthcare Professionals, Pharmacology, Mental Health, Maternal Child Health Nursing.

University of Northwestern-St. Paul
Dean's List - Spring 2014

Sept. 2013-May 2014

Related Coursework:

Human Anatomy and Physiology, Microbiology, Ethics, Advanced Writing Composition, Christian Theology, Lifespan Psychology.

University of Minnesota-Twin Cities

Sept. 2007-May 2011

Related Coursework:

Calculus I, Chemistry I & II, History of Medicine, Spanish Composition, Intro to Psychology, Bioethics, Medical Terminology.

Work Experience

Woodwinds Hospital Woodbury, MN

January 2018-Current

Emergency Department-Registered Nurse

Utilizes the nursing process, including assessment, planning, implementation, and evaluation, to coordinate outcome focused patient care.

Communicates effectively with patient/family, physicians, the interdependent team, and other disciplines regarding the plan of care.

Actively participates in creating and implementing improvements at the point of care to achieve clinical quality, customer experience, nursing engagement, and efficiency and effectiveness outcomes.

Responds and actively participates in various emergency codes.

Follows and implements complex protocols for critical patients.

Monitors and responds to various hemodynamically unstable patients (DKA, Stroke, STEMI, hypo/hyperglycemic)

Assist with providers with conscious sedations and intubations.

Insertions of NG/OG tube placements.

Administration of various oral, IV, IM, intranasal medications.

Participates in ongoing continued education.

Children's Hospital St. Paul, MN

December 2016-January 2018

Emergency Department-Clinical Support Associate

Transfer patients from Emergency Department to CT, X-ray, and ultrasound areas.

Ensure and provide comfort to pediatric patients during uncomfortable procedures.

Assist with laceration repairs. Set up laceration equipment and sterile fields.

Monitor high-risk behavioral patients who require one-to-one supervision. Follow isolation precautions and infection control procedures.

Hold for various emergency and non-emergency procedures.

Stock nutrition, medical, and triage supplies throughout shift.

Perform vital signs as delegated and upon EMS arrival. Assist with splinting and casting broken bones.

Perform any delegated tasks during a trauma.

Respond to specific hospital codes.

Assist with cleaning wounds.

Lion's Tap Family Restaurant Eden Prairie, MN

Feb 2011-December 2016

Restaurant Server

Take orders for customers and ensure that their food and dining experience is excellent. Help customers with merchandise purchases as well as to-go food orders. Assist customers with our loyalty program and email club while helping them understand how it works.

Acquired extensive experience in several software applications including Microsoft Office, Microsoft Outlook, and can maneuver quickly between tasks.

Have learned to accurately put in orders while using time efficiently

Communication skills are proficient and clear. Interaction with coworkers and managers is professional. Well organized and consistently keep superiors informed of room status and customer's concerns. Phone skills are excellent.

G4S Secure Solutions Minneapolis, MN
Security Officer

Jan 2013-Sept 2013

Patrolled and inspected the property to protect against fire, theft, vandalism, terrorism, and illegal activity. Used various forms of communications and wrote reports outlining observations and activities during assigned shifts. Trained to respond effectively and safely to routine and emergency situations. Verified contract workers credentials and corresponded with their supervisors via email and intranet. Responded appropriately to codes and alarms for each specific emergency when they appeared on the screen. Communication skills are adequate, written emails are accurate and concise, and phone skills are courteous and professional. End-of-shift reports are thorough and informative.

Houlihan's Richfield, MN
Front of House Host

August 2011-May 2012

Scheduled reservations for parties and meetings. Helped our guests with large orders and catering options. Created a welcoming environment upon guest's arrival. Answered questions about the various menu items and helped guests with special dietary/allergy concerns. Acquired experience managing several phone lines at the same time. As a result of day-to-day assignments, I learned to navigate quickly and efficiently with arriving customers as well as those on the phone and in the restaurant. Communication skills are optimal, written emails are accurate and concise, and phone skills are courteous and professional. Excellent at keeping workspace organized and neat.

Clinical Experience

Benedictine Health Center of Minneapolis Minneapolis, MN (Sub-Acute Care)

April 2017-June 2017

Hutchinson Health Hospital Hutchinson, MN (Obstetrics)

April 2017-June 2017

Redeemer Health & Rehab Center Minneapolis, MN (Short-term Rehab & Memory Care)

January 2017-March 2017

Martin Luther Campus Bloomington, MN (Long Term Care)

April 2016-June 2016

Clinical Work Experience

Performed medication preparation, administration, and documentation for patients requiring a gastrostomy tube. Cared for patients that were dependent on ventilators and those utilizing closed suctioning systems. Documented outcomes, interventions, and analyzed treatment plans for each patient every week. Created care plans for patients with paralytic syndrome, chronic respiratory failure, and ALS. Compiled comprehensive SBAR notes for providers and used in the end-of-shift report. Provided oral and tracheostomy cares every week and as needed. Conducted head to toe data collection and performed vital signs. Performed obstetric head to toe assessments and postpartum assessments.

Performed Leopold maneuvers during obstetric assessment.
Prepared, administered, and documented immunizations.
Observed non-stress tests, births, and circumcisions.
Observed and participated in discharge teaching.
Observed and assisted with ultrasounds.
Performed newborn assessments.
Monitored and recorded health information and patient data including nutritional needs, fluid and food intake, and assessed weight history, medical risk factor and patient history.
Promoted patient and family education, health improvement, patient wellness and infection prevention.
Assisted in patient care including activities of daily living and community-based activities.
Evaluated client's needs based on their mental health diagnosis.
Observed, assisted, and performed wound dressing changes.

Kagera Regional Hospital Bukoba, Tanzania (Surgery)

May 2009

Student Observer

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- Observed birthing process and post-delivery care of mother and infant.
- Observed pre-op, surgery, and post-op for a testicular torsion.

Volunteer Experience

Children's Hospitals and Clinics-St. Paul, MN

April 2015-December 2016

Emergency Room Concierge

Former volunteer at Children's Hospital in St. Paul, MN

Welcomed patients and their families and directed them to the triage nursing station.

Provided information regarding how to check into the ER, pharmacy location, radiology location, and other important areas of the hospital.

Offered parents help if they have more than one child with them by providing small activities for these children. This allows the parents to focus on their sick or injured child who is seeking care.

Kept the ER waiting area clean and clutter free, while ensuring that patients and their families are comfortable. Ensured that the atmosphere of the ER waiting area is calm.

Biology Without Borders-University of Minnesota

Sept. 2008-May 2009

International and Local Volunteer

Helped patients who were waiting in the delivery room. Helped with filing medical records.

Spent time with the children who attended Secondary School. Helped them with their homework as well as with their English speaking and writing skills.

While in Bukoba, Tanzania, I visited the Mugeza Albino Orphanage where our group cleaned and washed all of the bunk beds and provided new mattresses, linens, and new mosquito nets.

Taught a group of secondary school children how to cultivate a vegetable garden. We taught them basic principles of how to grow food and how to use fertilizer. Conducted diabetes screenings for the local population. We had many supplies that allowed us to check people's glucose levels and refer them to seek medical when necessary.

Christian Life Church

October 2014

Tiujana Mission Trip

Painted exterior of church building

Laid ceramic tile inside building.

Waterproofed the foundation of the building.

Tutored local orphans and assisted with school work.

Visited, bonded, and provided spiritual health needs to a local woman's shelter.

Expanded cultural experience and communication skills.