

# CHEPCHUMBA EMBWAGA

---

3616 104th , Ave N, Brooklyn Park, MN 55443 • 612-368-4658 • chepembwaga@outlook.com

## Professional Summary

### Objective

Seeking a critical care RN position in Great hospital where my strong nursing skills and experience can be utilized to enhance and improve patients' outcome

## Skills

### Intensive Care Unit

specialty(Neuro,CV,Medical,Surgical)

- Care plan development
- Infection control measures
- Lab result interpretation
- Patient privacy and confidentiality
- Emergency procedures
- Patient management
- Epic use
- Patient assessments
- Medical evaluation
- Patient discharge
- Family advocacy
- Acute care expertise
- Procedure preparations
- Culturally-sensitive
- Bilingual

## Work History

**Registered Nurse**, 10/2018 to Current

**AYA Health Care, Mayo Clinic – Red Wing, MN**

- Medical ICU.
- Instructed patients and family members on proper discharge care.
- Floated between surgical and medical units, including ICU med surg.
- Self-directed with astute judgment skills. High level of personal accountability.
- Assisted patients in their recovery goals
  
- Provided all daily living tasks to enhance quality of life for elderly patients.
- Managed care for post-operative patients through discharge.
- Assessed need for, ordered, obtained and interpreted appropriate lab tests.
- Developed and implemented nursing care plans.

08/2017 to 10/2018

## **AYA Health Care**

**Registered Nurse, 08/2017 to 10/2018**

**United Hospital – St Paul, MN**

- 400 Beds-Teaching Hospital(Allina system) , -Neuro, CV and Medical Intensive Care.
- Managed the care of critically ill/injured patients Provided comfort and support to grieving families and friends
- Maintained and held multiple certifications including ACLS (Advanced Cardiac Life Support), BLS (Basic Life Support).
- Can read EKG's 5 and 12 leads and recognize life-threatening arrhythmias.
- Familiar with/comfortable with BIS monitors for patients that are heavily sedated and/or paralyzed Assist with and ran codes.
- TPa administration with frequent Neuro assessments Mixed drugs in the ICU for immediate use Assisted Physicians with emergent and non-emergent bedside procedures Able to provide care for immediate post-op patients, or immediate trauma patients Cared for vented patients via endotracheal tube, or trach Worked on Float pool-floated to all units.
- Experience-Travel position, Abbott North Western Hospital -600 bed Teaching hospital Minneapolis MN Registered Nurse-CVICU, Medical ICU Managed the care of critically ill/injured patients Provided comfort and support to grieving families and friends Maintained and held multiple certifications including ACLS (Advanced Cardiac Life Support), BLS (Basic Life Support).
- Cared for Cardiac patient with LVADs, balloon pumps, A-lines, CVPs, Can read EKG's 5 and 12 lead, and recognize life-threatening arrhythmias.
- Familiar with/comfortable with BIS monitors for patients that are heavily sedated and/or paralyzed
- Assist with codes
- Mixed drugs in the ICU for immediate use
- Assisted Physicians with emergent and non-emergent bedside procedures
- Able to provide care for immediate post-op patients.
- Responded to codes, rapid responses.
- Cared for vented patients via endotracheal tube, or trach Experience-Travel position.
- Delivered medications orally, rectally, intramuscularly, subcutaneously and via IV therapy.
- Provided skilled emergency response in critical situations.
- Asked parents pre-determined questions based on the age of the child.
- Assisted doctors with surgeries and non-invasive procedures.
- Educated and worked with patients to help them navigate the healthcare system and adhere to their care plan.
- Trained newly hired nurses on Allina practices and procedures.
- Followed infection control procedures.
- Accurately noted patient test results, medical histories and vitals.

- Advised patients and caregivers of proper wound management, discharge plan objectives, safe medication use and disease management.
- Assessed need for, ordered, obtained and interpreted appropriate lab tests.
- Detected patient reactions, deteriorations and improvements and accurately reported results in patient records.
- Strived to improve patient care, satisfaction and safety.

#### **Registered Nurse, 05/2017 to 08/2017**

##### **AMN Abbott Northwestern – Minneapolis, MN**

- Partnered with team of registered nurses to achieve overall well-being of all patients.
- Cared for Cardiac patient with LVADs, balloon pumps, A-lines, CVPs,
- Performed regular assessments on patients to evaluate their health conditions while they were in the ICU.
- Followed all policies and procedures and hospital regulations to ensure compliance and patient safety.
- Communicated with the patient and his or her family regarding care, tests and medications so that they were well-informed.
- Provided patient education.
- Provided comfort and support to grieving families and friends
- Maintained and held multiple certifications including ACLS (Advanced Cardiac Life Support), BLS (Basic Life Support).

#### **Registered Nurse, 02/2017 to 05/2017**

##### **AMN Health care, Regina Hospital – Hastings, MN**

- Allina Health Systems- 52 beds-non Teaching Hospital , -Surgical ICU
- Managed the care of critically ill/injured patients Provided comfort and support to grieving families and friends
- Maintained and held multiple certifications including ACLS (Advanced Cardiac Life Support), BLS (Basic Life Support).
- Can read EKG's 5 and 12 lead and recognize life-threatening arrhythmias.
- worked with ortho patients-post op
- Familiar with/comfortable with BIS monitors for patients that are heavily sedated and/or paralyzed  
Mixed drugs in the ICU for immediate use Assisted Physicians with emergent and non-emergent bedside procedures Able to provide care for immediate post-op patients.

- Responded to codes, rapid responses.
- Documenting care using Epic Experience-Travel position.
- Assisted residents with bathing, dressing, feeding, lifting and transferring.

**Registered Nurse**, 11/2016 to 02/2017

**St. Joseph's Medical Center** – Brainerd, MN

- 52 bed teaching hospital , -Medical/Surgical ICU
- Managed the care of critically ill/injured patients
- Provided comfort and support to grieving families and friends
- Maintained and held multiple certifications including ACLS (Advanced Cardiac Life Support), BLS (Basic Life Support).
- Can read EKG's 5 and 12 lead, and recognize life-threatening arrhythmias.
- Assist with and ran codes.
- Mixed drugs in the ICU for immediate use Assisted Physicians with emergency and non-emergent bedside procedures Able to care for fresh surgical patients.
- Very comfortable with managing patients that are ventilated, or trached.

**Staff Nurse**, 06/2015 to 11/2016

**Union Hospital** – Terre Haute, IN

- Union Hospital -Terre Haute IN- 464 Bed teaching Hospital.

**Registered Nurse-Medical, Surgical, Cardiac ICU**

- Managed multiple patients groups- some were post-op from Open Heart, angiograms, or pacemakers, and the others were post MI, or heart failure ,GI bleeds,seizures, etc.
- Prepped patients for proceduresBedside intubations, Rotor pronning sedated and paralyzed patients (with ARDS).
- Provided lots of education to patients and families about medications, healthy diets, or fluid restrictions.
- Obtained and held my ACLS certification because this floor required one of its RN's to attend a Code Blue.
- Sheath pulls when patients were returned to the floor after stenting
- Worked in a Charge position-placed patients as well as mentored new staff.
- Running codes Rapid response.

## **Education**

**The University Of Texas At Arlington** - Arlington, TX

BSN program. Expected graduation 2019

ADN: May 2015

## **Lincoln Trail Community College**

Current States Licensed to Practice in Minnesota

LPN: Dec 2012

**Anoka Technical College**

## **Personal Information**

Objectives , I love being Critical care nurse. I enjoy seeing, and experiencing different places and meeting new people. I feel that I have a wealth of knowledge after being in nursing for 5 years, with 2 of those years being travel in Intensive Care nursing. However, I also know that with as much as I know there is still much that I can learn from every facility that I am at which is very exciting to me. I plan on advancing my education to better care my knowledge and skills.

## **References**

References

Facility/Hospital : United Hospital

Name : Stellah Morara

Title: Assistant Care Manager/Administrative Supervisor at Regina Hospital

Telephone: 6513382962

Email : Stellah.morara@allina.com

#2:

Facility Abbott : Northwestern Hospital

Name: Angela Albertson

Title: Charge Nurse

Telephone. 505-400-9996

## **Additional Information**

- 2