

Cara L Meister

Crystal Lake, Illinois
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 (815) 790-1824

Objective

Seeking a Registered Nurse position to which I can further develop my practical experience, providing outstanding care, while independently planning and implementing nursing care to those in need.

Skills

- Anticipates needs of physicians and disciplinary staff
- Able to handle multiple tasks at once while remaining focused on patient care
- Training in Early Psychosis Intervention
- Professional Nurse Practice Council and Emergency Nurse Association member
- PALS and ACLS certification by the American Health Association
- Proficient with Microsoft Office suite, including Excel and Powerpoint using Windows 8/10

Education

McHenry County College, Crystal Lake, Illinois – May 2017

- Associates Degree in Science - Nursing

Ambria College of Nursing, Hoffman Estates, Illinois – December 2013

- Licensed Practical Nursing Certificate

Experience

Registered Nurse – Emergency Department

August 2017 -

Current

Centegra Hospital - Huntley

McHenry,

Illinois

- Direct patient care with vast skills areas, including traumas, critical patients, complex wounds
- High paced work environment
- Teamwork with the charge RN, Physician Assistants and ER Physicians to facilitate patient care
- Triageing and placing appropriate orders per protocol
- Actively working on ACLS and PALS certification, with TNCC and CEN planned for early 2018

Licensed Practical Nurse/Registered Nurse

August 2015 -

Current

Advanced Gynecology

Skokie,

Illinois

- Worked directly with physician, managing patient care, obtaining lab specimens, diabetic education and teaching, assisting with in office procedures
- Organizing patient's charts and medical records, included but not limited to Home Health arrangements and paperwork, medication management, coordinating care with nursing homes, prior authorizations and meeting Medicare guidelines
- Direct patient care including: assessments, vital signs, EKGs, lab specimens, IV fluid administration

Sr. Nurse Tech & Licensed Practical Nurse

August 2005 – July

2017

Centegra Health System

McHenry,

Illinois

- Direct patient care including: vital signs, EKGs, assisting with ADLs, assessments to report to the physician and RN, IV starts, wound care with complex dressings and castings
- High paced work environment
- Teamwork with the charge nurse and nursing supervisor in coordinating patient care and bed placement, organizing patients charts and medical records
- Facilitate nurses, physician, case and social workers with patient treatment, admissions and

discharges

Shift Supervisor
2006
Starbucks Coffee Company
Illinois

July 2002-March

Woodstock,

- Ran and distributed daily shift responsibilities to employees; managing breaks, opening and closing till drawers, customer recovery and satisfaction
- Large daily cash deposits and weekly tip distribution to employees
- Ordering supplies on a weekly basis from multiple distributors
- Highly fast paced environment

Although I have been a registered nurse since June 2017, I have been at the bedside in acute care setting for over 13 years. I was able to work as a unit secretary and patient care tech for many of those years, as well as advancing my knowledge and learning to obtain my LPN (licensed practical nurse) and then finally my RN. I am currently starting back to obtain my RN-MSN through Western Governors' University Online.

As a new grad with my RN, I was able to obtain a job in the Emergency Department, where I still currently work. Also through my 13 years in healthcare, I have worked in all settings, from critical care, to pediatrics and orthopedics to working in patients home, even help run an internal medicine doctor's practice. I encourage you to read through my resume.

I look forward to interviewing with you!

Regards,

Cara Meister