

Heather Pederson

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RN License Number: 236140-4



Education

Augustana University- Sioux Falls, SD- Bachelor of Arts in Nursing

May 2015, Cum Laude

Overall GPA 3.65

Dean's List

Women's Tennis NSIC Spring All-Academic Team, ITA (Intercollegiate Tennis Association) All-Academic Award

Relevant Coursework- Introduction to Nursing, Pharmacology, Microbiology, Human Anatomy, Human Physiology, Introduction to Pathophysiology, Introduction to Health Assessment and Nutrition, Nursing Therapeutics, Lifespan Development, Medical Terminology, Adult Health Nursing I/II, Child Health Nursing, Public Health Nursing, Behavioral Health Nursing, Stress Management, Native American Social Systems, Judaism Islam and the Christian Faith, Perspectives in Professional Nursing, Leadership in Professional Nursing

Clinical Experience- Avera McKennan Surgical/ Trauma, Avera McKennan Pediatrics, Avera McKennan Heart Hospital, Sanford Health Summer of Excellence (Based in Surgical Renal; Floated to Pulmonary, Cardiovascular Medical Surgical, Labor and Delivery, Emergency Department, Outpatient Infusion Center), Avera McKennan Labor and Delivery, Avera McKennan NICU, Avera McKennan Post-Partum, Sanford Health/Augustana University Partners in Nursing Internship in Labor and Delivery/ Post-Partum

Mankato West High School- Mankato, MN- General Education

June 2011

GPA 3.85

National Honor Society Member, Tennis Team Captain, Key Club President, Yearbook Editor in Chief, Minnesota State High School League (MSHSL) All-State Tennis Team, Big 9 Scholar Athlete Honor Roll, MSHSL Distinguished Academic Achievement Award, Big 9 Conference All-Academic Gold Award, Shining Scarlet Award, Voice of Democracy City (Mankato) First Place Award

Experience

Registered Nurse, Oral and Maxillofacial Surgical Consultants, Wayzata, MN

June 2016-Present

Care for patients post-sedation, assist surgeon in surgery, head hold and monitor patient during surgery, circulate surgery, set up and prepare patients for surgery, room patients for check up visits, dressing changes. Instruct patients and/or family members on post-surgical cares. Served as OSHA and EPA officer.

Registered Nurse, Sanford USD Medical Center, Cardiology Unit, Sioux Falls, SD

September 2015- May 2016

Care for cardiac and general overflow (GI, orthopedic, pulmonary, oncology, renal) patients and their families with quality and culturally competent care. Provide education, physical and emotional support, medications, and other therapeutic

interventions. Developed critical thinking and time management skills in a fast-paced environment to prioritize cares. Communicate efficiently and work closely with the interdisciplinary team. Best practice knowledge used to provide evidence-based care. Proficient in Epic/ Hyperspace charting system. Experience with IV starts and a variety of blood draws. Managed high risk IV medications (Heparin, Cardizem). Experience reading telemetry strips, as well as caring for patients post angiogram, post lytic-therapy, and post permanent pacemaker placement. Also incorporated use of alternative therapies (ex. Guided imagery, aromatherapy).

Partners in Nursing (PIN), Registered Nurse, Sanford USD Medical Center/ Augustana College- Sioux Falls, SD

January 2015-December 2015

Worked closely with a Registered Nurse during winter and spring internship to provide quality care for women in labor as well as post-partum. Provided education, physical and emotional support, medications, coaching, and other therapeutic interventions. Used critical thinking, communicated efficiently, used best practice knowledge to provide evidence-based care. Continued to gain competency as a registered nurse starting July 2015 on Sanford's medical oncology unit, the emergency department, and cardiology. Worked with Certified Nurse Educator to conduct research on stethoscope hygiene in the hospital setting. Presented findings and recommendations for implementation to hospital officials at research conference.

Sanford Health Summer of Excellence, Sanford USD Medical Center- Sioux Falls, SD

May 2014- August 2014

Worked closely as an intern with a Registered Nurse to develop basic nursing skills on the Nephrology Unit. Gained experience caring for patients with acute and chronic kidney disease, peritoneal dialysis, post kidney transplants, and others. Floated to additional units including Labor and Delivery, Emergency Department, Outpatient Infusion Center, Pulmonary, and Cardiovascular Medical Surgical.

Volin's Racquet and Soccer- Sioux Falls, SD

September 2014-May 2016

Worked independently in the store stringing racquets, completing orders for customers, selling apparel, and closing for the night.

**Certifications
& Memberships**

Nitrous Oxide Certification (Saint Louis University)- Obtained November 2017
Dental Anesthesia Assistant National Certification Exam (DAANCE)- Obtained May 2017

Advanced Cardiac Life Support (ACLS)- Obtained June 2018

Basic Life Support (BLS), American Heart Association curriculum- Obtained June 2018

Management of Aggressive Behavior (MOAB) Certification- Obtained February 2016

Sigma Theta Tau (Honor Society of Nursing) Member- Inducted May 2015

**Volunteering &
Community Service**

Sharing and Caring Hands- September 2017

Feed My Starving Children- August 2017

Minneapolis Recreation and Development ("The Sandwich Man")- November 2016

Dog Walking at the Sioux Falls Humane Society- 2012-2015

Dog Walking at the Blue Earth County Humane Society- 2006-2011

References

Available upon request.