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| Name: | Estephanie Rizo |
| Phone: | 7738651160 |
| Email: | estephanierizo@gmail.com |
| Location: | US-IL-Chicago-60623 () |
| Last Modified: | 11/16/2019 1:23:24 PM |

 Work History

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| Company Name: | Reston Hospital Center | 03/01/2016 - 11/16/2019 |
| Job Title: |  | |
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| Company Name: | Pediatrics Unit and Pediatric Emergency Unit | 04/01/2016 - 11/16/2019 |
| Job Title: |  | |
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| Company Name: | INOVA Mount Vernon Hospital | 01/01/2019 - 06/30/2019 |
| Job Title: | Emergency Room Registered Nurse | |
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| Company Name: | Anne Arundel Medical Center | 03/01/2018 - 06/30/2018 |
| Job Title: |  | |
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| Company Name: | Sentara Northern Virginia Medical Center | 01/01/2018 - 02/28/2018 |
| Job Title: | Telemetry Unit | |
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| Company Name: | Mexicare Pharmacy | 05/01/2017 - 12/31/2017 |
| Job Title: | Certified Pharmacy Technician | |
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| Company Name: | Arlington Food Assistance Center | 11/01/2017 - 12/31/2017 |
| Job Title: |  | |
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| Company Name: | CVS Pharmacy | 03/01/2016 - 07/31/2016 |
| Job Title: | Certified Pharmacy Technician | |
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| Company Name: | Virginia Hospital Center | 05/01/2016 - 06/30/2016 |
| Job Title: |  | |
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| Company Name: | Prince George's County Hospital | 01/01/2016 - 02/29/2016 |
| Job Title: |  | |
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 Education

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| School: | Chamberlain College of Nursing- Arlington,VA | Graduation Date: |  |
| Major: |  | | |
| Degree: | Bachelor's Degree | | |

 Additional Skills And Qualifications

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| Recent Job Title: | null | Recent Wage: | 0 per |
| Security Clearance: | No |  |  |

 Desired Position

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| Desired Wage: | per | Desired Employment Type: |  |
| Desired Travel: |  | Desired commute: |  |
| Desired Relocation: | No | |  |

 Resume

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| ESTEPHANIE RIZO     Full name Estephanie Rizo Address 2846 S. Central Park Ave  Email estephanierizo@gmail.com Chicago, IL 60623  Phone (773) 865-1160   ABOUTME Compassionate and detail-oriented Registered Nurse with experience in providing individualized care; Committed to providing high-quality patient care through effective education and counseling. Strengths include: critical-thinking, organization skills, communication skills, and ability to remain calm under pressure. Fluent in Spanish. Experienced using EPIC.   LICENSES AND Registered Nurse (IL): Sensitive information was removed EX: 05/2020 CERTIFI CAT IONS Registered Nurse (VA): 0001284004 EX: 03/2020 Basic Life Support (CPR &amp; AED)- American Heart EX: 07/2021 Association Advanced Cardiovascular Life Support (ACLS)- EX: 02/2021 American Heart Association Crisis Prevention Institution Certification: EX: 03/2020 NE27D0E5    REFERENCES Carol Zlatich, RN INOVA Mount 310- 426- 4612 Vernon Hospital- Clinical Mentor    Bonnie Albares, RN INOVA Mount 703-209-2552  Vernon Hospital- Preceptor   Jaime Cypress, RN INOVA Mount 757-277-3283 Vernon Hospital- Charge Nurse    EDUCATION 06/ 2018 Chamberlain College of Nursing- Arlington,VA   Bachelor of Science in Nursing Dean's List for Fall 2014, Spring 2015, Fall 2017     WORK 01/2019 - INOVA Mount Vernon Hospital 06/2019 Alexandria, VA EXPERIENCE Emergency Room Registered Nurse   Provided initial assessment and safe care to stabilize 45-60 patients on a weekly basis  Ensured safe and effective care to patients with various conditions in a fast-paced environment  Collaborated with peers in the care of multiple cardiac arrests, stroke codes, and sepsis codes  Effectively communicated to physicians and other staff to ensure optimal care in a timely manner  Completed 68 training courses ranging from Adult Education to NIH Stroke Assessment (see 'Training' below)   CVS Pharmacy 03/2016 - Washington, D.C 07/2016 Certified Pharmacy Technician  Demonstrated quality customer service with an integrated approach when handling patients needs  Maintained a safe, clean, and stocked pharmacy by complying with procedures, rules, and regulations  Provided knowledge and triaged in patient concerns/ questions to other healthcare team members  Compiled confidential records and filed physicians' orders and prescriptions by company's protocol   Mexicare Pharmacy 05/2017- Chicago, IL 12/2017 Certified Pharmacy Technician  Delegated daily tasks to staff and created monthly schedules for 8 employees 10/2010- Prepared and filled prescriptions accordingly and directly assisted an 12/2015 average of 30 patients a day  Catalogued inventory, including verification of quantities and removal of outdated medications Provided direction and guidance to primarily latin@/x customers and employees regarding practice Implemented new procedures to improve operations efficiency of pharmacy operations and staff  Trained new pharmacy technicians, ensuring standards and customer services were adequately met Managed complaints, settled disputes, and resolved grievances and conflicts with customers  Ordered needed medications and office supplies, as needed, in a timely manner  Engaged with community residents in local fairs by facilitating blood pressure and blood sugar tests Reducted the cost of manufacturing operations by about $2,000 annually     CLINICAL 03/2018- Anne Arundel Medical Center EXPERIENCE 06/2018 Annapolis, MD Adult Care for the Elderly Unit  Performed focused assessment on patient with CHF, implemented plan of care, and administered IV medication under supervision  Utilized facility's electronic medical record system, EPIC 01/2018- Sentara Northern Virginia Medical Center 02/2018 Woodbridge, VA Telemetry Unit  Administered medication and educated patient about medications adverse effects under supervision Assisted in pressure ulcer dressing change and observed how the patient tolerated the procedure  Clarified plan of care to patient in Spanish who was being transferred to another facility 11/2017- Arlington Food Assistance Center Arlington, VA 12/2017 Developed family centered lesson plan focused on proper hand hygiene and nutrition  Drafted and facilitated a presentation to staff about Influenza and representative measure of virus Virginia Hospital Center 05/ 2016- Arlington, VA 06/2016 Behavioral Health Unit &amp; Outpatient Addiction Unit  Participated in group behavioral health therapy  Joined in a group counseling session with patients on education about their addictive disease Reston Hospital Center 03/2016- Reston, VA 04/2016 Pediatrics Unit and Pediatric Emergency Unit  Assisted Nurse in Pediatric Emergency Unit in splinting of an adolescent's arm with an ulnar fracture  Examined an adolescent patient post-operative from a tonsillectomy Prince George's County Hospital 01/2016- Cheverly, MD 02/2016 Labor &amp; Delivery Unit &amp; Postpartum Unit  Motivated patient in active labor during delivery  Assessed newborn after birth using Apgar scoring and obtained vital signs and measurements under supervision  Educated postpartum mother on the significance of Tdap and Influenza vaccine under supervision Presence Saint Joseph Hospital Chicago, IL 07/2015- Medical Surgical Unit, Cath &amp; GI and Telemetry Unit 12/2015 Performed Foley catheter insertion on female patient under supervision  Assisted Nurse in pressure ulcer dressing change using negative pressure wound therapy  Addressed patient call signals to determine patients' needs  Utilized facility's electronic medical record system, EPIC     TRAINING Emergency Nurses Association- 36.44 Contact Hours  Abdominal and Genitourinary Trauma- 2.08 Contact Hours  Burns- 1.5 Contact Hours  Cardiovascular Emergencies Part I- 2 Contact Hours  Cardiovascular Emergencies Part II- 2 Contact Hours Communicable Diseases- 2.02 Contact Hours   Environmental Emergencies- 1.83 Contact Hours  Gynecologic Emergencies- 1.5 Contact Hours  Head Trauma- 2.0 Contact Hours  Musculoskeletal and Neurovascular Trauma- 2.0 Contact Hours  Neurologic Emergencies- 2.12 Contact Hours  Obstetric Emergencies- 2.42 Contact Hours  Obstetric Trauma- 2.0 Contact Hours  Pediatric Emergencies Part I- 2.1 Contact Hours  Pediatric Emergencies Part II- 1.3 Contact Hours  Respiratory Emergencies- 1.0 Contact Hours  Spinal Trauma- 2.52 Contact Hours  Thoracic Trauma- 1.5 Contact Hours  Toxicologic Emergencies Part I- 1.67 Contact Hours  Toxicologic Emergencies Part II- 1.13 Contact Hours  Triage- 1.75 Contact Hours  Inova Health System  StatStrip Glucose Monitoring  Psychiatric Emergencies for Acute Care Nurses  Pediatric Day for Emergency Department Nurses  Water Swallowing Screening for Dysphagia in Stroke Patients  Ischemic Stroke Competency Assessment for Alteplase/ Activase  Trauma for Critical Care and Emergency Department Nurses  Cardiac Emergencies for Nursing  Precipitous Labor for the Emergency Department Nurse  ECG Rhythm Recognition and Interpretation for Nurses- 14 Contact Hours  NIH Stroke Scale Training and Certification  Using Capnography in Respiratory Monitoring  Critical Care/ Emergency Department Core Nursing Class  Basic Triage Course for Emergency Room Nurses  Splinting for Emergency Room Nurses  System Nursing Orientation Adult Education Curriculum  Nursing Excellence in Pain Management  CAUTI Prevention for RNs  DKA and HHS Order Set Revisions  Preventing Hypoglycemia for RNs  Safely Administering Blood Products  Inpatient Sepsis Response  Phlebotomy at Inova  Electrode Placement and Care at Inova- Reducing Alarm Fatigue  Moderate and/ or Deep Sedation Training at Inova  Intravenous Heparin Management  Overview of Peripheral Intravenous Therapy  Sigma Spectrum Infusion Pump  Technology Services Security Awareness Training  Technology Services Compliance and Policy Awareness  SHOTS FIRED for Healthcare  Hazard Communication Standard  Flash Point for Healthcare  EpicCare IP ED Nursing 100  EpicCare IP ED Nursing 200  EpicCare IP ED Nursing 300  System Nursing Orientation All Nurses Curriculum  Nursing and Clinical Staff Accudose Training for New Hires  System Nursing Orientation- Acute Care Online Content  Nursing Orientation  Medication Safety Assessment for Nurses  Communication and Connection Introduction  System Nursing Orientation for Inova  New Employee Orientation Curriculum  Understanding Harassment and ADA Compliance  Safety Training  Equal Access-Language and Disability Services  Compliance and Ethics Training  InovaNEW |