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

 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 RIZOFull name Estephanie Rizo Address 2846 S. Central Park AveEmail estephanierizo@gmail.com Chicago, IL 60623Phone (773) 865-1160ABOUTME Compassionate and detail-oriented Registered Nurse withexperience in providing individualized care; Committed toproviding high-quality patient care through effective educationand counseling. Strengths include: critical-thinking, organizationskills, communication skills, and ability to remain calm underpressure. Fluent in Spanish. Experienced using EPIC.LICENSES AND Registered Nurse (IL): Sensitive information was removed EX: 05/2020CERTIFI CAT IONS Registered Nurse (VA): 0001284004 EX: 03/2020Basic Life Support (CPR &amp; AED)- American Heart EX: 07/2021AssociationAdvanced Cardiovascular Life Support (ACLS)- EX: 02/2021American Heart AssociationCrisis Prevention Institution Certification: EX: 03/2020NE27D0E5REFERENCES Carol Zlatich, RN INOVA Mount 310- 426- 4612Vernon Hospital-Clinical MentorBonnie Albares, RN INOVA Mount 703-209-2552Vernon Hospital-PreceptorJaime Cypress, RNINOVA Mount 757-277-3283Vernon Hospital-Charge NurseEDUCATION 06/ 2018 Chamberlain College of Nursing- Arlington,VABachelor of Science in NursingDean's List for Fall 2014, Spring 2015, Fall 2017WORK 01/2019 - INOVA Mount Vernon Hospital06/2019 Alexandria, VAEXPERIENCE Emergency Room Registered Nurse Provided initial assessment and safe care to stabilize 45-60 patients on aweekly basis Ensured safe and effective care to patients with various conditions in afast-paced environment Collaborated with peers in the care of multiple cardiac arrests, strokecodes, and sepsis codes Effectively communicated to physicians and other staff to ensure optimalcare in a timely manner Completed 68 training courses ranging from Adult Education to NIH StrokeAssessment (see 'Training' below)CVS Pharmacy03/2016 - Washington, D.C07/2016 Certified Pharmacy Technician Demonstrated quality customer service with an integrated approach whenhandling patients needs Maintained a safe, clean, and stocked pharmacy by complying withprocedures, rules, and regulations Provided knowledge and triaged in patient concerns/ questions to otherhealthcare team members Compiled confidential records and filed physicians' orders and prescriptionsby company's protocolMexicare Pharmacy05/2017- Chicago, IL12/2017 Certified Pharmacy Technician Delegated daily tasks to staff and created monthly schedules for 8employees10/2010- Prepared and filled prescriptions accordingly and directly assisted an12/2015 average of 30 patients a day Catalogued inventory, including verification of quantities and removal ofoutdated medications Provided direction and guidance to primarily latin@/xcustomers and employees regarding practice Implemented new proceduresto improve operations efficiency of pharmacy operations and staff Trained new pharmacy technicians, ensuring standards and customerservices were adequately met Managed complaints, settled disputes, andresolved grievances and conflicts with customers Ordered needed medications and office supplies, as needed, in a timelymanner Engaged with community residents in local fairs by facilitating bloodpressure and blood sugar testsReducted the cost of manufacturing operations by about $2,000 annuallyCLINICAL 03/2018- Anne Arundel Medical CenterEXPERIENCE 06/2018 Annapolis, MDAdult Care for the Elderly Unit Performed focused assessment on patient with CHF, implemented plan ofcare, and administered IV medication under supervision Utilized facility's electronic medical record system, EPIC01/2018- Sentara Northern Virginia Medical Center02/2018 Woodbridge, VATelemetry Unit Administered medication and educated patient about medications adverseeffects under supervision Assisted in pressure ulcer dressing change andobserved how the patient tolerated the procedure Clarified plan of care to patient in Spanish who was being transferred toanother facility11/2017- Arlington Food Assistance CenterArlington, VA12/2017 Developed family centered lesson plan focused on proper hand hygiene andnutrition Drafted and facilitated a presentation to staff about Influenza andrepresentative measure of virusVirginia Hospital Center05/ 2016- Arlington, VA06/2016 Behavioral Health Unit &amp; Outpatient Addiction Unit Participated in group behavioral health therapy Joined in a group counseling session with patients on education about theiraddictive diseaseReston Hospital Center03/2016- Reston, VA04/2016 Pediatrics Unit and Pediatric Emergency Unit Assisted Nurse in Pediatric Emergency Unit in splinting of an adolescent'sarm with an ulnar fracture Examined an adolescent patient post-operative from a tonsillectomyPrince George's County Hospital01/2016- Cheverly, MD02/2016 Labor &amp; Delivery Unit &amp; Postpartum Unit Motivated patient in active labor during delivery Assessed newborn after birth using Apgar scoring and obtained vital signsand measurements under supervision Educated postpartum mother on the significance of Tdap and Influenzavaccine under supervisionPresence Saint Joseph HospitalChicago, IL07/2015- Medical Surgical Unit, Cath &amp; GI and Telemetry Unit12/2015 Performed Foley catheter insertion on female patient under supervision Assisted Nurse in pressure ulcer dressing change using negative pressurewound therapy Addressed patient call signals to determine patients' needs Utilized facility's electronic medical record system, EPICTRAINING 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 HoursInova Health System StatStrip Glucose Monitoring Psychiatric Emergencies for Acute CareNurses Pediatric Day for Emergency DepartmentNurses Water Swallowing Screening for Dysphagiain Stroke Patients Ischemic Stroke Competency Assessment forAlteplase/ Activase Trauma for Critical Care and EmergencyDepartment Nurses Cardiac Emergencies for Nursing Precipitous Labor for the EmergencyDepartment Nurse ECG Rhythm Recognition and Interpretationfor Nurses- 14 Contact Hours NIH Stroke Scale Training and Certification Using Capnography in RespiratoryMonitoring Critical Care/ Emergency Department CoreNursing Class Basic Triage Course for Emergency RoomNurses Splinting for Emergency Room Nurses System Nursing Orientation Adult EducationCurriculum 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 atInovaIntravenous Heparin Management Overview of Peripheral Intravenous Therapy Sigma Spectrum Infusion Pump Technology Services Security AwarenessTraining Technology Services Compliance and PolicyAwareness 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 NursesCurriculum Nursing and Clinical Staff Accudose Trainingfor New Hires System Nursing Orientation- Acute CareOnline Content Nursing Orientation Medication Safety Assessment for Nurses Communication and Connection Introduction System Nursing Orientation for Inova New Employee Orientation Curriculum Understanding Harassment and ADACompliance Safety Training Equal Access-Language and DisabilityServices Compliance and Ethics Training InovaNEW |