

# JAMIE SJOGREN

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## **PERSONAL STATEMENT**

Over 10 years of critical care experience in a pediatric intensive care unit. Detail oriented leader with exceptional focus in critically ill patients. Ability to quickly anticipate and adapt to emergency situations while remaining calm and pragmatic.

## **PROFESSIONAL STRENGTHS AND SKILLS**

- Detail Oriented
- Assertive
- Autonomous
- Efficient
- Resourceful
- Knowledge Seeker
- Tech-savvy
- Compassionate
- Educator

## **PROFESSIONAL EXPERIENCE**

### **Registered Nurse Pediatric Intensive Care Unit**

**2007-Current**

*Children's of Minnesota, Minneapolis, MN*

- Assess and provide direct care to critically ill patients from babies to adults, concentrating in respiratory, neurology, cardiac and sepsis. Implement interventions based on critical thinking and assessment skills.
- Experienced and proficient with monitoring patients on ventilators and different ventilation modes, ICP/ CPP monitoring, starting peripheral IVs, assisting with intubations, central and arterial lines, EKG monitoring, and management of multiple vasoactive drugs.
- Procedural sedation with pre and post recovery.
- Ability to individualize and prioritize patient cares and assessments while advocating for patient and promoting family centered care.
- High capacity to multi task and manage numerous and competing priorities while maintaining excellent care as bedside RN or Charge RN.
- Ability to manage and prioritize my workload and the workload of others.
- Collaborate with other specialties to obtain the best care for the patient.
- Charge Nurse - Manage staffing and patient flow of a 30-bed Level 1 Trauma Pediatric Intensive Care Unit with a high level of acuity. Promote teamwork by effectively identifying needs of staff and patients and assisting them while maintaining a calm environment.
- Circulating Resource Nurse - Assist coworkers and charge RN. Respond to hospital rapid responses, code blues and Level 1 traumas in the emergency department.
- Preceptor - Advance mentor and orient new employees.
- ECMO Bedside Nurse - Work in collaboration with the ECMO specialist to ensure safe management of the patient.

**Registered Nurse School, Casual****2017-Current***Watertown-Mayer Schools, Watertown, MN*

- Ensure basic health services are available to all students.
- Promote health and safety while intervening for both potential and actual health issues.
- Provide direct care to those with individualized care plans and those with injuries or acute illnesses.

**Registered Nurse PACU, Casual****2017-2018***Kovanda Plastic Surgery, Edina, MN*

- Manage patients admissions process for surgery including assessment of history and physical, vital signs, initiation of PIV and ensuring that operative and informed consents are in order.
- Monitor patient post-operative condition and changes, collaborate with surgeon for plan of care.

**Registered Nurse Emergency Department****2006-2007***Children's of Minnesota, Minneapolis, MN*

- Assessed and treated children with multitudes of problems, primarily respiratory.
- Started PIVs, performed catheterizations to collect urine, performed basic eye exams, obtained vital signs, performed head to toe assessments, administered medications (intravenous, intramuscular, rectally, and by mouth).
- Provided parent and patient education.
- Maintained safe and effective care to patients with different acuity levels in a time restricted and demanding environment.
- Continuously communicated and collaborated with physicians and other healthcare professionals to ensure optimal care was given to patients in a timely manner.

**EDUCATION AND COURSES**

- Barry University - ANE 695 - Transition into Nurse Anesthesiology Course, Summer 2018
- University of Minnesota, Rochester - Bachelors of Science in Nursing, 2006
- Rochester Community and Technical College - American Sign Language
- Minnesota State University Mankato - Prerequisites to Nursing

**CERTIFICATIONS**

- Registered Nurse, State of Minnesota, 2006-Present
- CCRN - Pediatric, 2015-Present
- Pediatric Advanced Life Support
- Advanced Cardiac Life Support
- Basic Life Support
- Public Health Nurse