Lara T

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Flight Nurse at Air Methods

St Louis, Missouri, United StatesHospital & Health Care

Previous positions

Emergency Room RN at SSM Health

Registered Nurse, Float Pool at Mercy

Education

Maryville University, Bachelors of Science, Nursing Science

Background

Summary

Level 1 Emergency Room and Float Pool RN with multiple certifications and experience working in: behavioral health, medical surgical, neuroscience, orthopedics, oncology, trauma surgery, antepartum, mother baby, postpartum, women’s health, medical progressive care, transitional care, and surgical progressive care unit.

Certifications include: BLS, ACLS, PALS, NRP, ENPC, TNCC, NIHSS, CPI, Safe Level 2, Safe Level 3.

Experience

Flight Nurse

Air Methods

October 2019 – Present(3 months)

Emergency Room Registered Nurse

Mercy

February 2017 – Present(2 years 11 months)

Work as a registered nurse in a level one trauma center, stroke center and certified stemi center who this past year saw 95,000 patients.

Emergency Room RN

SSM Health

February 2015 – August 2018(3 years 6 months)DePaul Health Center

Triage patients based on acuity of symptoms presented. Assess patient and prioritize patient care for critical patients including cardiac arrest, sepsis, seizures, stroke, respiratory distress, motor vehicle collisions, falls, fractures, gunshot wounds, cancer, drug overdose, behavioral health. Monitor patients closely for changes in status – administer medications as indicated. Communicate and collaborate with multi-disciplinarian team to develop and achieve effective, safe care for patients. Educate patients and their families on how to manage their illness/condition. Document patient assessments efficiently and thoroughly. Review discharge instructions and provide follow-up care as needed.

Registered Nurse, Float Pool

Mercy

September 2015 – February 2017(1 year 5 months)Mercy Hospital

Provide compassionate nursing care to patients within a variety of units based on staffing needs within Mercy Hospital and Mercy Heart Hospital. Those units include: behavioral health, emergency room, medical surgical, neuroscience, orthopedics, oncology, trauma surgery, antepartum, mother baby, postpartum, women’s health, medical progressive care, transitional care, and surgical progressive care unit. Maintain certifications required in the areas worked. Collaborate with treatment team efficiently and effectively to ensure safe patient care and promote patient satisfaction.

Medical Surgical, Registered Nurse

SSM Health

September 2013 – February 2015(1 year 5 months)SSM Depaul Health Center

Provide nursing care in a 28 bed medical-surgical, pulmonary unit for up to 6 patients with various medical conditions including pre-operative, post-operative, and medical stabilization for drug/alcohol. Prioritize care based on patient acuity. Collaborate with treatment team efficiently and effectively to ensure safe patient care and promote patient satisfaction. Educate patients and families on disease process, medication administration, management and follow up care. Facilitate patient participation in recovery process.

Remarketing Logistics Coordinator

Enterprise Holdings Inc.

July 2010 – May 2013(2 years 10 months)

Support Vice President of Fleet in administrative tasks. Verify vehicle availability, specifications and condition before sale closing. Process sales contracts. Research and propose transportation options, timing and costs. Troubleshoot and resolve customer concerns. Manage efficiency and quality of vendor repairs.

Assistant Manager

Abercrombie & Fitch

May 2006 – May 2007(1 year)

I recruited, hired, trained, and scheduled over a 60 member staff. When recruiting, I focused on promoting diversity, symbolic of our brand. When training, I taught my employees to engage in teamwork in order to exceed daily LY's (last year sales), by providing excellent customer service. I completed daily administrative work and analyzed sales volume per hour to set goals for our team members. The company moved me from store to store, having worked at every store in St. Louis, to flip their stores to operate in accordance with company standards.

Activities and Societies

Education

Maryville University

Bachelors of Science, Nursing Science

2010 – 2013

BSN

Saint Louis University

Bachelor of Arts, Communication

2003 – 2006

Saint Louis University

Madrid, Spain Study Abroad Program

Volunteer ESL Instructor in Madrid

Activities and Societies

Advertising Club Chamber Choir Lacrosse Player Rockwood Summit Women's Lacrosse Coach QC LaxMidwest League Player 3rd Place Recipient in American Advertising Federation Competition Spring 2006 Friends with a Better Plan, Group Leader: Mentored and tutored at-risk youth about drug use and violence prevention methods

Languages

Spanish

Arabic

Skills & Expertise

Training

Leadership

Sales

Office Management

Hospitals

Public Speaking

Automotive

Customer Service

Marketing

Retail

Management

Editing

Teamwork

Web Site Production

Inventory Management

Healthcare

Recruiting

Windows

Certifications

ACLS

, License

ENPC

, License

TNCC

, License

BLS

, License

CPI

, License

SAFE

, License

NRP

, License

PALS

, License

December 2016 – November 2018

Honors & Awards

Magna Cum Laude

Maryville University

May 2013

Volunteer Experience & Causes

Causes Lara cares about:

Children

Education

Health

Human Rights