

RESUME

FREYA CERNA RUDA

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OBJECTIVES: To be able to execute to the fullest of my ability, the job expected of me as Family Nurse Practitioner in a reputable institution and exert a great effort to stand out in my assigned work. To be able to develop myself both professionally and personally, and contribute significantly to the realization of the company's objectives, mission and vision.

EDUCATION

2014-2016
GOVERNORS STATE UNIVERSITY, Chicago, Illinois
Master in Nursing (Family Nurse Practitioner Program)
Member: Honor Society of Nursing, Sigma Theta Tau International

1984-1987
BUTUAN DOCTORS COLLEGE, Butuan City, PHIL
Bachelor of Science in Nursing
Graduated Summa Cum Laude; Most Outstanding Student

1982-1984
ATENEO DE DAVAO UNIVERSITY, Davao City, PHIL
Preparatory Nursing
Honors: Second Honors

1978-1982
CARMEN ACADEMY, Philippines
High School/Secondary Level
Honors: Valedictorian

1972-1978
CARMEN CENTRAL ELEM. SCHOOL
Elementary Level
Honors: Valedictorian

WORK EXPERIENCES

07/09/2013 to date

STAFF NURSE, Intensive Care Unit
Northshore Univ. Health System, Glenbrook Hospital
Glenview, IL

Independently provides safe, effective, and compassionate nursing care for all assigned patients in the Intensive Care Unit. Plans, implements and evaluates plan of care to individual patient following the steps in nursing process. Collaborates and communicates with physicians, co-nurses and other members of the health care team to ensure optimal patient outcomes and continuity of care for critically ill patients.

04/16/07 - 07/09/2013

STAFF NURSE/PRECEPTOR, Comprehensive Cardiac Care Unit
Northshore Univ. Health System, Evanston Hosp.
Evanston, IL

Provided direct nursing care to patients with cardiac problems observing the steps in nursing process. Usual cases cared for are patients with Congestive Heart Failure, Myocardial Infarction, Coronary Arterial Disease, patients for cardiac catheterization and all other patients with cardiac condition.

As a preceptor: Guided, directed and taught newly hired nurses in delivering efficient and effective nursing care to patients utilizing the steps in nursing process.

As member of the education team: Prepared lectures/presentations on the topic assigned and presented/demonstrated them to co-nurses for education/refresher purposes during annual clinical skills day.

07/14/07 - 03/2014

FLOAT POOL NURSE/RESOURCE NURSE
Vista Health System
Waukegan, Illinois

Provided direct nursing care to patients in the telemetry medical/surgical wards. Also floated to Intensive Care Unit, Emergency Room and Progressive Care Unit. Coordinated with other health care personnel in the care of patients to ensure effective and efficient delivery of high quality care.

01/22/07 - 04/23/07

STAFF NURSE - Intensive Care Unit

Condell Medical Center
Libertyville, Illinois

Provided direct nursing care to critically ill patients who are on ventilators and continuous cardiac monitoring.

12/03 - 01/07

STAFF NURSE, Medical/Intermediate Care (Step-down, Medical ICU)
Baystate Medical Center
Springfield, MA

Provided direct nursing care to patients released from medical ICU or patients from ER who required continuous cardiac monitoring before they were being transferred to the regular floor. Usual cases cared for were CHF's, MI's, COPD, ETOH withdrawal, GI Bleeding, sepsis, PE, DVT's, etc.

12/01 -06/05

CHARGE/STAFF NURSE
Charlene Manor ECF
Greenfield, MA

Provided direct nursing care and/or coordinated the delivery of nursing care to patients in the rehabilitation, long term and Alzheimer's Units. Supervised health care team/personnel in the efficient and effective delivery of high quality nursing care.

04/01-08/01

INTENSIVE CARE UNIT NURSE
King Khalid General Hosp.
Kingdom of Saudi Arabia

Provided direct nursing care to critically ill patients in the intensive care unit observing the steps in nursing process.

05/1994 - 03/2001

HEADNURSE
Office for Southern Cultural Communities
Cagayan de Oro City, PHIL

Provided nursing care to the indigent, less privileged Filipinos by coordinating with the government offices and hospitals in order to provide free medications and care to these people who live in the hinterlands where medical resources are very limited or non-existing.

06/1992 - 05/1994

INTENSIVE CARE UNIT NURSE

Aflaj General Hospital
Kingdom of Saudi Arabia

(Duties and responsibilities - same as in King Khaled Gen Hosp.)

05/1989 - 06/1992

HEADNURSE

Office for Southern Cultural Communities
Cagayan de Oro City, PHIL.

(Duties and responsibilities same as in 05/1994 - 03/01)

02/1988 - 05/1989

STAFF NURSE, Nursery and Medical-Surgical Department
Northern Mindanao Regional Hosp.
Cagayan de Oro City, PHIL.

Provided direct nursing care to infants in the nursery and patients in the medical-surgical floors observing the steps in nursing process. Collaborated and coordinated with other health care personnel to make sure that high quality of service was being delivered.

08/1987 - 12/1987

STAFF NURSE, Medical-Surgical Department
Perpetual Succour Hosp
Cebu City, PHIL.

Provided direct nursing care to patients in the medical-surgical floors following steps in nursing process.

CLINICAL EXPERIENCES AS FAMILY NURSE PRACTITIONER STUDENT

10/06/15-10/20/15 & 10/27/15 -11/17/15; 01/29/16 - 3/22/2016

Internal/Family Medicine

Whiting Medical Center
Whiting, Indiana

Assessed, diagnosed and treated patients of varied ages with the guidance of a licensed nurse practitioner (NP) in the primary care clinic. Ordered and performed diagnostic tests and prescribed age specific medications, medical supplies and physical therapy with the guidance and approval of the NP. Referred patients to specialists accordingly. Educated patients on health promotion and disease prevention.

09/03/15-10/01/15; 10/22/15 & 10/30/15

Obstetrics-Gynecology

For Women Only
Chicago, Illinois

Conducted physical examination; interpreted medical history; and provided prenatal and postpartum care under the guidance of a licensed physician specializing in obstetrics and gynecology. Also provided family planning services and screening services. Ordered and performed diagnostic tests which include pap smear, breast examination, STD screening and others. Also performed fetal heart tone detection and also fundal height measurement. Prescribed appropriate medications with the guidance and approval of the OB-Gyne. Educated patients on health promotion and disease prevention.

06/19/15-07/03/15; 07/14/15 & 07/23-28/15

South Suburban Pediatrics

Chicago Heights, Illinois

Conducted physical examination; interpreted medical history provided by parents or guardians; assessed; diagnosed and treated patients from infants to 17 years old under the guidance of a licensed pediatrician. Ordered, performed diagnostic tests and prescribed age related medications and age appropriate immunizations with the guidance and approval of the said pediatrician. Referred patients to specialists accordingly. Educated parents or guardians on health promotion, disease prevention and child safety.

03/03/15-06/18/15; 07/10/15 & 07/16/15; 2/15/16-4/12/16

Internal Medicine

Clinica El Divino Nino

Waukegan, Illinois

Assessed, diagnosed and treated adult patients from ages 18 and up with the guidance of a physician specializing in internal medicine in the primary care clinic where majority of the population served, were Hispanics. Ordered and performed diagnostic tests and prescribed age specific medications, medical supplies, physical therapy, and rehabilitation with the guidance and approval of the internist. Referred patients to specialists accordingly. Educated patients on health promotion and disease prevention.

01/26/15 - 02/27/15

Family Medicine

Northshore University Health System

Gurnee, Illinois

Assessed, diagnosed and treated patients of varied ages with the guidance of a physician specializing in family medicine in the primary care clinic. Ordered and performed diagnostic tests and prescribed age specific medications, medical supplies, physical therapy and rehabilitation with the guidance and approval of the family medicine doctor. Referred patients to specialists accordingly. Educated patients on health promotion and disease prevention.

CERTIFICATIONS

- Advanced Practice Nurse (Family Nurse Practitioner)
- Certified Critical Registered Nurse (CCRN)
- Progressive Care Certified Nurse (PCCN)
- Certified CNA Instructor
- Certified, Basic Life Support (BLS)
- Certified, Advanced Cardiac Life Support (ACLS)

REFERENCES

MARY STARE, BSN, MSN
ICU Manager, Glenbrook Hosp.
Northshore Univ. Health System, Evanston, IL
Tel No.: 847-657-5816

ALICE BOGDAN, BSN, MSN
Unit Manager
Baystate Medical Center
Springfield, MA
Tel No:413-7942-9275

VLESILDA MARASIGAN, RN, BSN
Staff Nurse, ICU - Glenbrook Hospital
Northshore Univ. Health System
Tel No.: 847-912-5249