

# Vanessa L. Lara

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## **Relevant Experience and Selected Accomplishments**

**Banner Good Samaritan Medical Center**, *Registered Nurse*- Phoenix, AZ

May 2007-May 2011- Pulmonary Medical/Surgical Unit

May 2011- Present- Medical/Surgical/Transplant Intensive Care Unit

- Implement the nursing process in the acute critical care setting by assessing and identifying patient and family physical, psychological and educational needs.
- Develop plan of care, implement evidence-based, individually-tailored nursing interventions and evaluate patient outcomes.
- Collaborate with other members of the health care team to provide an interdisciplinary approach to care.
- Supervise professional development of new graduate nurses through orientation.
- Assume role of charge nurse/team lead/code call regularly.
- Provide advanced complex therapies such as Continuous Renal Replacement Therapy (CRRT) and Extra Corporeal Membrane Oxygenation (ECMO)

**Grand Canyon University**, *Adjunct Clinical Instructor*- Phoenix, AZ

January 2015- July 2018

- Provided instruction and supervision to nursing students in the clinical setting based on course syllabus, while also bridging classroom material with its real-life application in the clinical health care setting.
- Conducted formal student performance evaluations as well as providing informal feedback while accommodating the varied learning styles and paces of nursing students in the clinical setting.
- Established a learning environment during post-conference that cultivated critical thinking and self-reflection.

**Chicanos Por La Causa**, *L.U.C.E.S/Corazon Medical Case Manager*- Phoenix, AZ

September 2014- February 2015

- Coordinated interdisciplinary care for L.U.C.E.S program participants including monitoring health and managing social service delivery such as medical, mental health, nutritional and oral health services for clients diagnosed with HIV in Maricopa County.
- Performed physical and psychosocial assessments and coordinated health-promoting interventions as necessary for clients in L.U.C.E.S program for HIV/AIDS and Corazon program for substance abuse rehabilitation.
- Formulated treatment plan goals and coordinated community services and support resources for clients.
- Provided on-going HIV/AIDS education and counseling to help clients in L.U.C.E.S. program achieve stable and independent management of HIV disease.

**Carrington College**, *Medical/Surgical Clinical Instructor*- Phoenix, AZ

July 2014- November 2014

- Provides instruction and supervision to nursing students in the clinical setting based on course syllabus, while also bridging classroom material with its real-life application in the clinical health care setting.
- Conducted formal student performance evaluations as well as provided informal feedback while accommodating the varied learning styles and paces of nursing students in the clinical setting.
- Established a learning environment during post-conference that cultivated critical thinking and self-reflection.

**Phoenix Allies for Community Health, Director of nursing (volunteer)-** Phoenix, AZ  
June 2013- July 2014

- Coordinated the Nurse Home Visit Program, in which medical volunteers performed wellness visits for high-risk patients meeting criteria for impaired health maintenance.
- Coordinated Health Promotion Program in which patient health goals are assessed and patients are assisted with resources to reach health goals (i.e. nutrition classes, support groups, physical activities etc.)
- Collaborated with community *Promotoras de Salud* to orchestrate events and educational resources that promoted healthy living, disease prevention and disease management in the community.
- Co-facilitated cultural competency training for PACH volunteers.

**University of Miami- Project Medishare, Volunteer Registered Nurse**  
Port Au Prince, Haiti  
March 2013

- Provided direct quality care in the triage department, the emergency department and the intensive care unit at Bernard Mevs Hospital, a trauma and critical care center.
- Collaborated with the Haitian interdisciplinary medical staff to address the acute medical needs of the local community in Port Au Prince.

**Arizona Children's Association-** Golden Gate Community Center (Local branch)  
*health promoter (volunteer)-* Phoenix, AZ  
June 2009- March 2010

- Initiated, developed and lead a support group/educational classes for diabetics and families of diabetics that promoted health maintenance and disease prevention.
- Led an educational workshop on fever management for parents in the Maryvale community.
- Served as a Spanish interpreter during quarterly health fairs at the Golden Gate Community Center.

**Nueva Vida Clinic, Health promoter (Nursing student)-** Managua, Nicaragua  
January 2007

- Conducted a clinical assessment of the impoverished community of Nueva Vida in Ciudad Sandino, Nicaragua
- Led an educational workshop with local community "Promotoras" which addressed identified health needs of the community including family planning, dental hygiene, hydration and hand hygiene.
- Performed triage, prepared medications, and provided nursing care and education to patients on all ends of the growth and development spectrum.

**Publications-** Boston, MA  
April and May 2007

- Lara, V., Leclaire, K. (2007). Seguridad en el trabajo y sus derechos. *El Mundo Boston*, May 2007, edition no. 1804.
- Lara, V., Leclaire, K. (2007). Trabajar no significa sacrificar su salud. *La Semana*, April 19, 2007, edition no. 16.

### **Education -**

- Boston College, Chestnut Hill, MA • Bachelor of Science in Nursing • Graduated August 2007
- Grand Canyon University, Phoenix, AZ • Masters of Science in Advanced Practice Nursing • July 2019

### **Licenses, Certifications and Relevant Skills**

- Licensed Family Nurse Practitioner as of July 2019; Licensed Registered Nurse since 2007
- Certifications: ACLS & BLS 2019, Medical Surgical Certification 2011, CCRN Certification 2019, Certified ECMO specialist
- Language: Fluent in Spanish
- Computer: Proficient in Microsoft word, Excel, PowerPoint, Cerner Millennium, Practice Fusion, Care Tracker

### **Professional Organizations**

- Member of the National Association of Hispanic Nurses (NAHN)- Phoenix Chapter since 2014
- Member of the ECMO Life Support Organization (ELSO) since 2016
- Member of the American Association of Nurse Practitioners (AANP) since 2016
- Member of the American Association of Critical Care Nurses (AACN) since 2013

*References available upon request*