

# Tara A. Benson

1803 Broadway Apt. 619 • Nashville, TN 37203 • Cell: (720) 290-0712 • E-mail: tara.benson0@gmail.com

## Education

Denver School of Nursing

Denver, CO

### **Bachelors of Science in Nursing**

July 7, 2014 - June 17, 2016

- 5 quarters on the Dean's Lists for Academic Excellence
- Cumulative GPA: 3.5

Colorado State University

Ft. Collins, CO

### **Bachelor of Liberal Arts, Minor in English**

August 2007 - December 2011

## Professional Healthcare Experience

Centennial Medical Center - HCA

Nashville, TN

### **Registered Nurse - Cardiovascular ICU & ECMO Specialist**

August 2018 - Present

*Recovery of patients immediately post-op from open-heart procedures (i.e. coronary artery bypass, and valve replacement and repair), or LVAD placement. Also provide care for critical care patients who have undergone placement of ECMO, Centrimag, CRRT, IABP, and Impella.*

- Proficient in monitoring and applying data from hemodynamic monitoring of PA, CVP, and arterial lines.
- Proficient in ventilator management
- Proficient in drip titration of vasopressors, inotropes, vasodilators, and antiarrhythmics.
- Experience with tracheostomies, and peg tubes
- Experience with temperature management of patients post cardiac arrest
- Proficient in assisting with procedures at bedside
- Proficient in monitoring and managing ECMO (cardiohelp) by assessing patients ABGs and overall clinical picture
- Able to function successfully with autonomy
- Preceptor to new employees
- Unit of distinction for year of 2018, 3rd place for 2019

Saint Thomas Medical Center - West

Nashville, TN

### **Registered Nurse - Cardiac Cath Lab**

January 2018 - August 2018

*Adept at assessing patient care needs and ensuring that all products meet quality and safety standards. Specialize in cardiac catheterization and all related procedures.*

- Trained to circulate, scrub, and monitor.
- Remarkable experience in Critical Care Nursing and Catheterization Laboratory
- Deep knowledge of moderate sedation, medication and IV solution administration
- Sound knowledge of Cath Lab procedures and Diagnostic Cath
- Trained to be in charge nurse (board runner) role

Vanderbilt University Medical Center

Nashville, TN

**Registered Nurse - Cardiovascular Stepdown Unit & Cardiac Cath Lab** October 2016 - January 2018

*Care for patients with congestive heart failure, chest pain, arrhythmia, left ventricular assist device (LVAD), heart transplants, cardiac surgery patients, other cardiovascular dysfunction, and manage cardiac patients who require peritoneal dialysis.*

- Applies the nursing process to plan and implement the care of patients, including patient and family education and continuum of care planning.
- Effectively communicates pertinent patient/family information to the health care team.
- Collaborates in establishing patient goals and evaluates progress to ensure effective outcomes.
- Preceptor to new nurses to the floor
- Epic Superuser

*The Medical Center of Aurora - HealthONE*

*Aurora, CO*

December 2014 - October 2016

**Patient Care Tech - Float Pool**

*Provide a variety of care services related to the activities of daily living, by organizing, setting, and managing priorities of patients with varying levels of acuity. Cross trained to float within the hospital to all medical/surgical, cardiac telemetry floors, progressive care/step down units, all intensive care units, and the emergency department.*

**Provide direct patient care by:**

- Collection and communication of all findings in the correct/concise/clear written and or verbal format
- Recognizing abnormal findings i.e. VS, Skin changes, I&O, etc. and report findings to the nurse
- Assisting RN with Pre & Post-Op needs for patients
- Being familiar and participating in patient plan of care, and assisting RN with evaluation of plan
- Collection of various specimens for lab testing
- Foley catheterization, catheter care and removal.
- Bladder scanner and glucometer
- Peripheral IV removal
- Assist with the care and management of chest tubes, wound vacs, hemovacs, JP drains, tracheostomies, colostomies
- Assists with surgical aseptic/sterile procedures maintaining sterile/aseptic technique
- Application and adjustment of CPM & SCM, TED hoses; application of Buck's traction
- Set up for Telemetry, monitoring EKG rhythm strips, obtain 12 lead EKG
- Sternal and spinal precautions

*Saint Anthony Medical Center - Centura Health*

*Lakewood, CO*

March 2014 - December 2014

**Patient Sitter - Float Pool**

- Perform direct observation of patient to maintain safety
- Accurately and in a timely manner, report patient status changes and needs to RN
- Perform all duties in a conscientious, courteous and caring manner to maintain positive customer relations
- Provide ADLs (bathing, feeding, ambulation, and assisting for bathroom)
- Experience with patients on Medical/Surgical floors including cardiac, neuro, oncology, and rehab
- Experience with patients in MICU, CICU, SICU, and Neuro/Trauma ICU
- Preceptor to new hires in the sitter float pool

*Swedish Medical Center - HealthONE*

*Englewood, CO*

July 2012 - March 2014

**Recruitment Representative**

- Managing references and background checks for candidates
- Scheduling drug screens, physicals, and new hire paperwork for new employees
- Verify all licenses and certifications are compliant
- Experience with Lawson, Taleo, Skill Survey, Healthcare Source, E-Verify, and PreCheck
- Compliance with government regulations regarding I-9 employment verifications
- Assist hospital leadership in making sound hiring decisions for a Level I Trauma Facility

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**Memberships**

*CVICU Unit Council Member*

*Nashville, TN*

**Active Member**

January 2019 - Present

*American Association of Critical-Care Nurses*

*Aliso Viejo, CA*

**Active Member**

October 2015 - Present

*Inpatient Experience Committee -The Medical Center of Aurora*

*Aurora, CO*

**Active Member**

June 2015 - July 2016

*Colorado State University*

*Fort Collins, CO*

**Kappa Kappa Gamma Women's Fraternity**

2007 - 2011

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**License & Certifications**

State of Tennessee - Department of Health  
**Registered Nurse (218510)**

American Heart Association

**Basic Cardiac Life Support (BLS) for Healthcare Providers**  
**Advanced Cardiac Life Support (ACLS) Provider**

Nashville, TN

Expires: October 31, 2021

Denver, CO

Expires: April 30, 2021

Expires: July 2021

*References Are Available*