

# Kelsey Helmick

5010 N Osprey Cir  
Wichita, KS 67219  
Cell (785) 408 - 6645  
helmickkelsey@gmail.com

Registered Nurse with 3+ years of experience providing critical thinking and quality care to a wide variety of patients. Aiming to leverage my experience and knowledge to effectively fill the nursing position at your facility.

---

## Work Experience

### **Surgical Intensive Care, Registered Nurse**

Wesley Medical Center / Wichita, KS / January 2017 - Present

- Level 1 Trauma Center
- 26 bed surgical intensive care unit
- Perform total patient care, including but not limited to: vital signs, titration of IV drips, taking lab, ambulation, wound care, every four hour total body assessments, toileting, ventilator care (both endotracheal and tracheal), bedside procedures, hourly intake and output, obtaining EKGs, and end of life or donation cares
- Uses critical thinking and reports clinical changes to appropriate provider in a timely fashion
- Collaborating with health care team members to assess, plan, implement, and evaluate patient care plans in a dynamic critical care environment
- Care for patients who fall under the following categories: neurological, surgical, trauma, medical overflow and cardiothoracic
- Preceptor for oncoming and new nurses, counseling and educating them about policies and procedures of Wesley Medical Center
- Advocating for patients and families while sorting through tough medical and ethical decisions affecting their loved ones health care
- Uses policies and procedures to help provide quality care through evidence based practice
- Currently learning charge nurse responsibilities

### **Travel Nursing, Registered Nurse**

Caring For Kansas / Wichita Area Hospitals / June 2018 - July 2019

- Provided nursing care to low staffed hospitals in the Wichita area
- Flexible with nursing assignment due to current hospital needs
- Worked in the following units at various hospitals: ICU, PACU, medical-surgical
- Took initiative to find appropriate resources to utilize for needed tasks in new environments
- Learned numerous charting systems for proper documentation

### **Medical-Surgical, Registered Nurse**

Via Christi Medical Center / Wichita, KS / May 2016 - December 2016

- Level 1 Trauma Center
- Implemented interventions based upon the physician's medical plan
- Monitored, recorded, and communicated patient's condition as appropriate

- Provided education regarding disease processes and discharging home instructions
- Carried out daily assessments and coordinated interdisciplinary care amongst a group of health care team members

### **Medical-Surgical, Nurse Technician**

Via Christi Medical Center / Wichita, KS / March 2015 - May 2016

- Helped with patient hygiene, assisted with activities of daily living and ambulation
- Collaborated with my nursing team to care for medical/surgical patients
- Provided quality care to patients including but not limited to: monitored vitals, glucose levels, assisted with patient ambulation, and assisted my nurses with delegated tasks

## **Education**

### **WICHITA STATE UNIVERSITY / WICHITA, KS**

- Bachelor of Science in Nursing - Magna Cum Laude GPA 3.5/4.0
- Bachelor of Liberal Arts in Women's Studies - Magna Cum Laude GPA 3.62/4.0

## **Licenses & Certifications**

- Nursing Licensure, renewed in June 2018
- BLS Certification
- ACLS Certification
- TNCC Certification
- NIH Stroke Scale Certification
- CRRT Certification
- Balloon Pump Certification
- Studying for CCRN Certification

## **Extracurriculars**

### **Wichita State Shocker Bowling**

- August 2010 - May 2014
- Captain my senior year
- In my four years on the team, we placed in the top three in 44 out of the 48 tournaments we competed. This made us the most winningest women's bowling team in the history of Wichita State University
- Academic All-American, 7 semesters

### **Junior Team USA**

- January 2012 - December 2012
- Gold medal, World Youth Championship tournament in Bangkok, Thailand
- Taught me about leadership and dedicating myself to reaching goals

## **Strengths Finder Top 5 Traits:**

- Harmony
- Restorative
- Learner

- Analytical
- Achiever

## References

- **HOLLY HARRIS**  
Assistant Bowling Coach at Wichita State University  
(763) 913-4417
- **CODY WILSON**  
SICU Manager at Wesley Medical Center  
cody.wilson@wesleymc.org  
(316) 962-9200
- **JILL LENK**  
Clinical Nurse Coordinator in SICU at Wesley Medical Center  
jill.lenk@wesleymc.org  
(316) 249-8595