Lauren Fialdini, RN, BSN

l.fialdini@yahoo.com

360-487-0431

<https://www.linkedin.com/in/lauren-fialdini-rn-bsn-a33319118/>

Emergency Room Nurse at Asante

Medford, Oregon, United StatesHospital & Health Care

Previous positions

Seasonal Sales Associate at Pendleton Woolen Mills

Writing Consultant at Portland Public Schools

Education

University of Portland, Bachelor’s Degree, Nursing

Summary

Passionate and proactive individual who thrives in a high-stress environment. Exceptional work ethic and flexible in taking on various roles in the emergency department. Highly values professionalism and maintains good rapport with colleagues and patients. Committed to continuous quality improvement and evidence-based practice.

Experience

Emergency Room Nurse

Asante

March 2019 – Present(10 months)Medford, Oregon Area

Emergency Room Registered Nurse

Providence Health & Services

August 2017 – Present(2 years 5 months)Medford, Oregon Area

Trained to collaborate with multiple disciplines to care for a wide age range of patients from pediatrics to geriatrics in a level III trauma emergency room setting. Experienced in administering rapid sequence intubation (RSI) and sedation drugs. Knowledgeable regarding EKG rhythms, code scenarios, and restraints on combative patients. Qualified to triage patients and insert ultrasound-guided peripheral IV's.

Registered Nurse

Providence Medford Medical Ctr

August 2016 – Present(3 years 5 months)Medford, Oregon Area

Float pool RN, various specialties:

-Medical-surgical: 35-bed unit, ratio 4-6 patients per nurse. Diagnoses vary from sepsis, GI bleeds, COPD exacerbations, cancer, cirrhosis of liver, renal failure, falls, and surgical procedures such as laparoscopic appendectomy/cholecystectomy, partial and total colectomy and other colorectal surgeries, transurethral resection of bladder, hysterectomy, etc. Trained to care for patients with epidural/PCA for pain management, continuous bladder irrigation, wound care, JP drains, Foley catheters, biliary tubes, NG tubes, and IV pumps.

-Medical-telemetry: Monitor heart rhythms of patients, titrate cardiac trips such as cardizem, and heparin drips for diagnoses such as DVT or pulmonary embolism.

-Spine/orthopedic: Care for post-op patients after spinal and orthopedic surgeries such as laminectomy and total hip/knee replacements. Educate patients on how to log-roll and hip/knee precautions. Utilize pain medication tool to guide practice with increasing dose and type of pain medication.

-Emergency: Trained to triage and perform brief assessments for patients. Start IVs and draw blood work, anticipate needs and tests.

Seasonal Sales Associate

Pendleton Woolen Mills

July 2012 – July 2016(4 years)Washougal, WA

Assisted customers, created displays, received and priced merchandise. Guided tours of the woolen mill, used RetailPro software, maintained overall cleanliness of the store, and oriented new employees.

Writing Consultant

Portland Public Schools

October 2013 – April 2016(2 years 6 months)Portland, Oregon Area

Greeted and assisted students with homework, essays, projects, presentations, resumes, scholarship and college applications. Utilized various teaching styles, monitored academic progress of students, and reported concerning information to supervisor.

Student Nurse, IRU (Capstone)

Providence St Vincent Medical Center

February 2016 – March 2016(1 month)Portland, OR

180 clinical hours in an Interventional Recovery Unit (IRU), a specialized cardiovascular unit and branch of the critical care sector. Prepared patients for cardiac procedures and surgeries such as stent placements, ablations, pacemakers, LVAD, CABG, cerebral/cardiac angiography, cardioversions, and transesophageal echocardiogram (TEE). Inserted peripheral IVs, administered pre-op medications, and obtained informed consent preoperatively. Followed a Rapid Response Team nurse and drew an arterial blood gas from an unresponsive patient. Observed an open-heart surgery and followed the patient to ICU for continuity of care. Independently cared for post-op patients and completed discharges as the primary nurse. Prevented actively bleeding patients from hemorrhage and recognized infection before a patient became septic.

Student Nurse, School Nursing

Portland Public Schools, Lane Middle School

October 2015 – December 2015(2 months)Portland, OR

90 clinical hours in a community health setting at a middle school. Reviewed current policies and procedures to examine strengths and weaknesses. Identified common health problems and reasons for frequent visits to the school nurse to formulate a Community Health Needs Assessment. Examined immunization records and organized a timeline for vaccination deadlines. Worked alongside a school nurse to create an informative presentation tailored to a child newly diagnosed with chronic illness.

Student Nurse, Advanced Medical-Surgical Rotation

Kaiser Westside Medical Center

September 2015 – October 2015(1 month)Hillsboro, OR

135 clinical hours in an advanced medical-surgical acute care setting on a general med-surg unit. Instituted hip and knee precautions on orthopedic surgical patients and provided education regarding follow-up, medications and safety at home at discharge. Set goals with patients diagnosed with heart and/or respiratory disease to conserve energy. Protected skin integrity for patients with incontinence and/or mobility barriers. Recognized new or worsening symptoms in clients with chronic illness and contacted health care provider accordingly. Ensured bed alarms were utilized per "No One Walks Alone" (NOWA) protocol.

Student Nurse, Pediatric Rotation

Legacy Health, Randall Children's Hospital

June 2015 – July 2015(1 month)Portland, OR

90 clinical hours in a pediatric setting on 3 different in-patient floors: neuro/trauma, cardiac/oncology, and general/infant. Collaborated with families to come up with a care plan. Administered IV medications and assessed patients for complications. Monitored weights and nutritional progression in patients diagnosed with failure to thrive. Comforted the family and their child and helped connect them to outside resources.

Student Nurse, Medical-Surgical Rotation

Marquis Companies, Vermont Hills

March 2015 – April 2015(1 month)Portland, OR

135 clinical hours in a post-acute care setting in skilled nursing and long-term care. Performed regular physical assessments and monitored blood pressure and heart rate manually. Assessed activities of daily living (ADLs) of patients to ensure safe care, including swallowing reflex and mobility. Utilized various transfer devices such as a gait belt, Hoyer lift and Sara lift. Assisted patients to toilet, bathe, and ambulate. Communicated with healthcare team and practiced hand-off during transfers to other facilities. Created and revised care plans for patients and provided education.

Student Nurse, Psychiatric Rotation

Legacy Emanuel Hospital, Legacy Good Samaritan Medical Center

January 2015 – March 2015(2 months)Portland, OR

90 clinical hours in a psychiatric mental health setting in the emergency department and psychiatric units. Worked with a healthcare team to provide safe care for patients and performed suicide checks. Administered medications related to mental health and assessed patients for complications. Engaged patients in therapeutic activities such as painting and crafts. Communicated important information to other members of the team.

Education

University of Portland

Bachelor’s Degree, Nursing

2012 – 2016

University of Portland

Graduated with an overall GPA of 3.42. Minored in Biology. Maintained "Good Standing" throughout 8 semesters and achieved Dean's List in Spring 2014. Received President's Scholarship from the University of Portland for 4 years, Barnes & Noble Book Scholarship for 2015-2016 school year, as well as Lions Club Scholarship, Rotary Scholarship, School District Scholarship, Community Foundation Scholarship, and Education Foundation Scholarship for 2012-2013 school year.

Activities and Societies

Neuroscience Club, Association of Fundraising Professionals (AFP)

Clark College

2010 – 2012

Clark College

Participated in Running Start Program, a dual enrollment program, which allows juniors and seniors to attend college courses numbered 100 or above while completing high school. Achieved an overall GPA of 3.66.

Languages

English

American Sign Language (ASL)

Skills & Expertise

Epic Systems

Nursing

BLS

Registered Nurses

Community Emergency Response Team

Cardiopulmonary Resuscitation (CPR)

Medical-Surgical

CPR Certified

Certifications

Basic Life Support (CPR and AED)

American Heart Association | American Stroke Association, License

July 2016 – July 2018

Oregon Nursing License

OSBN, License 201603735RN

August 2017 – September 2019

Advanced Cardiovascular Life Support (ACLS)

American Heart Association | American Stroke Association, License

July 2016 – July 2018

Pediatric Advanced Life Support (PALS)

American Heart Association | American Stroke Association, License

December 2017 – December 2019

Trauma Nursing Core Course (TNCC)

Emergency Nurses Association, License

May 2018 – May 2022

Honors & Awards

Dean's List

May 2014

Achieved a cumulative GPA of 3.87 for the term of Spring 2014.

Organizations

Association of Fundraising Professionals - UP Chapter

Co-founder, Vice President 2013-2014

August 2013 – May 2014