# Crystal Upton

#### **Objective**

As a Registered Nurse working in the Neuro intensive care unit at a 571 bed non for profit hospital, I have been able to take advantage of the opportunities of developing my care given a code, stroke and cardiac skills. I am interested in securing a position as a registered nurse in an acute care setting allowing me to utilize my current skills and abilities while fostering new skills challenges and continued education opportunities.

### Skills

•	ECCO completed in 2006 & 2011	•	Strong Medical
•	HIV Counselor		Ethics
-	Preceptor/Mentor		ELIILUS
•	BLS	-	Patient Advocate
•	ACLS		
•	Certified Breastfeeding Counselor	•	Reliable Nurse
•	IABP certified		Effective
•	Rotoprone Specialty Bed		LITCOLIVE
•	DONOR Nurse Certification- Advanced Organ		Communicator
	Donation Management	_	
•	End of Life Care	•	High level Autonomy
•	EMR Cerner Super User		Professional
•	JCAHO Standards & Compliance		110103310Hai
•	CSF withdrawal		Bedside Manner
•	Multiple External Ventricular Drain management	_	TDA Infunction
•	Lumbar Drain Management	•	TPA Infusion
•	NIH Stroke Scale Certified		Certified
•	Pain Team member		oer einied
•	Fall Team member		
•	Procedural/Conscious Sedation		
•	Barbiturate Coma Certification		

Workplace Violence Tier 1& 2 Certification

#### Experience

2011-2019

Barrow Neurological Institute; Dignity Health

Phoenix, AZ

#### **Registered Nurse Neuro Intensive Care Unit**

- Provided direct bedside care for patients suffering from acute stroke, intracranial hemorrhage, SAH, aneurysms, brain tumors, various neurological insults, and spine surgeries
- Provided in depth neurological assessments with a variety of neurological insults as well as other various medical conditions while using nursing judgment to ensure pt safety and improve outcomes.
- Developed individualized care plans based on pt's status
- Served as a nursing preceptor and mentor for new nurses on the unit, acted as a resource for all nurses, acted as relief charge when needed.
- Performed specialized interventions for patients including: ventilator management, vasopressor and vasodilator management, sedation management, invasive intracranial device management including CSF withdrawal, multiple EVD management, and Lumbar drains.
- Frequently floated to other ICU units to help care for pt's including Heart and Lung transplant unit, Medical ICU, Trauma ICU, and Surgical ICU.

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2007-2011

#### Banner Health

Glendale, AZ

#### Registered Nurse Level III OB Couplet Care, Neonatal Step-down Unit

- Broad experience in neonatal nursing, nursery care, and couplet care in a level 3 high risk facility. Certified in NRP, STABLE, and BLS.
- Extensive experience in caring for neonates immediately after birth, including specialized feeds, oxygen and intravenous needs of the newborn. (Weight, height, labs of the newborn, breastfeeding counselor for moms, filled in as lactation when needed.
- Sound knowledge of the female reproductive system. Caring for the mother immediately following vaginal birth, and cesarean birth. Individualized care plans and education models to help the new parent fully care for their new infant.
- Frequently floated to Neonatal Intensive Care unit for "feeder grower infants"

#### 2006-2007

### Banner Health

Glendale, AZ

#### **Registered Nurse Neuro Telemetry**

- Provided direct bedside care for patients suffering from acute stroke, intracranial hemorrhage, SAH, aneurysms, brain tumors and various neurological insults, and spine surgeries
- Provided in depth neurological assessments with a variety of neurological insults as well as other various medical conditions while using nursing judgment to ensure pt safety and improve outcomes.
- Acted as a pre cardiac surgery educator. (Open Heart Education, and what to expect after surgery including, sternum precautions, leg vein grafting sites, and ASA/Plavix education.)
- Administered medications in a timely manner, assisted with ADL's
- Acted as patient advocate for the multidisciplinary team to facilitate patients discharge
- Delegated appropriate tasks to support staff including PCT's

2004-2006

#### John C. Lincoln Hospital Deer Vallev

Phoenix, AZ

## PCT Emergency Room (Mendy's Place)

- Perform EKG, Lab draws, and Splinting of various broken extremities,
- Assisted the physician in Suturing of simple wounds on various ages of pt's . including small children to geriatrics
- Obtained I/O, vital signs and reported the information to the RN
- Assisted the patients with various ADL's and various patient tasks delegated by the RN
- Provided basic comfort cares including feeding, turning, bathing, and assistance to the bathroom

#### Education

2004-2006

Glendale Community College Glendale, AZ

#### **ADN Nursing**

Completed a comprehensive registered nursing program, graduated with ADN

#### BSN

Enrolled in BSN online program

#### **References:** Available on Request