



## Crystal Upton

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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"
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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
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2004-2006                                      John C. Lincoln Hospital Deer Valley                                      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
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### ***Education***

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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

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