

## **Amanda Tejera MSN BSN, FNP-C**

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### **Objective**

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Dedicated and compassionate advanced practice registered nurse seeking to provide care to patients from birth to elderly bringing over ten years in nursing.

### **Skills**

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Energetic, effective time management, exceptional organizational skills

### **Education**

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**May 2019** Masters of Science Nursing/FNP-Walden University-Minneapolis, MN  
**Dec 2011** Bachelors of Science in Nursing- UT Arlington-Arlington, TX  
**May 2009** Bachelors of Arts Interdisciplinary Studies- UT Arlington-Arlington, TX

### **Certification and Licensure**

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Family Nurse Practitioner NP-C, AANP, Certification # F12190188	12/5/2024
Advanced Practice Registered Nurse, State of Texas, #AP145004	8/31/2024
NPI # 1427689108	
DEA # MT5999416	11/30/2023
Registered Nurse, State of TX, License #815661	8/31/2024
ACLS Certified, AHA	12/2022
BLS Certified, AHA	5/2024
FEMA IS 00100.C	8/2019
FEMA IS 00200.C	8/2019

### **Nurse Practitioner Clinical Experience**

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- Adult I Clinical Preceptor (Adult Primary Care- 144 Hours): Dr. Nooman Silat
- Pediatric Clinical Preceptor (Pediatric Primary Care- 144 Hours): Brandee Miles, FNP
- Ob/Gyn Preceptors (Women's Health- 144 Hours): Dr. Sami Constantine and Marie Murphy, APRN
- Adult II Clinical Preceptors (Adult Primary Care- 144 Hours): Evely Osunde, FNP

### **Work Experience**

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#### **June 2021-Present**

#### **AlphaTelemedTexas, remote, Texas**

#### ***Nurse practitioner/contractor***

- Assessed patients visually through Kareo via video regarding concerns and complaints
- Diagnosed and made recommendations for the insurance company to have patients set up for well visits to include lab work, mammograms, colonoscopy, DEXA scans
- Confirmed with patient when the last time they had their follow-ups with any specialty providers
- Discussed diet changes for diabetes, hypertension, hypercholesterolemia
- Made recommendations for higher level of care and also sent social work, physical therapy, speech therapy and occupational therapy

### **March 2021-March 2022**

**Krucial Staffing Agency, ORR Carrizo Springs, Texas**

***Nurse practitioner/contractor***

- Performed assessments of unaccompanied male minors and provided treatment
- Duties were performed in the infirmary where COVID positive minors were assigned or in ECHO dorm, while waiting for confirmatory negative PCR
- Ordered medications to treat lice, scabies, chicken pox, pain, anxiety, cough, sore throat, fever, pharyngitis, COVID, abdominal pain and diarrhea
- Provided full vaccinations and referred out to mental health clinicians or even to the ER in San Antonio if needed
- Transitioned into an occupational health nurse practitioner for all Krucial staff in Carrizo Springs

### **April 2021**

**InGenesis Agency, ORR Response, Dallas, Texas**

***Nurse Practitioner/contractor***

- Performed fit for travel assessments on unaccompanied minors
- Administered OTC medications and prescribed antibiotics
- Provided care for COVID positive

### **March 2020-Present**

**Health trust Agency, Las Colinas, Texas**

***Registered Nurse/float pool PRN***

- Floated to Medical City Arlington and Medical City Ft Worth in PCCU, PCU, Neuro Step down, Tele and ER holding
- Performed assessments on up to four patients
- Experience in taking care of COVID positive patients by administering Remdesivir, convalescent plasma and maintaining proper PPE precautions
- Managed chest tubes, CPAP, BIPAP, ERVO
- Monitored patients on telemetry monitors to include lethal rhythms
- Administered medications through central lines: PICC and mediports
- Collaborated with physicians when patients were declining or had critical results

### **May 2020-December 2020**

**Arlington Primary Clinic, Arlington, Texas**

***Family Nurse Practitioner***

- Performed thorough assessments and made diagnoses based on symptoms
- Created plan of care, which included interventional management and prescribing medications
- Ordered labs, imaging studies, home health, physical therapy and sent patients for referrals to specialists in order to have higher level of care
- Performed yearly physicals, pap smears, breast examinations
- Medication management for hypertension, diabetes, hypo/hyperthyroidism, chronic pain, ADHD, anxiety, depression, obesity, asthma, COPD, chest pain, mixed hyperlipidemia, BPH, all musculoskeletal issues/pain, gout, Hepatitis A/B/C, STIs, suicidal ideation, pharyngitis, otitis media, Flu, COVID positive, abdominal pain, headaches/migraines, and stroke/bells palsy
- Performed well child visits, newborn examinations and school physicals
- Administered immunizations, steroid injections, antibiotics and pain medication
- Drew blood for lab work and performed ear irrigations
- Wound care: cleansing, packing, and dressing changes
- Tele health visits
- Experienced in a fast-paced clinic with a minimum patient count of 40-100 a day

**February 2020-March 2020**

***Family Nurse Practitioner-Neurology***

**Elevate Health Clinics, Dallas, Texas**

- Assessed patient's neurological symptoms to determine if patient suffered traumatic brain injury
- Ordered MRIs, speech therapy, physical therapy, chiropractic therapy, balance therapy and computerized testing to evaluate symptoms
- Prescribed medications for migraines/headaches, pain, and sleep
- Continued to see patients through follow-up appointments to monitor progress and to make any changes to treatment plan

**August 2019-February 2020**

***Registered Nurse- Surgical Services***

**Parkland Hospital, Dallas, Texas**

- Provide patient care to up to four patients including EENT, renal and urology surgery patients
- Perform peritoneal dialysis, managed patients with new tracheostomies, wound vacs and murphy drips
- Performed wound dressing changes for pressure injuries, burns, facial traumas and surgical procedures
- Serve on unit-based council

**July 2018-May 2019**

***Registered Nurse- Pulmonology/Neurology***

**Methodist Charlton, Dallas, Texas**

- Provided patient care to up to six patients with diagnosis including stroke, TIA, altered mentation, pneumonia, tuberculosis, asthma, and RSV
- Performed every 4-hour neurological checks, NIHSS Stroke evaluation
- Served on unit-based council

**April 2014-May 2019**

***Registered Nurse- Pre-Op, Pre-Admit, Med-Surg Float***

**Texas Health Resources, Arlington, Texas**

- Obtained surgical consents prior to beginning of surgery
- Started IVs in order for anesthesia to have access
- Performed head to toe assessment and administered medications per anesthesia orders
- Obtained blood for various lab tests and assisted anesthesiologist in performing nerve blocks
- Provided care to up to five patients in the med-surg, tele, GI, Ortho and Diabetic Units

**June 2017-May 2018**

***Registered Nurse- Oncology***

**Medical City Arlington, Arlington, Texas**

- Provided patient care to up to six patients to include assessing, discharging and transferring
- Specialized in administering chemotherapy agents
- Served on unit-based council

**April 2016-March 2017**

***Registered Nurse-Medical Telemetry***

**Methodist Mansfield, Mansfield, Texas**

- Acted as a Charge nurse over 8 employees and 36 patients
- Managed nurse to patient assignment ratios
- Served on the Staffing Council, Peer Review Committee and worked directly with house supervisor
- Managed daily rounds with physician of the day
- Precepted new employees to the unit and high school students

**October 2015-February 2016**

***Registered Nurse- Admission Holding Unit***

**John Peters Smith, Ft. Worth, Texas**

- Obtained medical surgical and telemetry patients from ER to assess and admit to correct nursing units
- Administered any needed medications
- Obtained blood for ordered labs and EKGs as needed

**April 2015-September 2015**

***Registered Nurse- Kidney/Liver Transplant***

**Baylor University Medical Center, Baylor, TX**

- Prepared patients for kidney, liver, pancreas and auto-islet cell transplantation
- Administered intravenous immunoglobulin, anti-thymocyte globulin and ganciclovir
- Educated patients on the signs and symptoms of acute organ rejection
- Managed the care of patients with chest tube, dobhoff/nasal gastric tube and rectal tube placements
- Titrated intravenous insulin and heparin drips

**April 2012-September 2015**

***Registered Nurse- Diabetic/Endocrine and Express Admit***

**Medical City Dallas, Dallas, Texas**

- Provided safe and effective patient care based on the nursing process and AIDET for up to six patients
- Educated patients on procedures, varying diagnoses, medication side effects and equipment
- Collaborated with doctors, fellow staff nurses and delegated to patient care technicians in order to meet patient's needs and goals
- Performed rapid assessments of patients while on the Express admit unit in order to admit patients to the hospital from the Emergency room
- Served as the Magnet champion by preparing and educating unit staff for 2013 Magnet re-designation
- Served as a preceptor for nursing students during their clinical rotations
- Designated unit Foley catheter educator

**January 2012-April 2012**

***Registered Nurse Intern-Medical Surgical***

**Methodist Mansfield, Mansfield, Texas**

- Gained basic nursing skills in order to provide care for up to five patients
- Obtained experience to start peripheral IV lines, perform wound dressing changes and preparing patients for the discharge process
- Assessed need for, ordered, obtained and interpreted appropriate lab tests
- Utilized necessary time management skills in order to operate in a fast-paced environment

### **Professional Organizations**

ST Advanced Practice Registered Nurse Society, 2017-present

Sigma Theta Tau International Honor Society of Nursing – Theta at Large Chapter, 2017-present

American Academy of Nurse Practitioners Member, 2019-present

### **Awards**

Army Emergency Relief Scholarship Recipient, 2002-2006

University of Texas Arlington Scholarship Recipient, 2002

### **Reference**

Available upon request.