Rosa Camarena

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MSN, FNP-S at Chamberlain University

Chicago, Illinois, United StatesHospital & Health Care

Previous positions

Staff Registered Nurse at Northwestern Memorial Hospital

Registered Nurse at UI Health

Education

Chamberlain University, Master of Science - MS, Family Practice Nurse/Nursing

Open to New Opportunities

Roles:

Staff Registered Nurse, Advanced Practice Nurse

Locations:

DuPage County, Illinois, United States, Chicago, Illinois, United States

Job type:

Part-time

See More

Background

Summary

Experienced Registered Nurse with a demonstrated history of working in the hospital & health care industry. Skilled in Pediatric Advanced Life Support (PALS), Advanced Cardiac Life Support (ACLS), Cardiopulmonary Resuscitation (CPR), Nursing, and Acute Care. Strong healthcare services professional with a Master of Science - MS focused in Family Practice Nurse/Nursing from Chamberlain University.

Experience

Staff Registered Nurse

UChicago Medicine

March 2013 – Present(6 years 10 months)Greater Chicago Area

Registered Nurse-Prep/Recovery GI/Cardiac/IR procedures

• Charge nurse role in GI prep area

• Prep through recovery nursing care of inpatients and outpatient in the special procedures department

• Facilitate discharge teaching to patients and families

• Assess, document, and communicate patients return to work capabilities

• Prep patients for GI/Cardiac and IR procedures with a head to toe assessment, vital signs, NPO status, medication reconciliation, and readiness for procedure.

• Recover patients post-procedure and do discharge instructions.

• Serve in the Unit Base Council and provide support for the advancement of nursing and increase patient satisfaction.

Registered Nurse

Happy Home Health Care

September 2015 – Present(4 years 4 months)Greater Chicago Area

Home Health/Visiting Nurse

• Provide long-term care for homebound patients and educate them on disease processed and medication regimen.

• Assess vital signs, blood sugar, skin integrity, and medical compliance on a weekly basis, providing feedback to primary physicians.

• Coordinate and facilitate medical visits, social worker services, physical therapy, occupational therapy, speech therapy, and phlebotomy.

• Assist with the provision of medical supplies and equipment to patients as required.

• Document physical assessments and provide plans of care to individual patients using Oasis Charting.

• Provide wound vacuum care for homebound patients with deep tissue wounds as well as dressing changes.

• Provide appropriate interventions based on patients’ health status and critical vital signs.

• Implement physician-ordered plans of care for patients.

• Evaluate ongoing improvement or deterioration of patients’ health status and implement proper care.

Staff Registered Nurse

Northwestern Memorial Hospital

October 2005 – June 2013(7 years 8 months)Greater Chicago Area

Registered Nurse – Neurosurgery intensive care unit

• Serve as a mentor and preceptor for newly hired nurses and student nurses.

• Serve on the Epilepsy Committee and provide educational material to the nursing staff, educating them in new policies and procedures.

• Provide care to critically ill patients requiring external ventricular drains, lumbar drains, arterial lines, intubation with mechanical ventilation, and other life-sustaining medical devices.

• Monitor and titrate drips for blood pressure control, heart rate control, sedation, and pain control.

• Assist in the recovery of patients after surgery, interventional radiology, and bedside procedures.

• Assist with bedside procedures such as tracheotomy, external ventricular drainage, lumbar puncture, insertion of percutaneous endoscopic tubes, central line placement, and arterial line placement.

• Provide care and support to high-risk spine patients in halo traction, in a rotorest bed, and after spine surgery.

• Provide care to and monitor patients in Versa press suppression, in a barbiturate-induced coma, and with severe seizure disorders.

• Monitor and administer enteral nutrition, tube feedings, and intravenous fluids.

• Facilitate end-of-life meetings while supporting families with questions and concerns.

• Translate for and assist Spanish-speaking patients.

• Trained in the use of patient lift equipment, Alaris pumps, the Kangaroo feeding pump, glucometers, ventilators, and external ventricular systems.

Registered Nurse

UI Health

March 2002 – January 2006(3 years 10 months)Greater Chicago Area

• Rotated as a charge nurse for unit of 23 beds.

• Made patient assignments for a 12 hour shift, determined the acuity of the patients, and assigned new nurses to appropriate patients.

• Served as a preceptor for newly hired nurses and as a mentor for nursing students.

• Provided care for acutely ill patients in the unit.

• Assisted other nurses, doctors, residents, and ancillary staff with bedside care, procedures, and management of patients.

• Assisted with translation for Spanish-speaking patients.

• Prepared patients for and arranged their transportation to surgery, diagnostic testing, and procedures.

• Charted patients’ assessment on an hourly basis, and reported critical values to physicians.

• Served as a phlebotomist, and drew appropriate lab work for patients.

Education

Chamberlain University

Master of Science - MS, Family Practice Nurse/Nursing

2014 – 2020

Chamberlain University

A Family Nurse Practitioner (FNP) is an advanced practice registered nurse (APRN) who focuses on comprehensive healthcare for families and family members across all ages, body systems and diseases. They deliver a range of acute, chronic and preventive healthcare services. In addition to diagnosing and treating illness, FNPs perform routine checkups, health-risk assessments, immunization, and screening tests and can offer personalized counseling on maintaining a healthy lifestyle. The FNP specialty track prepares you for a variety of roles including Family Practice.

University of Illinois at Chicago

Bachelor's of Science in Nursing, Registered Nursing/Registered Nurse

1997 – 2002

University of Illinois at Chicago

Languages

Spanish

Native or bilingual proficiency

Skills & Expertise

Epic Systems

Healthcare Management

Nursing

Critical Care Nursing

Cerner

BLS

Patient Safety

Nursing Education

Hospitals

PowerChart

Acute Care

Inpatient

Patient Education

Direct Patient Care

ACLS

Healthcare

Family Medicine

Cardiopulmonary Resuscitation (CPR)

Critical Care

Pediatric Advanced Life Support (PALS)

Advanced Cardiac Life Support (ACLS)

Basic Life Support (BLS)

Certifications

Registered Nurse

Illinois Department of Financial and Professional Regulation, License

March 2003 – May 2020

Volunteer Experience & Causes

Parent Advisory Council

Galileo Scholastic Academy of Math And Science

September 2012 – June 2013(9 months)Education

The Parent Advisory Council is a volunteer group of CPS parents and caregivers who meet with Office of Diverse Learner Supports and Services to discuss diverse learner issues and provide input to CPS on policy, training and special education programming that would be of interest to parents.

https://cps.edu/diverselearners/Pages/ParentAdvisoryCouncil.aspx

Bilingual Advisory Committee

Galileo Scholastic Academy of Math and Science

September 2012 – September 2013(1 year)Education

Parent member.

Tutor - Terra Nova Club

Saint Sylvester Grammar School

September 2013 – June 2014(9 months)Education

Tutored a weekly class of students to help them prepare for their annual standardized exams. Subjects included: Language Arts, Math, Science, and Social Studies.

Assistant Coach - Girls on the Run

Saint Sylvester Grammar School

September 2012 – September 2013(1 year)Education

In conjunction with the coach we coached and trained a group of around 20 girls to successfully complete a 5k run.

Member - Parent Teacher Association

Walt Disney School

September 2013 – June 2014(9 months)Education

As a parent member, I participated in several events and often volunteered to help host such events and fund raisers.

Library Guild-Chair

Walt Disney Magnet

September 2013 – June 2014(9 months)Education

Assisted school librarians with various tasks that ranged from sorting books to teaching children how to find books.

Parent/Teacher First Grade Liaison

Walt Disney Magnet School

September 2013 – June 2014(9 months)Education

Several times during the week, I assisted the first-grade teacher in getting the students ready to learn in the morning and assisted with other standard classroom tasks.