Carina Messina

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ICU- Critical Care RN

O'Fallon, Missouri, United StatesHospital & Health Care

Previous positions

Registered Nurse~ICU-Cardio Vascular-Cardiac-Medical/Surgical at Travel company

RN ICU-Cardio Vascular, Cardiac, Medical-Surgical. at St Claire Health Center, part of SSM Health Care

Education

Milnerskolan in Kristianstad, Sweden, Licence Practical Nurse +, Nursing

Background

Summary

\* Missouri Registered Nurse, Compact license. License number 146932.

\* Implement the Nursing Process, following the Multidisciplinary Team Care plans.

\* Continuous update and teaching to patient and family regarding disease process and condition.

\* Post operative care of Coronary Aortic Bypass Graft and Valve Replacement patients.

\* Post operative care of Thoracotomy patients.

\* Care of Intubated, Mechanically ventilated, Tracheostomy patients.

\* Care of Hemodynamic and Cardiac monitored patients.

\* Care of Chest tube(s) patients.

\* Care of Continuous Renal Replacement Therapy (CRRT) patients.

\* Care of Catheter Directed Thrombolysis (EKOS) patients.

\* Administer and monitor Blood products per hospital protocol.

\* Administer Medication, and Monitor for effect/adverse reactions

\* Vascular Access Devices insert/monitor/assist with insertion.

\* Electronic Health Record -- EPIC, Cerner.

Experience

RN ICU

BJC HealthCare

September 2019 – Present(5 months)Greater St. Louis Area

Registered Nurse~ICU-Cardio Vascular-Cardiac-Medical/Surgical

Travel company

February 2014 – February 2019(5 years)Nationwide

RN ICU-Cardio Vascular, Cardiac, Medical-Surgical.

St Claire Health Center, part of SSM Health Care

May 1997 – December 2013(16 years 7 months)Greater St. Louis Area

My Job Purpose: Promotes and restores patients' health by completing the nursing process; collaborating with physicians and multidisciplinary team members; providing physical and psychological support to patients, friends, and families; supervising assigned team members.

My Skills/Qualifications: Clinical and Nursing Skills, Follows laboratory values and X-rays, Bedside Manner, Infection Control, Physiological Knowledge, Administering Medication, Medical Teamwork, Multi-tasking, Listening, Verbal Communication, Health Promotion and Maintenance

CT/CV/M/SICU Specific skills: Hemodynamic and cardiac monitoring systems, mechanical ventilator therapy, intra-aortic balloon pumps (IABP), and continuous renal replacement equipment (CRRT).

My Job Duties:-Promotes patient's independence by establishing patient care goals; teaching patient, friends, and family to understand condition, medications, and self-care skills; answering questions.

-Assures quality of care by adhering to therapeutic standards; measuring health outcomes against patient care goals and standards; following hospital and nursing division's philosophies and standards of care.

-Protects patients, families, and employees by adhering to infection-control policies and protocols, medication protocol, and controlled substance regulations.

-By documenting and communicating my actions, as well as patients irregularities and continuing needs.

-Maintains patient confidence and protects operations by keeping information confidential.

-Ensures accurate operation of equipment by troubleshooting malfunctions; evaluating new equipment, and techniques.

-Maintains professional and technical knowledge by attending educational workshops; reviewing professional publications; establishing personal networks; participating in professional societies.

-Maintains a cooperative relationship by communicating information; responding to requests; building rapport; participating in team problem-solving methods.

LPN

St Joseph Hospital, part of SSM Health Care

October 1981 – May 1997(15 years 7 months)Kirkwood, MO

Responsible for providing direct patient care under the supervision of a Registered Nurse.

Wound Dressing & Care | G-Tube Feedings & Care | Patient Bathing & Hygiene Assistance | Glucose Checks & Blood Pressure Monitoring | Rehabilitation Therapy.

LPN - ER, and 24 hr Observation Unit.

Lasarettet i Helsingborg, Sweden

August 1974 – March 1981(6 years 7 months)Helsingborg, Sweden.

Responsible for providing direct patient care through assessment, planning, intervention, and evaluation under the supervision of a Registered Nurse.

Recorded essential information to MD and RN through documentation and oral communication. Performed unit based activities that contribute to a positive work and professional environment.

Performed wound care, IV therapy, phlebotomy, and vital signs monitoring.

Prepared patients for procedures and provided safe patient transport.

LPN

Central sjukhuset i Kristianstad, Sweden

June 1974 – September 1974(3 months)Kristianstad, Sweden

Responsible for providing direct patient care through assessment, planning, intervention, and evaluation under the supervision of a Registered Nurse.

Wound Dressing & Care | Tracheostomy Suctioning/Care | G-Tube Feedings & Care| IV Therapy | Patient Bathing & Hygiene Assistance | Glucose Checks & Blood Pressure Monitoring | Rehabilitation Therapy.

Education

Milnerskolan in Kristianstad, Sweden

Licence Practical Nurse +, Nursing

1972 – 1974

2 year Nursing program with emphasis on medical/surgical nursing.

Activities and Societies

'​'Sveriges bilkårister'​'​ Voluntary female organization who taught First Aid/CPR to prison inmates/ military personnel/ general public. We organized Mock Traffic Accidents and Disaster Drills with authentic graphic injured victims to analyze response time/treatment/transport of local military personnel, and various organizations.

Forest Park Community College

Associate's degree, Registered Nurse

1996 – 1997

Florissant Valley Community College

Bridge to RN program, Nursing

1996 – 1996

Nursing:106 and Nursing:107 in one semester to bridge into third semester Associate Nursing Program.

Languages

English

Professional working proficiency

Swedish

Native or bilingual proficiency

Skills & Expertise

Epic Systems

Respiratory Care

Continuous Renal Replacement Therapy

Cardiac Monitoring

IABP

Surgical ICU

Cardio Vascular ICU (CVICU)

Nursing

Vasoactive medication management

CardioVascular Surgery ICU (CVSICU)

BLS

Chest Tubes

Central Lines

Multidisciplinary Teamwork

Hospitals

Health Promotion

ICU

Intra Aortic Balloon Pump

Ventilators

Disease Management

Clinical Research

Communication with Patient/Family

EHR

Medical ICU

Blood Transfusion

First Aid

PICC lines

Tracheostomy

Cardiac Care

Medication Administration

ACLS

Healthcare

Hemodynamic Monitoring

Critical Care

Automatic Dispensing Medication System

Infection Control

Medical-Surgical

Intensive Care

Courses

Independent Coursework

Adult CCRN Certification Review, January 14- February 26, 2013

Volunteer Experience & Causes

Leader, Advancement chair, Merit Badge counselor

Boy Scouts of America

1990 – 2001Children

I have two Eagle scouts.