
JULIE SAUER

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PROFESSIONAL SUMMARY

Creative and versatile **Registered Nurse** with experience in Long Term Care, Psychiatry and Addiction nursing. Excels at customer service and staff motivation. Adept at motivational interview technique with patients and families, using empathy as a tool for relationship building. Uses a creative and innovative approach to problem solving and finds the quality improvement process both productive and satisfying. Holds professional and personal experience with dementia care and is a Certified Dementia Care Practitioner. Has worked in health and wellness for 34 years.

SKILLS

- Patient assessment
- Communication
- Patient and family advocacy
- Motivational Interview technique
- Emotional intelligence
- Converting policy to user friendly protocol
- Researching and teaching
- Staff supervision and motivation

WORK HISTORY

Registered Nurse, Women's Unit, 08/2018 to Current

Keystone Treatment Center – Canton, SD

- Assessed patients during detox process to determine appropriate medical treatment
- Administered medications and treatment to 29 patients and monitored responses
- Reviewed lab values and ongoing treatment with patient regularly to prepare for discharge
- Facilitated therapeutic communication, conflict resolution and crisis intervention and assisted patients with coping skills

RN Charge Nurse, 12/2017 to 08/2018

Good Samaritan Village – Sioux Falls, SD

- Completed patient assessments, administered medications, treatments and documentation for 44 residents
- Maintained open communication with family members and staff

Certified Group Fitness Instructor, 07/2006 to 07/2013

Sanford Wellness Center – Sioux Falls, SD

- Supervised 11 group fitness instructors in creating and scheduling 27 classes per week

Test Administrator, 07/2002 to 11/2007

Pearson VUE – Sioux Falls, South Dakota

- Upheld the brand's long held security reputation by providing excellent test administration for NCLEX and many other medical and professional board licensing exams

Group Fitness Supervisor / Instructor, 06/1995 to 08/2005

Sanford Wellness Center – Sioux Falls, South Dakota

- Coordinated all land based fitness classes.
- Hired, scheduled and supervised team of instructors.
- Personally created and taught 8 types of classes.

Director Of Nursing Services, 09/1988 to 08/1990

Southridge Health Care Center – Sioux Falls, South Dakota

- Coordinated, hired and scheduled nursing staff for 110 bed facility.
- Completed hospital assessments of potential residents.
- Presented staff continuing education.
- Analyzed, converted, created and Implemented original, staff-ready Medicare Skilled Nursing protocol.

Charge Nurse, 04/1987 to 09/1988

Avera Mckennan Hospital Psychiatric Acute Care – Sioux Falls, South Dakota

- Assessed and provided medications and treatment to highly acute behavioral health patients.
- Engaged in 1:1 behavioral counseling with primary patients.

EDUCATION

Bachelor of Science: Nursing, Expected in 09/2020

Western Governors University - Salt Lake City, UT

Associate of Science: Nursing, RN

Anoka Ramsey Community College - Coon Rapids, MN

AFFILIATIONS

- American Holistic Nurses Association

CERTIFICATIONS

- **RN License:** South Dakota and Minnesota
- **BLS Certification:** American Heart Association
- **Certified Dementia Practitioner:** N.C.C.D.P.
- **Group Fitness Instructor Certification**, since 1995: A.C.E.
- **Long Term Care Fitness Leader Certification:** A.S.F.A.