Emily Kast

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RN, B.S.N Trauma/Surgery at Barnes Jewish Hospital

St Louis, Missouri, United StatesHospital & Health Care

Previous positions

CNA at SSM Health Care - St. Louis

Education

Saint Louis University, Bachelor of Science, Nursing, Registered Nurse/RN

Summary

Trauma Surgery RN at Barnes Jewish for 4.5 years, now in Post Anesthesia Care Unit at Missouri Baptist

Compassionate RN who helps trauma surgery patients and their families feel at ease throughout treatment and recovery.

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.

Experience

Registered Nurse, BSN

Missouri Baptist Medical Center

August 2015 – Present(4 years 6 months)

PACU

Manages and recovered high acuity patients with neurological, gastrointestinal, cardiovascular, pulmonary, orthopedic, renal and general surgeries

•Established safe and encouraging environment

•Identified/Initiated emergent situations and procedures

•Initiated immediate care during post-operative recovery period

•Communicated changes in patient status to Physician, and CRNA

•Educated patient and responsible guardian of post-operative instruction, including infection, post-operatic complications, preventative measures, and medication administration

•Assessed and documented clients' medical histories, including allergies and other assessment parameters

•Monitored MAP, BP, arterial pressure and other vital signs, provided care of arterial and central venous lines, as well as, ventilator management

•Pain management using IV push, patient controlled analgesia and epidural pumps

•Managed patients change in vital signs appropriately

Registered Nurse, BSN

Barnes-Jewish Hospital

August 2011 – Present(8 years 6 months)saint louis, missouri

• Skilled and professional nurse with 2.5 years of experience in level 1 surgical trauma and acute care unit, including frequent over flow patients from minimally invasive surgery, vascular and hepatobiliary service.

• Preceptor/educator to new nurses

• Many hours of Charge Nurse Experience

• Receive patients from PACU, monitor post-op vitals, set up PCA, fluids, review post-op orders, orient patient to unit and review plan of care

• Obtain admission history, entering collected data into computer system

• Experienced in admitting and discharging patients. Performed IV starts, foley insertions, NG tube insertions, and blood draws including central line lab draws and ABG’s.

• Monitor patients closely for changes in condition and advocate as needs arise

• Position patients with respect to proper alignment, using understanding of body mechanics

• Enhance patient status to return to baseline function or better, using multi-modal approach and communicating with various therapies and resources (PT, OT, RT, ST, pharmacy, social work, chaplain, massage)

• Manage pain effectively, implementing position changes, cold therapy, activity, timely administration of analgesics with consideration of prior function (chronic pain, assistive devices, emotional requirements)

• Maintain supportive relationship with coworkers and delegate as appropriate

• Communicate effectively with patients, family members, physicians, and coworkers

• Trained Compass charting, experienced with written charting.

CNA

SSM Health Care - St. Louis

May 2009 – January 2010(8 months)Greater St. Louis Area

Worked in outpatient Oncology/Hematology, assisted nurses but not limited to triaging patients, being a runner for blood work and blood products, preparing room for next patient, takign vital signs through infusions.

Education

Saint Louis University

Bachelor of Science, Nursing, Registered Nurse/RN

2006 – 2011

Saint Louis University

• Critical Care Certificate

• Interprofessional Education Program

Activities and Societies

• National Honor Society of Nursing Sigma Theta Tau: Delta Lambda Chapter

Duchesne High School

High School Diploma

2002 – 2006

Skills & Expertise

TNCC

Trach Care

Nursing Documentation

Pain Management

Trauma Surgery

Trauma Nursing

Cerner

Nursing Process

BLS

NRP

Wound Care

Patient Safety

Post Anesthesia Care

Palliative Care

IV

Acute Care

Telemetry

Preceptor

Patient Education

Charge Nurse

EKG

Medical/Surgical

Surgery

Bariatric Surgery

Medication Administration

Healthcare

Critical Care

Vital Signs

Medical-Surgical

Patient Advocacy

Geriatric Nursing

Certifications

Registered Nurse Liscense Missouri

, License

May 2011

Trauma Nurse Core Class

, License

August 2013

Basic Life Support

, License

August 2006

Honors & Awards

Great Catch Award

Kim Hurst, RN Co-Worker

October 2011

Patient safety award based on action that prevents harm to patient or helps advance a culture of safety.