Christina Hardman

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Registered Nurse Emergency Department at Ozarks Medical Center

West Plains, Missouri, United States Hospital & Health Care

Previous positions

Exercise Specialist at Sacred Heart Hospital

Education

Missouri State University-West Plains, Associate of Science - AS, Nursing

Background

Summary

As an emergency department nurse, it is paramount to me to ensure that I provide superior patient care in the most professional and compassionate manner. I believe strongly in taking the time to truly listen to my patients while asking the necessary questions to ensure their safety. Respecting a patient's privacy and consistently going the extra mile to improve my patient's health is of key importance.

Experience

Registered Nurse Emergency Department

Ozarks Medical Center

November 2015 – Present(4 years 3 months)West Plains, MO

Providing exceptional, compassionate patient care in an emergency department setting is a privilege and true calling. As an ED nurse, I see everything from minor scrapes and bumps to trauma situations. Having the honor to care for people during the most difficult times of their lives is what I live for!

Registered Nurse Emergency Department

Ozarks Medical Center

November 2015 – Present(4 years 3 months)West Plains, MO

Exercise Specialist

Sacred Heart Hospital

October 2003 – March 2013(9 years 5 months)Pensacola, Florida Area

While working at Sacred Heart Hospital I worked in pulmonary and cardiac rehabilitation and went on to focus on cardiovascular stress testing. I worked closely with physicians, nurses, and other medical personnel to care for inpatient and oupatient clientele. I attained ACLS certification while working in the stress lab. Also, I worked with the state of Florida to establish a childhood obesity treatment program and was on the hospital committee to improve employee satisfaction.

Education

Missouri State University-West Plains

Associate of Science - AS, Nursing

2017 – 2019

Missouri State University-West Plains

University of South Alabama

Master of Education (M.Ed.), Exercise Physiology

2000 – 2002

University of South Alabama

As a Graduate Teaching Assistant for the HPELS department, I served as the laboratory coordinator, taught physical education classes and maintained a full course load while working part time at Providence Hospital Rehabilitation and Wellness Center. As the lab coordinator, I was responsible for scheduling fellow GTA's lab time slots and duties, coordinated lab sessions with undergraduate students, performed troubleshooting on lab equipment and worked closely with the professors to ensure proper lab procedures were adhered to at all times.

Jacksonville State University

Bachelor of Science (BS), Exercise Physiology

1998 – 2000

Jacksonville State University

While at Jacksonville State University, I was a Resident Assistant, Student Athletic Trainer, and held a work study position in the Exercise Science Department. All of these experiences taught me the value of time management, appropriate scheduling, dedication, and hard work. I graduated Cum Laude, majoring in Exercise Science with two minors, one in Nutrition and one in Athletic Training.

Languages

English

Skills & Expertise

Cardiac Rehabilitation

Exercise Prescription

Inpatient Care

Insurance Verification

BLS

hospital charting

Hospitals

Cardiovascular Stress Testing

Inpatient Cardiac Monitoring

Treatment

Inpatient

ACLS

Healthcare

Cardiovascular Physiology

physician orders

Outpatient Cardiac and Pulmonary Rehabilitation

CPR Certified