Megan Berg

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RN, BSN at Mercy

St Louis, Missouri, United StatesHospital & Health Care

Previous positions

RN, BSN at Mercy

Cardiac Telemetry Nurse at Tenet Healthcare

Education

Goldfarb School of Nursing, BSN- accelerated program, Registered Nursing/Registered Nurse

Background

Summary

I have my Bachelor of Science in Nursing and my Bachelor of Science in Exercise Science, concentrating on physical therapy. Health and wellness is my passion.

I have been a nurse for 9 years now and I love my job. I love that I continue to learn new things everyday. I also am a health and wellness coach. I help people through online fitness and nutrition coaching. I love helping people reach their full potential so they can be happier and healthier.

Specialties: I feel very passionate about cardiology, geriatrics, med/surge and acute care. I precept new nurses and student nurses. I am ACLS certified.

Experience

RN, BSN

SSM Health St. Louis

August 2016 – Present(3 years 7 months)

I work PRN on the Orthopedic, Telemetry, Surgical and Medical floors. I get to take care of a wide variety of patients including joint replacements, delirium, cardiac cath lab, substance withdrawal, chronic lung and heart conditions, and step down from ICU, most internal medicine diagnoses..... always learning something new.

Certified Personal Trainer

Berg Fitness

January 2015 – Present(5 years 2 months)

NASM certified. Having this certification not only helps me stay healthy but also gives me more knowledge to help my patients at the hospital. I do this very part time but I offer 1 on 1 training, group training and bootcamp every Wednesday. I enjoy helping runners get faster and stronger. My passion is helping people establish a fitness baseline before they pursue Crossfit or Obstacle Racing.

RN, BSN

Mercy

November 2017 – December 2019(2 years 1 month)

I work part time at the pre anesthesia consultation and evaluation clinic. I help patients with getting cleared and prepared for surgery. I love meeting such a wide variety of patients. Always learning something new!

Cardiac Telemetry Nurse

Tenet Healthcare

December 2013 – August 2016(2 years 8 months)Des Peres, MO

Stents, fem pops, pacemakers and more! The heart fascinates me.

Registered Nurse

Tenet Healthcare

August 2009 – December 2013(4 years 4 months)Des Peres, MO

I worked on the A.C.E. unit, Acute Care for the Elderly. It is a 21 bed med/surge floor focusing on the growing Geriatric population and their unique medical needs, especially quality of life. It's truly an amazing field that also happens to be my passion and what drives me to be a good nurse. I was a nurse preceptor, charge nurse and wound care champion for my floor.

Nursing Student

Goldfarb School of Nursing at Barnes Jewish College

May 2008 – April 2009(11 months)

Clinicals:

-General Medicine Floor, BJC (120 hours)

-Kidney/Liver transplant floor, Barnes Jewish Hospital (96 hours)

-Labor and delivery/postpartum care, Missouri Baptist Hospital. (48 hours)

-Psychiatric nursing, Centerpointe (48 hours)

-Pediatrics rotation at Children's Hospital (48 hours)

-Community health clinical rotation at St. Luke's (196 hours)

Research:

-Hourly Rounding and Patient Falls (2008)

Education

Goldfarb School of Nursing

BSN- accelerated program, Registered Nursing/Registered Nurse

2008 – 2009

12 months to get a nursing degree. I must have been crazy. But I did it and I had a great year!

Activities and Societies

NSNA, hours and hours of studying, various clinical experiences

Truman State University

BS in Exercise Science, pre-Physical Therapy, Minored in Biology

2003 – 2007

Truman State University

I enjoyed doing a lot of undergraduate research. I researched then presented them in the Student Research Conference. My favorites were:

- The Effects of Music and Running

- Difference in Lactate Removal Rates Between Endurance and Strength Athletes.

Activities and Societies

Phi Epsilon Kappa (Exercise Science fraternity), Sigma Kappa

Ursuline Academy

Activities and Societies

Varsity team captain for Track and Field and Cross Country. Cross Country state qualifier.

Skills & Expertise

Fitness

Clinical

Nursing

Cerner

BLS

Gluten Free

Wound Care

Patient Safety

Organic Farming

Hospitals

Mentoring

Health

Geriatrics

Acute Care

Clinical Research

Telemetry

nurse preceptor

CrossFit

Customer Service

Weightlifting

Overcome Obstacles

Wellness

Network Marketing

Medical/Surgical

Skin Care

ACLS

Arbonne consultant

Healthcare

Medicine

Entrepreneurship

Detoxification

Vegan

Advanced Cardiac Life Support (ACLS)

CPR Certified

Patient Advocacy

Personal Training

current BLS certification

Certifications

NASM CPT

National Academy of Sports Medicine (NASM), License

2015 Ohio Spartan Sprint Enlisted

Spartan Race, Inc., License v69qm7g9

Volunteer Experience & Causes

Causes Megan cares about:

Animal Welfare

Health