

# Melissa Arkema

## Medical Surgical Registered Nurse

Skokie, IL 60076

[melissaarkema@yahoo.com](mailto:melissaarkema@yahoo.com)

+1 847 858 3029

I am an industrious, goal-oriented and motivated professional nurse with 9+ years of experience. I am accustomed to a heavy workload and maintaining a high productivity level. I have the ability to grasp new concepts quickly and efficiently. I easily adapt to new environments and challenges. I enjoy working as a team with my colleagues, and I understand that being a team player and effective communication are two very important aspects in nursing.

Authorized to work in the US for any employer

## Work Experience

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### PRN Registered Nurse - Medical Surgical Units

Amita Health St. Joseph Hospital - Chicago, IL

January 2022 to Present

- Provides high quality nursing care in a non-judgmental and non-discriminatory manner on medical surgical units
- Develops and implements individualized age-specific and culturally sensitive plan of care for each patient in collaboration with patient/family and the health care team
- Conducts ongoing education and support to patients and their family members/care givers
- Performs nursing responsibilities within scope including, but not limited to head-to-toe assessments, monitoring vital signs, administering medications (e. g., oral, IV, IM, SQ), operating and maintaining equipment (e.g., IV tubing/pumps, feeding tubing/pumps, oxygen tubing, catheters), TPN, blood product administration, central line care, tracheostomy care, and wound care
- Conducts ongoing collaboration with health care team regarding changes in patients' conditions
- Strives to protect patients by maintaining a safe environment
- Continuously documents patient assessment findings, responses to nursing interventions, progress towards goals and problem resolution, and individualized education

### PRN (Full-Time) Registered Nurse - Medical Surgical Units

Amita Health St. Joseph Hospital - Chicago, IL

February 2015 to November 2020

- Provides high quality nursing care in a non-judgmental and non-discriminatory manner on medical surgical units
- Develops and implements individualized age-specific and culturally sensitive plan of care for each patient in collaboration with patient/family and the health care team
- Conducts ongoing education and support to patients and their family members/care givers
- Performs nursing responsibilities within scope including, but not limited to head-to-toe assessments, monitoring vital signs, administering medications (e. g., oral, IV, IM, SQ), operating and maintaining equipment (e.g., IV tubing/pumps, feeding tubing/pumps, oxygen tubing, catheters), TPN, blood product administration, central line care, tracheostomy care, and wound care
- Conducts ongoing collaboration with health care team regarding changes in patients' conditions

- Strives to protect patients by maintaining a safe environment
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### **Registered Nurse - Pediatric Medical Surgical Unit**

Amita Health St. Joseph Hospital - Chicago, IL

August 2014 to February 2015

- Provided high quality nursing care to pediatric patients, ranging from 3 days old to 17 years old
- Collaborated with pediatricians and residents to ensure patient plan of care was updated and the need for changes were done immediately
- Educated patients and families on disease process, plans of care, and goals using age-appropriate materials and language
- Completed patient admissions and discharges with detailed instructions and used teach-back methods to verify understanding of treatment plans
- Served as preceptor for staff nurses

### **Registered Nurse - Diamond Headache Inpatient Unit**

Amita Health St. Joseph Hospital - Chicago, IL

August 2014 to February 2015

- Provided high quality nursing care to patients, ranging from children to elderly adults, suffering from chronic migraines and headaches
- Focused care on pain management and helping patients build strength both physically and emotionally to improve quality of life
- Performed inpatient nursing responsibilities including assessing patients, closely monitoring vital signs during intravenous medication therapy, IV access, implanted port access, central line care, TPN, tube feedings, oxygen administration, blood product administration, and preparing for surgery
- Collaborated with providers on effectiveness of treatment plans and patients' level of pain throughout shift
- Served as preceptor for staff nurses

### **Registered Nurse - Medical Surgical Unit**

Riverside Regional Medical Center - Newport News, VA

March 2013 to June 2014

- Monitored consistent use of aseptic techniques to protect against infection
- Developed and implemented treatment plans for patients with various acute and chronic concerns
- Modified patients' treatment plans as indicated by patients' responses and new physician orders
- Performed nursing responsibilities including assessment, medication administration, IV therapy, TPN, tube feedings, blood product administration, wound care, colostomy care, tracheostomy care, rapid response, and code blues
- Improved recovery by educating patients and caregivers on proper at-home care and treatment regimens

### **Registered Nurse (Temporary position) - Internal Medicine Clinic**

Boys Town National Research Hospital - Boys Town, NE

May 2012 to November 2012

- Triage patients over the telephone and in person
- Coordinated patient plan of care with other departments and facilities
- Educated patients on the importance of preventative care and following treatment plans

- Advocated for patients by finding outside resources to help enhance individual treatment plans

## Education

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### **Bachelor of Science in Nursing**

Creighton University - Omaha, NE

May 2012

## Nursing Licenses

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### **RN**

Expires: May 2022

State: IL

## Skills

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- Nursing
- Acute care
- Medication administration
- Vital Signs
- EMR Systems
- Hospital Experience
- Experience Administering Injections
- critical thinking, time management, assessment skills, effective communication (9 years)
- Epic
- Pain Management
- Tube Feeding
- Aseptic Technique

## Languages

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- English - Expert

## Certifications and Licenses

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### **BLS for Healthcare Providers**

January 2022 to January 2024