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# EDUCATION/CERTIFICATIONS

## Bachelor of Science in Nursing

American Public University- Anticipated graduation May 2021

## Associate of Science in Nursing

College of Southern Maryland- La Plata, MD

May 2019; Estimated Licensure July 2019

## General Studies

College of Southern Maryland- La Plata, MD

December 2015

**Certified Nursing Assistant/Geriatric Nursing Assistant**

College of Southern Maryland

March 2012

# CLINICAL EXPERIENCE

**Medical/Surgical Nursing:** MedStar Southern Maryland Hospital Center

Fall 2017, Medstar St. Mary’s Hospital- Spring 2018 and Calvert Health- Spring 2019

**Pediatric Nursing:** Children’s National Medical Center- Spring 2019

Managed individualized nursing care, assisting children with care tailored to developmental stage, completed assessments, administered medications, assisted with treatments, all while maintaining family-centered care

**Labor and Delivery Nursing:** MedStar Southern Maryland Hospital

Spring 2019

Monitored for change in condition in pregnant and postpartum patients, performed assessment according to protocol, provided compassionate care for higher acuity infants requiring close monitoring

**Emergency Department/ICU Rotation:** Medstar St. Mary’s Hospital

Spring 2018

**Behavioral Health Nursing:** Calvert Health- Spring 2018

## WORK EXPERIENCE

**Doctors Community Hospital**

**8118 Good Luck Rd. Lanham, MD 20706**

Surgical and Medical Intensive Care/Intermediate Care Unit Registered Nurse

August 2019 - Present

* Management and Delivery of Quality Patient Care
* Quality and Safety
* Demonstrates competency in advocacy with patients and families, utilize the nursing process providing individualized safe, age specific, and culturally sensitive care.
* Abides by regulatory practice standards regarding environment and documentation.
* Delegates patient care responsibility appropriately based upon patient needs and competencies of support staff.
* Actively participates in quality improvement processes and adjusts one’s practice accordingly.
* Patient and Family Centered Care. Uses evidenced based practices to educate patients/families on disease management and health promotion. Implements evidenced-based practice in the assessment and management of pain and end-of-life care. Delivers patient care in a manner that promotes a positive patient experience. Collaborates as a member of the inter-professional team in goal directed care and promoting patient care preferences.
* Management of Patient Care. Delivery Assesses the patient’s condition and develop an individualized plan of care including identification of patient and family needs from a holistic perspective. Develops a plan to efficiently manage patient care assignments based on patient acuity, workload, resources, and anticipated patient needs within the inter-professional team.
* Management of the Changing Patient Condition. Performs an accurate patient assessment, reassessment, and evaluation. Appropriately identifies and promptly communicates changes in patient condition using SBAR format. Collaborates with inter-professional team to promote optimal patient outcomes.
* Communication and Conflict Management. Communicates effectively with patients, families, and member of the inter-professional team using evidenced based strategies and resources to address communication barriers. Uses a standardized approach to hand-off communication providing opportunity to ask questions and verify information. Analyzes the impact of workplace violence on patient care/safety and strategies to promote safety.
* Informatics and Technology. Incorporates available technology to support communication and evidenced based care delivery Participates in the evaluation of technical support. Complies with policies, privacy, and confidentiality laws when using social media for both personal and professional purposes.
* Professional Role and Leadership. Professional Development Develops a professional practice plan including committee involvement, serving as preceptor, seeking certification, and continuing formal education. Identify a mentor who values lifelong learning and professionalism.
* Performance Improvement and Evidenced-Based Practice. Identifies the key concepts of performance improvement. Analyzes how data is used to investigate quality and safety issues and how action plans are developed for performance improvement. Develops and disseminate an evidenced based project.
* Ethical Decision Making Incorporates the American Nurses Associations’ Code of Ethics for nursing. Analyzes policies and procedures for ethical dilemmas and engages in the promotion of safe patient care delivery by all members of the inter-professional team.
* Stress Management Uses evidence based self-care strategies and resources to promote resiliency.
* Business of Healthcare Discusses how the impact of performance on nursing sensitive indicators impacts the fiscal health of the healthcare organization. Identifies how creating a plan of coordinated care with a team of inter-professional caregivers positively affects patient outcomes while decreasing costs. Engages in evidenced based practice improving patient outcomes while reducing costs.

## Patient First, 9000 Woodyard Rd. Clinton, MD 20735

## Medical Assistant/Registered Nurse

March 2012 - Present

* Implementing Patient First's policies and procedures;
* Offering quality nursing care and generating a genuinely warm and friendly atmosphere for patients and employees;
* Providing nursing care in the ambulatory setting to individual patients and families;
* Using sound judgment when administering medical care and screening patients;
* Administering medications and knowing correct dosage, actions, and side effects of each medication administered;
* Assisting the physician in all emergency cases;
* Providing positive, warm and friendly customer service in all interactions;
* Fostering teamwork and a positive, professional atmosphere;
* Completing other duties as directed.

## Medstar Southern Maryland Hospital, 7503 Surratts Rd. Clinton, MD 20735

## Emergency Room Technician

## December 2015 - March 2017

* Responsible for reporting and documenting on the condition of patient/client to the appropriate supervisor and other staff members.
* Assists with transport of patients to other departments.
* Assist with resuscitation / CPR and emergency airway procedures.
* Assist with obtaining and documentation of vital signs and placement of oxygen saturation, cardiac monitoring, and non-invasive blood pressure monitoring systems.
* Assist with other technical functions such as: obtaining 12-lead EKGs, discontinuation of peripheral IV, maintenance and care of specimens for laboratory analysis, and Point of Care Testing.
* Assist with wound care, insertion of Foley catheters, and nasogastric tubes.
* Assists with positioning patients, application of orthopedic splints and dressings.
* Measure and fit crutches and canes; instruct patients on proper crutch and cane walking.