Tamara L. Paradies

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I am a seasoned Registered Nurse in the state of Illinois. My more than 25 years on the job have earned me wide-ranging experience and skills in a multitude of areas, including leading and working with collaborative teams. I recently achieved a long-term goal of completing my BSN at Chamberlain University and am currently in the process of obtaining my MSN degree specializing in FNP. I take pride knowing that I possess quality nursing skills that allow me to be an asset to any professional nursing team.

PROFESSIONAL EXPERIENCE

Alden Courts Of Huntley

July 2019- Current

Staff Nurse

Responsibilities: work as part of a team of professional and medical staff that include doctors, RN case managers, and therapists. work as part of a team of professional and medical staff that include doctors, RN case managers and therapists. Provided care to long term residents, patient assessments, medication administration, wound care, provided care to short term Medicare patients, IV care, respiratory therapy, provided care for Alzheimer's residents including psychiatric monitoring and documentation of psychotropic medications.

Precision Home Health

May 2018- June-2020

Director of Nursing

Manages the Agency’s clinical teams and provides the overall supervision of all registered nurses, licensed practical nurses, home health aides, therapists, social workers and other clinical personnel employed by the Agency or with whom the agency contracts for services. Includes direct hiring, training, evaluating and terminating responsibilities. Plans, directs, coordinates and monitors the delivery of all direct and indirect clinical services to Agency home care clients. Assists in the planning, development and establishment of Agency structure, clinical and administrative policies and procedures. Receives referrals, determines services required, and Agency’s ability to meet needs. Assigns appropriate clinicians to cases. Meets with Field Nurse Case Managers/Clinical staff on a regular basis to provide guidance and information related to specific issues. Provides direction to teams to assure that client needs are met, and services are provided according to the plan. Assists clinical staff in establishing priorities, setting goals, and evaluating progress toward goals. Ensures clinical records are maintained in compliance with state and federal laws including CMS and IDPH standards and conditions. Conducts review of records to ensure continuing home health care client's eligibility for covered services. Provides support and direction to Agency staff, other health care professionals, clients, and families related to appropriate and available health care resources. Educates Agency staff on clinical services, policies, and procedures as needed. Receives referrals, determines services required, and Agency’s ability to meet needs. Assigns appropriate clinicians to cases

Kindred Hospital

October 2018- July 2019

RN Staff Nurse

 Responsibilities: provide direct nursing care for patients requiring mechanical ventilation and wound care. Medication Administration, Telemetry, admission and discharge, patient education, computer charting, inpatient care of patients with psychiatric diagnosis

Everest Healthcare Solutions

Dec 2016- May 2018

RN Staff Nurse

Responsibilities: Contract travel nurse (13-week contract): work as part of a team of professional and medical staff that include doctors, RN case managers, and therapists. work as part of a team of professional and medical staff that include doctors, RN case managers, and therapists. Job include: delivering care for patients requiring mechanical ventilation, trach care, g tube management, IV infusions, administering medication, wound care and vital sign. Utilization of critical thinking skills

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Supplemental Health Care

Dec 2016- Present- May 2018

RN Staff Nurse/Home Health Case Manager

Responsibilities: work as part of a team of professional and medical staff that include doctors, RN case managers, and therapists. work as part of a team of professional and medical staff that include doctors, RN case managers and therapists. Travel Nurse for various nursing agencies (home health, acute care, sub-acute). 13-week contract: (Advocate Home Health and Van Matre Sub Acute Rehabilitation Facility). Job include: delivering care for patients requiring home management of wound care, medication management, IV therapy, anticoagulant therapy, pain management, etc. Delivering patient care inpatient setting: delivering care for patients requiring mechanical ventilation, trach care, g tube management, IV infusions, administering medication, wound care and vital signs. Utilization of critical thinking skills.

Health Care Partner Home Health

Feb 2009 – Dec 2016

RN Case Manager

Responsibilities: Case management independent/assisted living facility, alternate DON, home health training for new employees, computer training for Kinnser documentation, marketing new clients. Case manager for independent/assisted living home health for elderly patients requiring both physical and psychiatric support including assessment, counseling, education, medication, safety and treatment

Life care Home Health, Downers Grove, IL

August 20097 - July 2008

Clinical Nurse Supervisor/RN Case Manager

Responsibilities: Medicare, medical care, medication training course, CPR instructor/trainer, oversee staff nurse, data entry (oasis), Clients' admission

Case manager for independent/assisted living home health for elderly patients requiring both physical and psychiatric support including assessment, counseling, education, medication, safety and treatment

Avancer, Genoa, IL

March 2002 - July 2007

Director of Nursing; Registered Nurse Trainer

Long term intermediate care facility for adults/elderly with mental/physical disabilities:  requiring psychiatric assessment and treatment.

Responsibilities: Director of medication administration, oversee direct staff personnel, medical care, medication training course, CPR instructor/trainer, Quarterly psychiatric assessment, psychotropic monitoring, quarterly psychiatric review with psychiatrist.

Kishwaukee Community Hospital, DeKalb, IL

January 2000 - July 2006; June 2007 - October 2008

Registered Nurse

Responsibilities: Float nurse, direct nursing care, provided care on various units including Medical, Surgical, Pediatrics, OB and Special Care, IV Therapy, Chemotherapy, Wound care, Orthopedics, Medication Administration, Telemetry, admission and discharge, patient education, computer charting, inpatient care of patients with psychiatric diagnosis

Able Home Health, Rockford, IL

September 2004 - November 2005

Registered Nurse - Home Health

Responsibilities: Provides care to patients in a home setting, patient assessments, vital sign monitoring, admission and discharge, patient education, intake from various nursing homes for patient admission, Case Manager for independent/assisted living home health for elderly patients requiring both physical and psychiatric support including assessment, counseling, education, medication, safety and treatment

Delnor Community Hospital, Geneva, IL

August 1997 - November 2000

Registered Nurse - Telemetry & Cardiac Unit

Responsibilities: Direct patient care, telemetry monitoring, phlebotomy, medication administration, wound care, admission and discharge, patient assessment, diabetic education, patient education, inpatient care of patients with psychiatric diagnosis

DeKalb County Nursing Home, DeKalb, IL

March 1994 - August 1997

LPN/Registered Nurse

Responsibilities: Provided care to long term residents, patient assessments, medication administration, wound care, provided care to short term Medicare patients, IV care, respiratory therapy, provided care for Alzheimer's residents including psychiatric monitoring and documentation of psychotropic medications.

EDUCATION

Chamberlain University

Nursing

MSN

March 2019- Current

Chamberlain University

Nursing

RN-BSN

February 2018- March 2019

Elgin Community College, Elgin, IL

Nursing, AS

May 1996

Triton College, River Grove, IL

LPN

May 1993

MILITARY

United States Army Nurse Corp.

1st Lieutenant - Combat Support Hospital

1991 – 2002

ACCOMPLISHMENTS

US Army Nurse Corp Officer for combat support hospital

CPR Instructor - American Red Cross

Registered Nurse Trainer - Department of Human Services for Community Integrated Living Arrangements (Mentally Disabled)

Diabetes Education - Delnor Community Hospital

Combat Lifesaver Instructor for US Army Nurse Corp