

# Lorna Gray

Lincoln, CA 95648

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

(949) 257-7495

Willing to relocate to: Roseville, CA - Auburn, CA - Lincoln, CA

Authorized to work in the US for any employer

## Work Experience

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### **RN II**

Orange Coast Memorial Medical Center Staff - Fountain Valley, CA

August 2011 to May 2015

92708. 714-378-7645

12-hour day shifts. OB, Labor and Delivery, OR, Recovery, Post-partum, Testing, Labor evaluations.

Travel Contract Kaiser Permanente Hospital West Los Angeles

May 2011 to November 2011

12-hour night shifts. OB, Labor and Delivery.

Travel Contract Alaska Native Health Center - Anchorage, AK

January 2011 to April 2011

99508. High-Risk and Regular Labor and Delivery. 12-hour shifts, high risk OB, OR, Recovery, Testing, Labor evaluations, and Post-Partum.

Vail Valley Medical Center - Vail, CO

October 2007 to June 2009

181 Meadow Dr. Vail, CO 81657. Labor and Delivery, LDRP, Mother Baby, Nursery, OR Scrub and circulate, Surgical recovery, OB testing. Float to Medical/Surgical unit.

Implemented and taught classes for hospital staff in Healthy Lifestyle Mgt.

St. Joseph's Hospital - Stockton, CA

November 2006 to November 2006

Medical/Surgical Acute Care Refresher Course Certification.

Travel Contract Onward Health - Palm Springs, CA

January 2004 to April 2004

92262. OB, Labor and Delivery, testing, OR Circulate and Recovery, Nursery, and Ante-partum.

Arcadia Health Care - Redding, CA

February 2003 to April 2003

CA. Per Diem nursing (travel contract Arcadia Health Care).

FHP Hospital - Fountain Valley, CA

November 1988 to July 1996

OB, Labor and Delivery, labor evaluation, testing, OR, scrub and circulate, recovery, post-partum, nursery.

9/1990 to 9/24/91 with a transfer to Washington, DC due to Husband's military transfer.

Alexandria Hospital OB Labor and Delivery  
November 1990 to September 1991

OR, Scrub, Circulate, Recovery. Part Time.

### **MD (Plastic Surgery) Maryland. Part Time**

Clinical Acute care

November 1990 to September 1991

Surgical RN, Preop, OR, Scrub, Circulate, and Recovery.

### **California RN**

Walter Reed Hospital Per

November 1990 to September 1991

BSN, PHN licenses In Active on 06/30/2019 and re-instated on June 30, 2020 due to the Pandemic virus need for nurses.

I have been teaching classes and volunteering to do presentations on Healthy Body Healthy Brain presentations to my friends and neighbors in Sun City, Lincoln Hills.

As a Certified Exercise Science Specialist and Health Educator I have written and published 3 books on Healthy Living.

### **Night Shifts While Attending UCSD for Exercise Science Specialist Certification Credits**

Seventh Day Adventist Hospital - Chula Vista, CA  
1987 to 1987

## Education

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### **Certified Exercise Specialist in Certified Exercise Science Specialist**

CA State University - San Diego, CA

January 1988 to June 1989

### **RN, BSN, PHN, in Nursing**

Shasta College, Redding, California - Redding, CA

January 1980 to October 1987

### **RN, BSN, PHN in Nursing**

CA Chico State University - Chico, CA

February 1980 to October 1986

## Nursing Licenses

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### **RN**

Expires: June 2020

State: CA

## Skills

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- Nursing (10+ years)
- Medication Administration (10+ years)
- Epic (10+ years)
- Critical Care Experience (1 year)
- Microsoft Word (10+ years)
- ICU Experience
- EMR Systems
- Hospital Experience
- Vital Signs
- Triage (10+ years)

## Links

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<http://bodyworkshealth@yahoo.com>

## Awards

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### **Daisy Award Orange Coast Memorial Hospital**

October 2013

Awarded to one RN staff member every month for outstanding patient care.

## Certifications and Licenses

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### **Exercise Specialist Specialist**

May 1986 to Present

## Assessments

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### **Electronic Health Records: Best Practices — Familiar**

December 2020

Knowledge of EHR data, associated privacy regulations, and best practices for EHR use.

Full results: [Familiar](#)

Indeed Assessments provides skills tests that are not indicative of a license or certification, or continued development in any professional field.

## Publications

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### **Healthy Body Healthy Brain 4 books written and published**

December 2010

How to live Healthy and long