# March 14, 2022

# Nashara Sims

# MHA, BSN, RN, RRT

# To Whom it May Concern,

# I am excited to continue my career as a Registered Nurse. I have acquired a broad array of training and healthcare experience in the past 20 years. This experience includes previous positions as an Army Medic, EMT-I85, an Army Registered Respiratory Therapist, Trainer, Analyst as well as experience as a Registered Nurse in Del Sol Medical Center’s CVICU, Telemetry, ICU, and Heart Recovery Departments. I look forward to sharing my passion for caring and for life-long learning while remaining anchored by the principles of integrity and duty.

# Thank you for this opportunity to apply and I earnestly hope I will be chosen as a member of the team.

# Respectfully,

# ***NaShara S. Sims***

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# **Professional Objective**

# Obtain a Position as a Registered Nurse

# **Summary of Qualifications**

 Goal Oriented Registered Nurse with over 20 years of diverse medical experience. Proficient in prioritizing and completing large tasks in a timely manner, yet flexible enough to multitask when necessary. Produces quality results with measurable improvement in the organization’s performance. Proactive in challenging situations. Effectively uses time and resources; Habitually leaves a positive impact that extends beyond position expectations. Experience in support of contingency operations in both Afghanistan and Iraq.

# **Skills**

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| * Respiratory Care
 | * Venepuncture
 | * Supervisor
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| * Ventilator Management
 | * Patient Assessment
 | * Process Improvement
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| * Airway Management
 | * Patient Transport
 | * Chest tubes
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| * Neonatal Resuscitation
 | * Healt Administration
 | * Education
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| * Emergency Medicine
 | * Microsoft Office
 | * Records Management
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| * Cardiopulmonary Resuscitation
* Team Leadership
* CRRT
* Arterial Puncture
* Ventriculostomy
* Telemetry
 | * Urinary Catheterization
* AHLTA
* Sedation
* Ostomy Care
* Training
 | * Medical Terminology
* HIPPA Compliance
* CHCS
* Vasoactive Drugs
* Critical Care
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## Professional Experience

**Staff Nurse** (ICU)

William Beaumont Army Medical Center-El Paso, TX, (December 2021 to Present (40+ hrs per week)

**Staff Nurse** (Cardiovascular ICU)

Del Sol Medical Center-El Paso, TX, (November 2020 to January 2022 (36+ hrs per week)

* Registered Nurse in a Cardiovascular ICU department providing care in a busy 15 bed CVICU
* Provide care for patients in a critical care setting after Open Heart surgery, CABG, Heart catheterization, overdose, sepsis, open abdominal surgery and more
* Assist in several invasive procedures at bedside such as intubation, bronchoscopy, PEG tube and Chest tube insertion

**Relief Charge Nurse** (Telemetry)

Del Sol Medical Center-El Paso, TX, (October 2020 to February 2021)

* Charge Nurse in a 44 bed Telemetry department; Managed floor assignments based on staffing, Acted as a Resource guide for other nurses, ancillary staff, patients, and families; maintained direct contact with House supervisor.

**Staff Nurse** (Telemetry)

Del Sol Medical Center-El Paso, TX, (July2019 to February 2021 (36+ hrs per week)

* Registered Nurse in a 44 bed Telemetry department; Assessed, planed, implemented and evaluated patient care; facilitated team building; Collaborated with physicians, nursing personnel, ancillary services and administrative personnel to provide patient centered comprehensive care, education, discharge planning and follow up services; cross-trained in ICU and Heart Recovery
* Provided safe and effective patient care, health records screening and patient assessments to over

400 adult Medical Surgical, Telemetry and Intensive Care patients while serving in a level II Trauma Center

* Identified as a leader in patient satisfaction; contributed to a 10% improvement of patient satisfaction within the hospital’s 44-bed Telemetry Department.
* Collaborated with interdisciplinary teams to formulate integrated care plans that were medically necessary and aligned with patient and family goals

## Observer Analyst, Coach/Trainer

U.S. Army - Fort Bliss, TX, December 2017 to March 2020 (50+ hrs per week)

* Provided technical expertise and made recommendations to policies related to prolonged care and patient evacuation that shaped the Military’s Acquisition of tele-medicine devices that reduced patient mortality rates from 5% to 3% in combat environments
* Observed, coached, and trained over 300 personnel quarterly on Sustainment related functions to include medical treatment, evacuation, and healthcare logistics from the company level to the Joint and Multinational level
* Served as the medical supply account holder and assistant instructor for the Army Combat Life Savers course with a 98% aggregate pass rate for over 30 Soldiers

## Commander

U.S. Army - Fort Bliss, TX, January 2016 to December 2017 (50+ hrs per week)

* Assigned as supervisor to over 150 Soldiers and responsible for day-to-day company operations.
* Advised the executive level leadership in a larger organization consisting of one 400 Soldiers on logistics, health, welfare, and safety while also directly accountable for over $30M of equipment in a combat environment
* Tracked all immunization, medical readiness, and deployment health assessment data for over 150 Soldiers as the Medical Protection System **(MEDPROS**) administrator and directed annual Community Health Training for over 150 service members
* Coordinated for periodic health assessments for over 120 Soldiers and tracked progress across the continuum of care

## Senior Logistics Officer

U.S. Army - Fort Bliss, TX, January 2011 to June 2015 (60+ hrs per week)

* Managed a fiscal year budget of over $60M with a less than 1% margin of error
* Senior Advisor to Executive level leadership on all Sustainment related functions to include Health Services, Personnel Services (Human Resources and finance), and logistics in an organization of over 3,500 personnel
* Responsible for planning and executing the approved divestiture of over 20,000 pieces of equipment valued at over $250

## Registered Respiratory Therapist

U.S. Army – Landstuhl Regional Medical Center, Germany, January 2005 to January 2010 (60+ hrs per week)

* Provided safe and effective patient care, health records screening and patient screenings to over 8,000 patients while assigned to the United States Military's only level I Trauma Center based outside of the continental United States (Landstuhl, Germany)
* Operated as a member of the Hospital’s Rapid Response Team, Critical Care Air Transport Team, and neonatal transport team; transported over 120 neonates to local hospitals for follow on care and transported over 50 Soldiers out of combat environments in both Iraq and Afghanistan while delivering medically prescribed drugs and treating and evaluating patient status/response to care
* Managed a shift consisting of six Respiratory Therapist and one Medic as a Shift Supervisor; Precepted the training of all shift personnel and ensured adherence to hospital and TJC standards while directing Quality Improvement and education activities of the department and participating in over 40 intubation procedures, numerous extubation procedures, and assisting with a multitude of other invasive procedures such as bronchoscopies, endoscopies, ABG draws, arterial lines, and IV access
* Obtained/monitored vital signs, conducted Pulmonary Functions Tests, Cardiovascular stress tests, EKGs and provided education and training to staff, patients and their family members

**Army Medical Specialist (EMT-I85)**

U.S. Army – Camp Page, South Korea, August 2002 to March 2004 (60+ hrs per week)

* Served as the senior enlisted medical advisor in an organization of over 400 service members.
* Provided medical records screening Assisted with physical exams, gynecological exams and patient screening.
* Administered routine immunizations and provided patient education and training to over 400 Soldiers annually
* Provided over 50 patient transports to higher echelons of care.

**Army Medical Specialist (EMT-B, EMT-I85)**

U.S. Army – William Beaumont Army Medical Center, June 2000 to August 2002 (60+ hrs per week)

* Served as a Medic on a Medical-Surgical unit for six months; assisted with patient hygiene and activities of daily living; initiated IV access and performed blood draws; inserted urinary catheters and performed routine care for ostomies and various drainage devices.
* Served as the supervisor for Physical Exams and Gynecology; provided medical records screening; assisted with physical exams, gynecological exams and patient screening; administered immunizations; provided patient &family education and training

# **Education**

## DNP-AGACNP student (estimated completion:Fall 2023)

##  University of Arizona

## Bachelor of Science in Nursing (Summa Cum Laude)

##  University of Texas El Paso

## Associate of Science in Nursing

##  Excelsior College

## Master of Healthcare Administration (Summa Cum Laude)

 Webster University

## BSAST in Health Services Technology –Respiratory Care

 Thomas Edison State University

## AAS in Health Studies-Respiratory Care

Thomas Edison State University

* **Technical Diploma- Army Respiratory Specialist**

U.S. Army Medical Department Center and Schools

* **Technical Diploma-Emergency Medical Technician – Intermediate-85**

El Paso Community College

* **Technical Diploma- Army Medical Specialist**

U.S. Army Medical Department Center and Schools

# **Awards**

## Summa Cum Laude

Webster University MHA with Highest Honors

University of Texas BSN with Highest Honors

* **Thomas Edison State University Arnold Fletcher Award** for Excellence in Non-traditional Education

## Delta Mu Delta International Business Honor Society

* **Sigma Theta Tau** International Honor Society of Nursing

# **Current Certifications/Licenses**

## NCLEX-RN

## Advanced Cardiovascular Life Support (ACLS)

## Basic Life Support (BLS) for Healthcare Providers

## Trauma Nursing Core Course (TNCC)

## Registered Respiratory Therapist (RRT)

## Florida International University Lean Six Sigma Green Belt (LSSGB)

## International Society of Logistics - Demonstrated Master Logistician (DML)

## Volunteer Activities

## Vice President, Barracuda Aquatics Team

## American Youth Soccer Organization U6 Soccer Coach

## Texas State Veterans Home Activities Volunteer

## Affiliations

## American Nurses Association

## Texas Nurse Association

## American Association for Respiratory Care

## National Board of Respiratory Care