



TAMARA WASHINGTON

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Summary

To excel in the field of nursing by providing exceptional and professional holistic care while remaining deeply committed and focused on ways to continually improve even exceptionally well-executed nursing tasks at a brilliant healthcare facility whose interprofessional teams function collectively as one.

Experience

Oakbrook Health & Rehab | Charleston, SC
Assistant Director of Nursing-Staff
Long Term Care Facility
02/2022-Ongoing

- In charge of hiring all Certified Nursing Assistants
- Administers annual vaccines to keep employees in compliance
- Continuing education to all staff members to ensure quality care is being delivered to residents.
- Infection Preventionist- Keep track of all residents on antibiotics, the reason, the length of time, and working closely with nurse practitioner to sure residents are receiving antibiotics for the shortest period necessary.
- Working closely with Administrator, HR, and the Director of Nursing to achieve common goals.

PeaceHealth | Sedro-Woolley, WA
Registered Nurse BSN (Medical Surgical Rehab Travel Contract)
01/24- 02/20/2022
Express Employment

- Work closely with PT and OT in joint efforts to help return patients to baseline activity levels
- Participated in a multidisciplinary team of medical professionals to assess, evaluate, and diagnose patients and develop effective treatment plans under direction of the physician
- Provide quality care to ensure patient satisfaction
- First to float to like units as needed.

Kaiser Permanente | Oakland, CA
Registered Nurse BSN (Medical Surgical Travel Contract)
12/6/2021-1/7/2022
Marshall Healthcare

- Participated in a multidisciplinary team of medical professionals to assess, evaluate, and diagnose patients and develop effective treatment plans under direction of the physician
- Monitor patients closely with cardiac monitors with cardiac conditions such as chest pains, arrhythmias, CVA, MI, post-infarct, etc.
- Provide quality care to ensure patient satisfaction
- First to float to like units as needed.

Banner Health | Mesa, AZ
Registered Nurse BSN (Medical Surgical COVID 19 Float Travel Contract)
08/6/2021-11/7/2021
ADEX Healthcare

- Monitored vitals and administered treatment plans for patients dealing with COVID 19, cardiac, pulmonary, diabetic, and orthopedic issues; observed progress and update patient charts
- Participated in a multidisciplinary team of medical professionals to assess, evaluate, and diagnose patients and develop effective treatment plans under

direction of the physician

- Monitor patients closely with cardiac monitors with cardiac conditions such as chest pains, arrhythmias, CVA, MI, post-infarct, etc.
- Provide quality care to ensure patient satisfaction
- Floated in between three units as needed
- Precepted nursing students throughout the week

Tenet Health | El Paso, TX

Registered Nurse BSN (Medical Surgical Float Pool Travel Contract)

07/06/2021-07/31/2021

Prolink Staffing

- Monitored vitals and administered treatment plans for patients dealing with COVID 19, cardiac, pulmonary, diabetic, and orthopedic issues; observed progress and update patient charts
- Participated in a multidisciplinary team of medical professionals to assess, evaluate, and diagnose patients and develop effective treatment plans under direction of the physician
- Monitor patients closely with cardiac monitors with cardiac conditions such as chest pains, arrhythmias, CVA, MI, post-infarct, etc.
- Provide quality care to ensure patient satisfaction
- First to float to sister unit as needed.

IU Health | Indianapolis, IN

Registered Nurse BSN (Cardiac Medical Surgical Telemetry/Float Pool Contract)

03/22/2021-05/2021

AYA Healthcare

- Monitored vitals and administered treatment plans for patients dealing with COVID 19, cardiac, pulmonary, diabetic, and orthopedic issues; observed progress and update patient charts
- Participated in a multidisciplinary team of medical professionals to assess, evaluate, and diagnose patients and develop effective treatment plans under direction of the physician
- Monitor patients closely with cardiac monitors with cardiac conditions such as chest pains, arrhythmias, CVA, MI, post-infarct, etc.
- Provide quality care to ensure patient satisfaction
- First to float to sister unit as needed.

Prisma Health | Laurens, SC

Registered Nurse BSN (Medical Surgical Telemetry Contract)

1/20/2021-03/06/2021

Nomad Health

- Monitored vitals and administered treatment plans for patients dealing with COVID 19, cardiac, pulmonary, diabetic, and orthopedic issues; observed progress and update patient charts
- Participated in a multidisciplinary team of medical professionals to assess, evaluate, and diagnose patients and develop effective treatment plans under direction of the physician
- Monitor patients closely with cardiac monitors with cardiac conditions such as chest pains, arrhythmias, CVA, MI, post-infarct, etc.
- Provide quality care to ensure patient satisfaction
- Assigned Team Lead-Charge RN responsibilities
- First to float to sister unit as needed.

Howard University Hospital | Washington, DC

Registered Nurse BSN (Medical Surgical Telemetry Contract)

11/18/2020-1/9/2021

Aya Healthcare

- Monitored vitals and administered treatment plans for patients dealing with COVID 19, cardiac, pulmonary, diabetic, and orthopedic issues; observed progress and update patient charts
- Participated in a multidisciplinary team of medical professionals to assess, evaluate, and diagnose patients and develop effective treatment plans under direction of the physician
- Monitor patients closely with cardiac monitors with cardiac conditions such as chest pains, arrhythmias, CVA, MI, post-infarct, etc.
- Assigned Team Lead-Charge RN responsibilities

The Regional Medical Center | Orangeburg, SC
**Registered Nurse BSN (Medical Surgical-
travel contract)**
07/27/2020-10/24/2020
ATC Healthcare

- Provide quality care to ensure patient satisfaction
- Monitored vitals and administered treatment plans for patients dealing with COVID 19, cardiac, pulmonary, diabetic, and orthopedic issues; observed progress and update patient charts
- Participated in a multidisciplinary team of medical professionals to assess, evaluate, and diagnose patients and develop effective treatment plans under direction of the physician

Roper Hospital | Charleston, SC
**Registered Nurse BSN (Medical Surgical
Telemetry- Permanent Staff)**
01/06/2020-08/10/2020

- Monitor patients closely with cardiac monitors with cardiac conditions such as chest pains, arrhythmias, CVA, MI, post-infarct, etc.
- Provide quality care to ensure patient satisfaction
- Records patients' medical information and vital signs
- Monitors and adjusts specialized equipment used on patients, and interprets and records electronic displays
- Provide bedside care for a wide variety of medical patients, including pre and post-surgical patients

Palmetto Behavioral Health | Charleston, SC
**Registered Nurse BSN (Psych RN-
Permanent Staff)**
02/2019- 08/2019

- Maintain therapeutic standards to establish a professional and comfortable environment for patients and families within my care
- Deliver quality general and psychiatric nursing care to patients with emotional or psychiatric disorders
- Ensure the safety and well-being of all patients
- Oversee and direct the care of psychiatric patients within the Inpatient Behavioral Health department which includes observing the patients closely, updating changes in patients' conditions, and delivering care with respect to the individual's specific needs.

Medical University of South Carolina |
Charleston, SC
**Registered Nurse BSN (Postpartum RN-
Permanent Staff)**
01/07/2019-08/03/2020

- Establish a good rapport with patients to jointly determine meaningful and relevant health goals
- Support all standards of nursing care to plan and implement patient care plans while setting and facilitating health goals to include continuously monitor the health of mom and baby throughout hospital stay.
- Care for patients before and after delivery to ensure both mom and baby are healthy.
- Administer medications and intravenous fluids to mother.
- Educate parents and families how to properly and safely care for the newborn, ways to improve bonding with baby, and assist moms with breastfeeding.
- Care for babies who are born prematurely and or seriously ill to include maintaining glucose levels and administering antibiotics intravenously.

Education and Training

Medical University of South Carolina | Charleston, SC
B.S.N
December 2018

References

Available upon request