

Kristen Woltering

Registered Nurse - West Jefferson Medical Center

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Work Experience

Registered Nurse

West Jefferson Medical Center - Marrero, LA

January 2018 to Present

Stroke, Acute Care, Orthopedics, Neurology, and Plastic Surgery

- Utilized the NIH Stoke Scale to evaluate any changes in patients in the post-acute stage
- Educated patients and family on medical treatment and stroke prevention
- Explained physical exam procedures such as brain scans, evaluated patient health and tracking vital signs.
- Provide optimum care for post-operative orthopedic and neuro surgery patients
- Receive patients from PACU, monitor post-op vitals, set up PCA, fluids, review post-op orders, orient patient to unit and review plan of care
- Position patients with respect to proper alignment, using understanding of body mechanics
- Enhance patient status to return to baseline function or better, using multi-modal approach and communicating with various therapies and resources (PT, OT, RT, ST, pharmacy, social work, chaplain, massage)
- Manage pain effectively, implementing position changes, cold therapy, activity, timely administration of analgesics with consideration of prior function (chronic pain, assistive devices, emotional requirements)
- Set up and maintain various components of orthopedic equipment: Femoral nerve blocks, CPM, traction and overhead frame

Senior Nurse Technician

West Jefferson Medical Center, Stroke Unit - Marrero, LA

April 2016 to Present

- Responsible for obtaining routine vital signs, performing glucometer testing, assessing pain, measuring patient intake and output, and reporting abnormal findings to primary nurse in a timely manner
- Provide patient care such as bathing, toileting, grooming, linen change, and mobility
- Maintain accurate documentation of data related to patient care and status using computerized documentation system

Ochsner Medical Center - Jefferson, LA

August 2017 to October 2017

Cardiac Stepdown Unit

- Assist patients on ventricular assist devices (VAD), intra-aortic balloon pumps, and thrombolytic medications
- Work directly with staff nurse preceptor handling full time care of patients
- Apply leadership skills by educating healthcare staff on improving patient health literacy

Tulane Medical Center - New Orleans, LA
January 2017 to March 2017

Intensive Care Unit

- Worked with critically ill patients on ventilators, intra-aortic balloon pumps, invasive catheters, central lines, and post-surgical coronary artery bypass graft
- Recognized life threatening arrhythmias and means of treatment for patients in cardiac monitors, caring for arterial lines, monitoring Swan-Ganz catheters, and interpreting and reporting results for proper medical management
- Set up, operated, and monitored invasive equipment and devices such as endotracheal tube and tracheotomy equipment, mechanical ventilators, catheters, central lines, nasogastric tubes

University Medical Center - New Orleans, LA
May 2016 to August 2016

New Orleans, LA May 2016 - August 2016

Emergency Department

- Assessed neurological status using Glasgow Coma Scale
- Initiated and maintained intravenous (IV) therapy and operated a 12 lead electrocardiogram (EKG) with bedside patient monitoring
- Performed initial assessment/ lab draws, IV lines and drips, EKG's, and Doppler ultrasound tests
- Assisted with a cardiopulmonary resuscitation
- Assisted nurses with triaging patients and teaching patients how to manage their disease

University Medical Center - Gretna, LA
May 2016 to August 2016

- Assessed patients using different tools from the Geriatric Nursing Education Consortium
- Worked with professional students: medical, social work, pharmacy, nursing, and dietary to develop a plan of care for a patient
- Assisted elderly patients with activities of daily living and obtained vital signs

Tulane Lakeside Hospital for Women and Children - Metairie, LA
March 2016 to April 2016

Labor and Delivery Unit

- Assisted with immediate care of newborns after birth
- Inserted Foley catheters, assessed pain levels
- Monitored vital signs, uterine contractions, and fetal heart tones
- Monitored output levels of blood in postpartum patients after vaginal and cesarean births

Tulane Lakeside Hospital for Women & Children - Metairie, LA
January 2016 to February 2016

Pediatric Unit

- Performed visual and hearing screening for school aged children
- Led a dynamic educational lecture concerning nutrition to children between the ages of 5-13
- Provided psychological support and therapeutic communication to the patient and family

nurse to nurse reporting of patients

Louisiana State University Interim Hospital - New Orleans, LA
March 2015 to April 2015

New Orleans, LA March 2015 - April 2015

Medical-Surgical Unit

- Administered IV medications using push technique and piggyback
- Administered medications via oral, subcutaneous, intramuscular, intradermal, and nasogastric route
- Assisted with feeding and medication administration
- Participated in nurse to nurse reporting of patients
- Completed successful blood draws
- IV therapy: Started and assembled IV set ups; insert IV catheters; calculate IV flowrates; flush saline locks; and remove IV catheters

DePaul Behavioral Health Center - New Orleans, LA

January 2015 to March 2015

Psychiatric Unit

- Assessed patients' mental status
- Engaged in group discussion with patients and psychologists
- Assessed for side effects of anti-psychotic medications

Ochsner Medical Center - Jefferson, LA

August 2014 to November 2014

Transplant Step-Down Unit

- Assisted with health assessments, vital signs, and intake/output measurements
- Assisted with wound cleanings and medication administration
- Assess fall risk; applied limb restraints and sequential compression devices

Education

Bachelor of Science in Nursing in Nursing

Louisiana State University Health New Orleans School of Nursing - New Orleans, LA

December 2017

Bachelor of Arts in Communications

Manhattanville College - Purchase, NY

May 2005

Nursing Licenses

RN

Expires: January 2023

State: LA

RN

Skills

- Med Surg (4 years)
- RN (3 years)

- Staff Nurse (3 years)
- Hospital (3 years)
- Medical Surgical (3 years)
- Experience Working With Students (2 years)
- Vital Signs (4 years)
- Medication Administration (3 years)
- Experience Administering Injections (3 years)
- Social Work (2 years)
- Vital Signs
- Triage
- Experience Working With Students
- Epic
- Nursing
- EMR Systems
- Patient Care
- Crisis Intervention
- Laboratory Experience
- Critical Care Experience

Certifications and Licenses

BLS for Healthcare Providers

August 2021 to August 2023

Advanced Cardiovascular Life Support (ACLS)

January 2021 to January 2023

NIHSS

August 2020 to August 2022

Registered Nurse (RN)

March 2018 to January 2023

CPR Certification

Medical License

BLS Certification