Mitche Aridou, RN

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**SUMMARY OF QUALIFICATIONS**

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| Clinical Skills Highlights | Professional Aptitude | Technical Skills |
| * Extensive peri-operating nursing care experience in oncology, ob-gyn, podiatry, and cardiovascular disease | * Tactful and decisive communication skills with a keen ability to remain poise under crisis situations | * Expertise in OASIS and great knowledge of HEDIS measures |
| * Demonstrated mastery of surgical tools and sterile techniques or standards for operating room suites | * Meticulously organized with a keen ability to work well with physician while adhere to the highest clinical standards | * Clinical research database entry for adverse events using medical coding and MedDRA terminology |
| * Proficient experience with cardiovascular, OB-GYN, orthopedics, and oncology surgical procedures | * Quality care and patient safety benchmark-oriented | * Technical writing |
| * Mastery of IV, ventilators, cardiac monitoring and assessment, central line care, pain and wound care management | * Detailed documentation, filing and organization skills | * ICD-9 terminology |

**PROFESSIONAL EXPERIENCE**

January 2017 – Present ***Operating Room Nurse***

Medstar Washington Hospital, Washington, DC

* Provided peri-operative nursing care to patients undergoing various critical surgical procedures and post-operative clinical support as well as health teaching in concert with social workers to improve outcome
* Meticulously maintained and arrange inventory of stock supplies, tools pertaining to the surgical procedure
* Poised and decisive demeanor during critical and emergency situations with sound ability to work smoothly within interdisciplinary care teams

September 2016 – January 2017 ***Medical Surgical Staff Nurse***

Dimensions Health, Laurel Regional Hospital, Laurel, MD

* Provided nursing assessment, evaluation and implementation of care for patients in rehabilitation requiring ventilation, nutritional, and medication assistance
* Administration of sedative medications, antibiotics, and provide appropriate therapeutic nursing interventions for patients with various complex disease states and comorbidities
* Provided holistic and patient-centered nursing care to facilitate recovery, comfort during weaning procedures and protocols.

December 2015 – August 2016 ***Field*** ***Case Manager***

Steward Healthcare, Deadham, MA

* Reviewed visit report documentation in OASIS from newly hired nurses for accuracy and compliance with CMS requirements
* Assisted and trained nurses with OASIS documentation, appropriate ICD terminology, and clinical procedures to comply with evidence based medicine and Steward’s Standard Operating Procedures (SOP)
* Drafted reports on trainee progress to provide feedback to senior management on ways to optimize the training program, documentation and onboarding process for new nurses
* Responsible for home health visits to various Medicare patients while conducting thorough assessments and medication reviews using evidence based practice
* Drafted progress notes and completed appropriate OASIS documentation using electronic database for accurate billing to comply with Medicare/Medicaid requirements

January 2016 – August 2016 ***Medical Office Nurse***

Acton Medical Associates, Acton, MA

* Served as liaison between pediatric patients, parents, physicians as well as other medical professionals
* Performed various medical tasks including phlebotomy, vaccine and special drug administration
* Conducted appropriate billing and documentation as well as full review of EMR and laboratory reports according to office standard operating and compliance procedures

February 2015 – December 2015 ***Contract*** ***Consultant Nurse***

Pharmaceutical Product Development (PPD), LLC, Morrisville, NC

* Assisted with the preparation of adverse event (AE) forms from individual case safety reports using appropriate MedDRA terminology under strict project timeline for the completion of periodic aggregate reports
* Documented drug and drug delivery device complaints, adverse events, and product failures from patients and health care professionals for Fortune 500 pharmaceutical companies according to Standard Operating Procedures (SOP)
* Assisted with drafting and preparation of post-marketing periodic safety updates as well as benefit and risk reports in cooperation with the client’s Quality Assurance (QA) and pharmacovigilance department for small molecular entities in various therapeutic areas
* Assisted with validation of updates to database systems (Oracle ARGUS®) to ensure accuracy, consistency of auto filling function for safety report forms and documentation for the client
* Drafted technical documents and follow up letters to communicate with health care professionals or reporters of safety cases as well as the clients QA and legal department when appropriate as per SOP
* Participated in internal meetings to mitigate gaps between PPD’s and the clients’ SOPs for documentation and workflow procedures

August 2014 – December 2015 ***Contract Staff Nurse***

Nurse Care of North Carolina, Raleigh, NC

**Site: Wakemed**, **Raleigh, NC**

* Provided end-of-life care to hospice patients while ensuring appropriate levels of pain relief, comfort and reducing toxicity as well as opioid- related adverse events.
* Conducted nursing care for to improve symptoms for patients undergoing chemotherapy with various chemo-induced adverse effects
* Monitored patients charts and medication records to optimize nursing care
* Maintained detail records of any changes in patient’s health as well as treatment and symptom status during therapy with drugs on REMS.

**Site: Hillcrest Convalescent Center, Durham, NC**

* Assisted with patient care plan development and implementation for various patients on multiple floors throughout the hospice facility.
* Maintained thorough records of care plan changes, progress notes, medication administration to improve flow of care for the entire nursing staff
* Monitored residents with special needs for ventilation or other respiratory devices for complications such as g-tube infection, pneumonia as well as other types of infections.

**Site: Home Health Hospice Care, Durham, NC**

* Provided wound care and performed nursing duties including starting IV drips.
* Maintained thorough records of care plan changes, progress notes, medication administration using OASIS online charting
* Provided education for lifestyle improvement and proper dietary changes to manage disease

September 2011 – August 2014 ***Nursing Student***

Niagara County Community College, Sanborn, NY

January 2010 – September 2011 ***Staff Nurse***

Gurwin Jewish Nursing and Rehabilitation Center, Commack, NY

* Provided end of life, long term and rehabilitation care to approximately 40-50 beds per shift
* Assisted with implementation of improved fall and medication error prevention programs
* Monitored patient’s vitals, record status and distribute medication as per the care plan
* Maintained detail records of any changes in patient’s health and reported appropriately on the Optimum EMR software

June 2009 - September 2011 ***Staff Nurse***

Ross Health Care Center, Brentwood, NY

* Recorded blood glucose measurements to effectively manage diabetic patients’ insulin levels with appropriate hypoglycemic therapy
* Proficiently managed 40 to 50 beds per shift with meticulous documentation of care plans, progress notes, and medication administration
* Thoroughly followed care plans while responding to miscellaneous nursing tasks requests such as wound vac, straight catherization, dressing application, ventilation, and feeding tubes

July 2008 – June 2009 ***Clinical Coordinator***

Geriatric Pharmacotherapy Institute, Inc., Rochester, NY

* Read consent forms and assisted with recruitment of study subjects
* Conducted pregnancy tests, checked vitals according to study protocol for exclusion/inclusion criteria
* Recorded data into case report forms and study database using Secured Microsoft Access® and Sponsor’s Case Report Forms software

May 2006 – May 2008 ***Rehabilitation Technician***

Braintree Hospital, Braintree, MA

* Provided care to patients with brain and spinal cord injuries
* Worked with Intensive care team for injured patients with severe trauma to the brain and nervous system
* Assisted and cared for patients with Halo, head and neck braces.

#### EDUCATION

Bachelors of Science, Nursing, expected graduation date: Fall 2019

**Southern New Hampshire University,** Hocksett, NH

#### Associate of Applied Sciences, Nursing, May 2014, GPA: 3.5, Active North Carolina RN license

#### Niagara County Community College, Sanborn, NY

#### Practical Nursing Program Certificate

#### Blue Hills Regional Technical School, Boston MA; June 2008

**AWARDS AND CERTIFICATIONS**

#### Dean’s List: Fall 2013

#### RN License for North Carolina: 272478

#### ACLS certificate, American Heart Association