

Sarah Militello

Registered Nurse

Saint Peters, MO 63376

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Work Experience

Registered Nurse (PRN)

Solace Hospice LLC - St. Louis, MO

February 2021 to Present

- Triage and responds to emergency calls from hospice patients and families
- Assesses patient's needs and effectively communicates with on call physician and interdisciplinary team
- Administers medications as ordered
- Educates caregivers on all aspects of patient care
- Implements plans of care
- Authorizes medication refills and provides detailed information to pharmacy
- Effectively manages symptoms related to their disease process and end of life
- Performs end of life care for patients and assists families with the end of life and after death process
- Assesses patients for hospice appropriateness admission

RN Clinical Advocate, HCDS Public Sector Clinical Operations

Optum Services Inc - St. Louis, MO

May 2019 to Present

- Assess and triage our caller's immediate health concerns and needs. Identify gaps in care while offering solutions and interventions
- Coordinates services and referrals to health programs
- Provides health education and coaches consumers on treatment alternatives to assist them in making the best evidence based decisions
- Supports consumers in selection of quality and cost-efficient physicians and healthcare facilities
- Prepares individuals for physician visits
- Manages utilization by reviewing members coverage as needed

Clinical Charge Nurse-Night Shift/Staff Nurse

Evelyn's House BJC Home Care

May 2017 to May 2019

- Provides specialized direct nursing care to Hospice GIP patients, managing their complex symptoms, with the ultimate goal of achieving and maintaining comfort
- Monitors patient symptoms, providing appropriate interventions, and communicates directly with the Hospice House Physicians to obtain new orders when needed
- Documents nursing assessments and interventions using EPIC Electronic Medical Recording System
- Assists in determining patient's level of care using detailed nursing assessments and collaboration with the interdisciplinary team

- Communicates directly with the Hospice House Manager regarding any patient or family concerns, staffing or safety issues, and after hours (emergent) admissions
- Assists in the transfer process of patients from their homes, local hospitals, or other nursing facilities
- Admits GIP patients in an efficient manner, conducts patient and family Hospice House orientation, assists in establishing the patient's plan of care
- Assesses patient acuity and determines patient assignments for the following nursing shift,
- Ensures current shift assignments are both safe and appropriate while considering patient needs and continuity of care

Clinical Liaison/RN Clinical Educator

Crossroads Hospice and Palliative Care

March 2014 to May 2017

- Established and maintained strong working relationships with referral sources and professional contacts to initiate individualized hospice care for terminally ill patients
- Ensured a smooth/seamless referral and admission process for hospice patients, families, physicians, and facilities
- Worked directly with the CEO and Marketing Director to develop and implement marketing strategies
- Assisted with evaluating territories of marketing and nursing staff in order to achieve or maintain optimal relationships among facilities/the community and hospice provider
- Maintained routine communication with Administrator and Clinical Director regarding patient referrals and potential leads
- Scheduled and conducted 2-3 Educational In-Services each week at facilities throughout entire coverage area (In-Services topics such as: hospice basics, pain management, wound care, end of life care, Alzheimer's/Dementia, safety, equipment use, etc.)
- Evaluated patients (upon request of family, physicians, or facility staff) to determine hospice eligibility and possible hospice diagnosis
- Conducted patient and family educational meetings to discuss hospice services, hospice criteria, and disease processes
- Designed the training process for new employees and directly participates in orientation and training of all employees
- Assisted Compliance Officer and Clinical Director with patient chart audits, QUAPI, compliance, and RN, LPN, and CNA supervisory visits
- Assessed and provided direct care to patients during the admission and re-certification process
- Provided direct care to patients that require frequent or prolonged emergent/unscheduled nursing visits, in order to determine if the established plan of care is appropriate
- Joint nursing visits made with the Case Manager/On-Call Nurse/LPN if they are unable to manage a patient's symptoms, request additional assistance, or require additional education

Admission Nurse

Crossroads Hospice and Palliative Care

March 2014 to May 2017

- Evaluated potential patients to confirm or determine hospice eligibility; if patient not hospice appropriate information provided on alternative care such as home health, private duty assistance, facility placement, palliative care programs, etc.
- Conducted patient, family, and facility meetings to discuss hospice care and eligibility criteria
- Performed hospice admissions in patient's homes or in long term care/assisted living facilities

- Worked closely with interdisciplinary team to reconcile patient's medications, provide appropriate durable medical equipment for home and facility patient's, establish the hospice plan of care, ensure the safety and comfort of new patient's
- Conducted In-service/educational presentations in long-term care/assisted living facilities
- Educated hospice staff, facilities, families, and patients on proper care of hospice patients
- Trained new employees in the admission process and care management of hospice patients
- Reported to Executive Director

Case Manager

Crossroads Hospice and Palliative Care

March 2014 to May 2017

- Provided direct nursing care to patient's, ensuring their comfort and safety is maintained throughout their time on hospice service
- Educated families and facility staff on proper use of medications, wound/skin treatments, medical equipment, and medical supplies
- Coordinated with the interdisciplinary team to develop individualized care plans, ensuring optimal outcomes for the patients and families
- Ongoing monitoring and updating of patient care plans
- Managed a case load of 8-15 hospice patients
- Established a consistent line of communication with patient's, families, and facility staff
- Participated in bi-weekly Interdisciplinary Group Meeting (for Team A)
- Oversight of certified nurses assistants, including supervisory visits
- Triage of patient calls and visits during scheduled on-call shifts (3-6 on call shifts/month)
- Implemented Continuous Care when appropriate for symptom management
- Selected as a preceptor to mentor nursing student from Chamberlain College of Nursing

Clinical Nurse/Nurse Clinician

West County MS Infusion Center & Mercy Clinic Neurology - St. Louis, MO

November 2011 to March 2014

- Triage of patient and family calls to the nurse's line (over the phone care management when indicated, referrals made to therapy, scheduling of same day physician/APN visits, etc.)
- Development of long term care plans for patients
- Conducted patient and family education sessions for self-administration of injectable MS therapies
- Conducted bladder, bowel, and sexual dysfunction assessments, and self-catheterization education if indicated
- Intrathecal baclofen pump management
- Administered intravenous MS medications at onsite infusion center
- Lead in establishing and implementing patient initiation of MS therapies and assisting in the development of safety protocols for these disease modifying agents
- Back-up research coordinator for onsite MS related studies
- Assisted with OB-GYN exams for severely disabled patients

Clinical Nurse- Neuroscience/Neurology

West County MS Center & Mercy Clinic Neurology

September 2010 to November 2011

- Provided compassionate and holistic care to a wide variety of neuroscience patients
- Worked closely with physicians, therapists, social workers, and other support staff to give patients individualized care, essential for their recovery and overall health

- Patient and caregiver education

Education

Multiple Sclerosis Certified Nurse

The MS Center of St. Louis
May 2013

Bachelor's of Science in Nursing in Nursing

University of Missouri - St. Louis, MO
August 2010

A.A. in General Transfer

St. Louis Community College
May 2009

Nursing Licenses

RN

Expires: April 2023
State: MO

RN

Expires: November 2022
State: AK

RN

Expires: July 2023
State: CA

RN

Expires: June 2022
State: CT

RN

Expires: June 2022
State: DC

RN

Expires: June 2023
State: HI

RN

Expires: June 2022
State: MA

RN

Expires: December 2022

State: MI

RN

Expires: June 2023

State: NV

RN

Expires: October 2023

State: OH

RN

Expires: June 2023

State: OR

RN

Expires: June 2023

State: MN

RN

Expires: March 2022

State: RI

RN

Expires: June 2022

State: WA

Skills

- RN
- Dementia Care
- Medication Administration
- Pain Management
- EMR Systems
- Alzheimer's Care
- Basic IV
- Catheterization
- Nursing
- Hospice care

Languages

- English - Expert
- Spanish - Fluent

Certifications and Licenses

Basic Life Support (BLS)