

ROSA ESTRADA 170 White Cliff Blvd

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OBJECTIVE I am a highly interested and dedicated registered nurse with 7 years of nursing experience.

QUALITIES AND SKILLS

- Efficient in organization and prioritization
- Current certification in basic life support (BLS) and advanced cardiac life support (ACLS)
- Bilingual. Fluent in Spanish and English
- Highly functional with Cerner software and EMR
- Reliable worker with the ability to quickly learn new concepts and skills
- Solid work history, reputable team player, and strong passion for helping others
- Strong communication skills
- Experienced in stabilizing critical patients with immediate care
- Able to function and remain calm in emergent situations

EXPERIENCE

Baycare Outpatient Wound Care (October 2020- present)

- Assess wounds and collaborate with provider to determine appropriate plan of care
- Perform wound care including but not limited to cleaning wounds and performing dressing changes
- Educate patients and caregivers regarding their wound plan of care

Lakeland Regional Health (Trauma ICU) September 2015- Present

- Performed immediate and appropriate assessments and care on traumatic and non-traumatic critical patients in a level II Trauma Center.
- Resuscitated and stabilized ventilated patients while managing life sustaining medications such as vasopressors.
- Familiar with various critical care drips including narcotics,

sedatives, paralytics, insulin drips, etc.

- Responsible for 1- 2 critical care patients every shift under a variety of services such as trauma, orthopedics, vascular, pulmonary, and palliative.

**Baycare Winter Haven Hospital (Cardiovascular ICU)
September 2017- August 2018**

- Provided care to pre and post surgical patients including open heart, vascular, and lung surgeries
- Worked closely with surgeons and PA's to successfully recover open heart patients
- Weaned and extubated all vented post-surgical patients by interpreting arterial blood gas values

**Lakeland Regional Health (Cardiac/Stroke Med-surg)
November 2013- September 2015**

- Provided care to pre and post surgical patients including open heart, vascular, and lung surgeries
- Monitored stroke patients closely. Trained to identify neurological decline and able to thoroughly complete an NIHSS assessment
- Handled chest tubes, tracheostomies, peg tubes, central lines, and foley catheters.
- Precepted students and newly hired nurses

**The Groves Center, Lake wales FL (LTC and rehab facility)
March 2013- Oct 2013**

- Responsible for the care of up to 25 residents per shift

- Worked in close relation with certified nursing aids and gained ability to work as a team
- Responsible for medication administration, skin checks, and wound treatments on several patients

McDonalds, Haines City FL Oct 2007- March 2013

- Cashier and inventory stocker
- Crew trainer
- Responsible for preparing meals and interacting with customers

Ridge Chiropractic, Haines City FL Oct 2008- Jan 2011

- Front desk secretary
- Assisted patients through chiropractic therapy such as mechanical traction and electric simulator

EDUCATION

Polk State College, Winter Haven FL: Bachelor of Science in Nursing degree

Keiser University, Lakeland FL: Associates Degree in Nursing

Chain of Lakes Collegiate High School, Winter Haven FL: High school diploma

References

Kait Jackson RN (Weekday team leader)- 3 years-
Kait.Jackson@myLRH.org- [\(863\)608-1973](tel:8636081973)

Jeanne Rodoski RN (Weekend team leader)- 5 years-
Jeanne.Rodoski@mylrh.org- (863) 640-8071

Kelly Jewell, RN (Current co-worker)- 5 years-
Kelly.Jewell@myLRH.org - [\(863\)581-6099](tel:8635816099)