**Natresica Garland, R.N.**

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**SUMMARY OF QUALIFICATIONS\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Proficient in Clinical Skills, Bedside Manner, Infection Control, Nursing Skills, Physiological Knowledge, Administering Medication, Medical Teamwork, Multi-tasking, Listening, Verbal Communication, Health Promotion and Maintenance

**ACHIEVEMENTS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**MANAGEMENT –** Multi-tasked to ensure all patient requirements and needs where met in an orderly and safe manner. Provided quality patient care on 16-bed intensive care unit as well as a 24-bed inpatient rehabilitation unit... Thrives within high-volume settings throughout current employment at Regional One Health while also serving as charge nurse.

**TEAMWORK –** Collaborated with patients, families, physicians and other health care professionals in achieving quality in patient care. Worked in tandem with my team members to gain more knowledge in my field of study as well as the philosophy of Regional One’s core values. Provided optimal care to the patient while working at Regional One Health. Collaborates with other disciplines including physical therapy, occupational therapy, speech therapy, dietary, activities, and consulted with psychologists, physicians, pharmacists, case managers and social workers on a regular basis.

**ORGANIZATIONAL SKILLS –** Skilled in assessing, planning, implementing, documenting, and coordinating patient care in keeping with facility and hospital protocols. Gained efficiency at time management skills and implementation of suitable nursing interventions through clinical experiences. Familiar with Soarian and Cerner Health Information Systems.

**EDUCATION\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Bachelor of Science in Psychology**, *Magna Cum Laude*, Jackson State University, 2011 Jackson, MS

**Associate of Arts in Nursing**, Northwest Mississippi Community College, 2017 Senatobia, MS

**ADDITIONAL CERTIFICATIONS**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ACLS -Advanced Cardiac Life Support:** AHA -American Heart Association, expires July 2022.

**BLS -Basic Life Support:** AHA -American Heart Association, expires July 2022.

**NIHSS -National Institute of Health Stroke Scale,** expires August 2021.

**PROFESSIONAL EXPERIENCE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Travel Nurses Inc. January 2021 - March 2021**

**Registered Nurse – Ochsner Medical Center COVID ICU New Orleans, LA**

* Give compassionate care to critical care patients suffering from debilitating injuries including COVID-19.
* Perform a broad scope of clinical procedures utilizing various invasive/noninvasive monitoring equipment including: ventilators, arterial and central lines, and EKG monitoring.
* Manages sedation, paralytics, insulin drips, and vasopressor therapy.
* Administers blood products and intravenous medications while observing for any adverse effects.

**OR Nurses Nationwide October 2020- December 2020** **Registered Nurse – Regional One Health GICU Memphis, TN**

* Prioritized Care of 3 critically ill patients with vast array of diagnoses in Cardiac, Medical, & COVID ICU while monitoring continuous and cardiovascular drips.
* Provide most of the direct care to patients in life threatening situations, suffering from cardiac disease and brain injuries.
* Document data related to patients' care including assessment results, interventions, medications, patient responses, or treatment changes.

**Maxim Healthcare June 2020 – September 2020**

**Registered Nurse – Baptist Memorial Hospital (Desoto) Southaven, MS**

* Prioritized Care of 2-3 critically ill patients with vast array of diagnoses including COVID-19.
* Experience with vasopressor drips, managing septic shock, running fluid resuscitation, CVP monitoring, tracheostomy care and ventilators for adult patients
* Was able to adapt to a new environment in a short period of time and assist where there were staffing needs on the unit.
* Monitored CVA's, MVA's, head trauma, Cardiac Cath, hemodynamically unstable pts, and CV surgery patients.

**OR Nurses Nationwide June 2019- Present Registered Nurse – Methodist Hospital (North, University, Germantown) Memphis, TN**

* Worked in the ICU's and ICU step-down areas while closely monitoring patients and assessing for acute neurological changes and intervening immediately when appropriate.
* Ability to utilize the nursing process in the provision of nursing care including but not limited to administering medications and treatments in compliance with the physicians orders and applicable hospital policy
* Supervised day-to-day activities of patient care, performed assessment of patients, and attended educational in-services.

**Regional One Health Inpatient Rehabilitation - Memphis, TN January 2019 – May 2020**

**Registered Nurse- Charge RN**

* Maintained awareness of comfort and safety needs for 6-8 patients.
* Monitored CVA's, MVA's, head trauma, total knee or hip replacement surgery patients, as well as debilitated patients.
* Assess residents' needs in conjunction with OT, PT and ST to ensure that all residents are provided with appropriately fitted equipment that is adapted or modified to meet individual needs.
* JCAHO/HIPAA Compliance
* Assign nurses and support staff to patient care while meeting the daily goals of the units facilitating nurse’s involvement in rounds assures appointments are kept family teaching is completed and that staff receive meal breaks.

**Regional One Health Firefighter’s Burn Intensive Care Unit January 2018 – January 2019**

**Registered Nurse**

* Initiates wound treatment and plans of care for severe burns, skin grafts, pressure ulcers, surgical sites, muscle-flaps, and vascular sites.
* Prepared and operated Continuous Renal Replacement Therapies (CRRT) machine; assessed patients before and during treatment.
* Built rapport with patients and families and maintained productive working relationships with medical staff.
* Instructed patients and family members on proper discharge.
* Promoted patient independence by teaching self-care skills and an understanding of conditions and medications.

***References provided upon request.***