

Shaina Reguste

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Ethical and compassionate professional seeking a Registered Nurse position in a challenging and progressive health care organization. Strong communication skills and proven success in working in a team environment. Respect for cultural diversity, like experience, and education. Driven to increase the development of successful interpersonal relationships with patients and their families in a critical or acute care environment.

Licenses and Certifications

- **MN State Board of Nursing RN Licensure**, May 2019
- **South Dakota RN licensure by endorsement**, June 2019
- **Florida RN licensure by endorsement** August 2020
- **NIHSS (Stroke) Certification** December 2020-present
 - CPR / BLS Certified, June 2019 - Present
 - CNA certification, July 2017
 - Certified Medical Administrative Assistant 2011

Academic Background

Masters in Science, Nursing-FNP	July 2020-present
Bachelors of Science, Nursing	April 2020
Associate of Science, Professional Nursing	March 2019

Skills

- Performing diagnostic tests and physical exams on patients
- Sound knowledge of administering medication through IV management and maintaining confidentiality of treatments via HIPPA compliance
- Expertise in providing first aid services to injuries and cleaning accident wounds
- Precise knowledge of sterilization and maintenance of medical instruments and equipment
- Ability to perform primary checkups and give initial diagnosis
- Effective communication, interpersonal, and organizational skills
- Ready to work on a rotational shift and weekends
- Strong knowledge of medical terminology with nursing care experience
- Ability to take patients' vital signs, check weight, and BP, and collect blood samples for lab tests

- Capable of adapting to changing work environment and following instructions from physicians
- Ability to assist in patient care and perform regular clinical tasks to maintain regulated health standards
- Strong communication, organizational, and time-management skills

Work Experience

Mayo Clinic-Saint Marys Campus Rochester, MN
Med-Surg Nurse/Neuro & Stroke

December 2019-Present

- Completed NIHSS Stroke scale assessments on patients
- Collaborated with nutritionist, occupational therapist and physical therapists
- Completed head to toe data collection and client cares
- Prepared patient admit process/discharge planning
- Provided Tracheostomy Care
- Performed G-Tube feedings and care
- Administered oral, intramuscular and subcutaneous medications.
- Administered prescribed medications, intravenous fluids, and documented patients' charts by recording food and fluid intake and output.
- Medication administration and documentation utilizing E-Mar.
- Documented the patient's plan of care using identified nursing diagnoses, expected patient outcomes, and selected nursing interventions.
- Assess signs and symptoms indicating physiologic and psychosocial changes in the patient's condition.
- Supervision of patient care assistants.
- Insert foley catheter and provides CAUTI prevention intervention and education
 - Monitored and recorded health information and patient data including nutritional needs, nutrient content of tube feedings, fluid and food intake, and assessed weight history, medical risk factor and patient history
 - Promote patient and family education, health improvement, patient safety, wellness and disease prevention
- Documenting data related symptoms, treatments, response to medication and altered medical interventions
 - Maintaining hygiene in patients' ward and performing infection control management
 - Performed duties such as feeding, bathing, dressing, hygiene, safety, etc. for patients
 - Identified and reported changes in patients' health conditions to the medical team
- Assessed, documented & provided wound care
 - Performed PICC line dressing changes, as well as administered PICC line IV

antibiotics

- Provided direct care for both pediatric and adult patients
- Completed blood draws

Abott Northwestern Hospital Minneapolis, MN

October 2017-January 2019

CNA

- Collects, documents, and disposes specimens as needed.
- Disposes of trash and supplies appropriately.
- Make sure the resident's room is stocked and clean.
- Perform tasks and responsibilities on patients care plans.
- Protect patients privacy and maintain scope of care.
- Assist patients with hygiene, grooming and toileting needs.
- Listen and communicate patients' needs.
- Take and record vitals.
- Measure, record, and dispose of patients input and output.
- Escort patients in a safe manner.
- Change bed linen and dress/change patient as needed