



# JW

# JESSICA WOELLHOF

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## OBJECTIVE

To obtain a rewarding and challenging Registered Nurse position within a health care facility, where I can utilize my healthcare knowledge and exceptional people skills, to provide high quality healthcare services.

## PROFESSIONAL PROFILE

Resourceful professional committed to providing high quality healthcare services; possess strong leadership skills and ability to learn new concepts quickly. Communicate clearly and effectively while working well with others as a team; fully capable of multi-tasking and very detail oriented.

## PROFESSIONAL LICENSES/CERTIFICATIONS

Registered Nurse, BSN  
Certified Emergency Nurse  
TNCC  
BLS  
ACLS  
PALS  
ECRN  
NIHSS

## EXPERIENCE

### REGISTERED NURSE • SINAI CHICAGO • JANUARY 2020-PRESENT

Registered Nurse: Provide nursing care for up to five patients in a 25 bed emergency department. Responsibilities include assessment and evaluation of care, medication administration, patient education, and collaboration with physicians and other health care personal. React accordingly in emergency situations, demonstrating appropriate decision making to help save lives. Other nursing skills include: phlebotomy, intravenous therapy, blood transfusion, wound care, diabetes management, ng/peg tubes, pain management, central line care, electrolyte replacement, electrocardiograms, titration of critical iv drips, managing airway through different modalities, and initiating order sets.

### REGISTERED NURSE • EDWARD HOSPITAL • SEPTEMBER 2019-OCTOBER 2020

Registered Nurse: Provide care to critically ill patients in cardiovascular and neuro intensive care. Responsibilities include post op recovery of TAVR, CABG, valve repairs, vascular surgeries, and varying types brain injuries, stroke, brain tumors and neurosurgical procedures. Manage critical ill patients with hemodynamic monitoring, mechanical ventilation, multiple drug infusions, IABP therapy, IMPELLA, LVADS, CRRT, and EVD drains.

Registered Nurse: Provided nursing care for up to four patients in a 50 plus bed emergency room. Responsibilities include assessment and evaluation of care, medication administration, patient education, and collaboration with physicians and other health care personal. React accordingly in emergency situations, demonstrating appropriate decision making to help save lives. Other nursing skills include: phlebotomy, intravenous therapy, blood transfusion, wound care, diabetes management, ng/peg tubes, pain management, central line care, electrolyte replacement, electrocardiograms, titration of critical iv drips, managing airway through different modalities, and initiating order sets.

### REGISTERED NURSE • BON SECOURS MARYVIEW MEDICAL CENTER • FEBRUARY 2016-SEPTEMBER 2019

Registered nurse/preceptor/triage nurse: Provide nursing care for up to five patients in a 21-bed emergency department. Responsibilities include assessment and evaluation of care, medication administration, patient education, and collaboration with physicians and other health care personal. React accordingly in emergency situations, demonstrating appropriate decision making to help save lives. Other nursing skills include: phlebotomy, intravenous therapy, blood transfusion, wound care, diabetes management, NG/PEG tubes, pain management, central line care, electrolyte replacement, electrocardiograms, titration of critical IV drips, managing airway through different modalities, and initiating order sets.

### REGISTERED NURSE • SENTARA NORFOLK GENERAL HOSPITAL • SEPTEMBER 2014-JULY 2019

Register nurse/Preceptor/Charge Nurse: Provide care to critically ill patients in Cardiovascular Surgical Acute Care Unit. Responsibilities include post op recovery of TAVR, CABG, valve repairs, and various lung surgeries. Manage critical ill patients with hemodynamic monitoring, mechanical ventilation, multiple drug infusions, IABP therapy, LVADS, and CRRT. Collaborate with physician and other health care personal to provide care for all patients.

Registered Nurse: Provide nursing care for patients in an 11-bed Labor and Delivery unit. Responsibilities include direct care of pregnant and/or laboring patients; specifically those with high risk and/or complicated



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pregnancies. Assessed patient status, communicated changes with physicians, and managed multiple patients at one time. Worked in the operating room during C-sections and other gynecologic surgeries; recovered all surgical patients in the PACU. Provided education to pregnant and/or postpartum patients and their families.

Registered Nurse/Preceptor: Provide nursing care for up to seven patients in a 32-bed medical surgical unit with various medical conditions. Responsibilities include assessment and evaluation of care, medication administration, patient education, and collaboration with physicians and other health care personal. Other nursing skills include: phlebotomy, intravenous therapy, blood transfusion, wound care, diabetes management, NG/PEG tubes, pain management, central line care, electrolyte replacement, and telemetry. I utilized and applied my assessment skills, prioritized patient care, improved my time management, and developed rapport with the patient and their family.

## **NURSING PRECEPTORSHIP • METHODIST HEALTH SYSTEM • PACU 2014**

192 hours –Preceptor in the PACU: Under the advisory of my nurse I was responsible for recovering patients from anesthesia in both inpatient and outpatient settings. I managed patient's pain, vital signs, side effects of anesthesia, airway, head-toe assessments, I & O's, invasive line monitoring, and telemetry. The ratio of inpatient was 1:1, while the outpatient recovery was 2:1. I utilized and applied my assessment skills, determined patient priorities, managed care, discharged phase 2 patients, charted, gave a thorough report to the floor nurse after transporting patient, time management, and applied the nursing processes.

## **GROUP FITNESS INSTRUCTOR • ONELIFE FITNESS • 2009-2013**

Motivate members on physical fitness and healthy life choices. Teach a variety of group fitness classes that Include: BodyAttack, BodyPump, BodyVive, BodyFlow, Silversneakers, Pilates, and Cycling. Coaching members and provide feedback on form, position, and placement of different equipment and exercises to ensure proper execution of movements.

## **FITNESS COORDINATOR • YMCA OF GREATER OMAHA • 2003-2008**

**Fitness Coordinator:** Managed 30+ group fitness instructors and personal trainers. Created the group fitness schedule, managed class numbers, evaluated and trained all staff. Held staff meetings and promoted all fitness programs. Other job duties include: managing the budget for the fitness department, created kids fitness programs, and developed key marketing ideas to increase member retention. **Group Exercise Instructor & Personal Trainer:** taught a variety of group fitness classes that included BodyAttack, BodyPump, BodyVive, Step Aerobics, Hip Hop, Boot Camp, Stroller Aerobics, Cycling, and Pilates. Motivated and encouraged members to reach their fitness goals by creating personalized fitness programs, completing pre and post fitness testing, and being an active resource throughout the entire process.

## **EDUCATION**

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**BACHELORS OF SCIENCE IN NURSING • MAY 2014 • NEBRASKA METHODIST COLLEGE**  
Graduated Cum Laude; GPA 3.56/4.00; Participated in a 192- hour preceptor in the PACU

**BACHELORS OF SCIENCE IN PHYSICAL EDUCATION & SPORTS STUDIES • JUNE 2007 • BELLEVUE UNIVERSITY**  
GPA 3.77/4.0; Participated in a semester of student teaching in both elementary and secondary education.