

Tessa Alles

Registered Nurse

Columbus, GA

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(706) 386-1195

Over one-year Med-surg experience and six months ER experience with licenses in Georgia and Alabama. Authorized to work in the US for any employer.

Work Experience

ED RN

St. Francis Hospital

September 2020 to Present

Columbus, GA

Under the direction of the Clinical Coordinator and/or Nursing Unit Director, perform nursing patient care duties for the assigned unit or department. Plan, provide, and evaluate total nursing care in accordance with the established patient care philosophy. Facilitate individualized, goal-directed nursing care through use of the nursing process and the principles of primary nursing in accordance with departmental and hospital policies and procedures. Relate effectively with other shifts for continuity of care, maintain satisfactory relations with other departments and nursing units; and participate in all phases of education.

Med-Surg RN

Piedmont—Midtown

March 2019 to September 2020

Columbus, GA

Performs patient assessments to include collection of data regarding the patient's physical, psychosocial and health history. Appropriately evaluates the developmental age of the patient when performing assessments, treatments and patient/family education. Organizes patient data into the formulation of a plan of care; identifies additional information needed and makes care decisions based on identified needs. Identifies expected patient outcomes. Carries out plan of care to achieve desired patient outcomes. Provides patient care that is specific to the setting, identified needs and plan; ensures that the care provided is appropriate to the severity of the disease, condition, impairment, or disability. Oversees activities of ancillary and support team members. Identifies teaching opportunities and provides the resources necessary for achieving the educational goals of the patients. Communications issues/concerns to the Charge Nurse, Clinical Manager and/or physician as appropriate. Documents patient care and concerns in the patient record.

Hospice RN

Kindred Hospice

December 2017 to November 2018

Columbus, GA

Assessed hospice patients in stable and emergent situations to identify the physical, psychosocial and environmental needs as evidenced by documentation, clinical record, case conference, team report and evaluations. Implemented, developed, documented, and evaluated the Plan of Care (POC) to ensure quality and continuity of care. Obtained data on physical, psychological, social, spiritual, and cultural factors that may influence patient/family health status and incorporated that data in to the POC. Assured continuity of quality patient care delivered with appropriate documentation. Maintained up-to-date patient records so that all visits, contacts, problems, plans, actions and goals are accurately and clearly stated, and changes are reflected as they occur. Educated patients and/or their families regarding care, diet, medications, home safety, etc. Used teaching methods appropriate to the age, condition, culture and assessed learning-readiness of the patient and/or family members. Consistently taught and promoted self-care practices. Supervised and provided clinical directions to the HHA/STNA/LVN to ensure quality and continuity of service provided. Assessed and reassessed pain. Utilized appropriate pain management techniques. Educated the patient and family regarding pain management. Arranged referrals to appropriate agencies when need existed. Performed on-call responsibilities and provided on-call services to patients/families as assigned. Attended interdisciplinary team meetings and other meetings when necessary and appropriate.

Home Health RN (pediatric)

HiHomeCare

March 2015 to May 2017

Honolulu, HI

Observed and documented patient status and reported client/caregiver complaints to the case manager. Obtained and recorded vital signs, reported abnormalities to case manager. Completed and submitted clinical documentation in accordance with agency guidelines. Assisted with adequate nutrition and fluid intake. Planned, prepared and served meals and snacks according to prescribed diets. Cleaned and organized patients' living quarters. Positioned residents for comfort and to prevent skin pressure problems. Set up and utilized suction equipment when needed. Tended to clients with chronic illnesses. Charted daily information on the clients such as mood changes, mobility activity, eating percentages, and daily inputs and outputs. Recognized and reported abnormalities and/or changes in patients' health status to nursing staff. Assisted/performed ADLs. Provided clients and families with emotional support. Maintained a clean, orderly, and well-stocked environment. Performed assessments every shift and provided care accordingly. Promoted continuity of care by accurately and completely communicating to other caregivers the status of clients for which care was provided.

Home Health LPN (pediatric)

Pediatric Healthcare Services

August 2014 to January 2015

Augusta, GA

Observed and documented patient status and reported patient complaints to the case manager. Obtained and recorded clients' vital signs. Completed and submitted clinical documentation in accordance with agency guidelines. Assisted with adequate nutrition and fluid intake. Assisted clients in prescribed range of motion exercises and in the use of splints. Cleaned and organized patients' living quarters. Facilitated games and other activities to engage clients. Cleaned G-tube and J-tube as per physician's orders. Promoted continuity of care by accurately and completely communicating to other caregivers the status of patients for which care is provided.

Home Health LPN (geriatric)

Professional Case Management - New Ellenton, SC

June 2011 to January 2015

Observed and documented patient status and reported patient complaints to the case manager. Took and recorded client's vital signs and reported any abnormalities to their perspective case manager. Completed and submitted clinical documentation in accordance with agency guidelines. Maintained a clean, orderly and well-stocked environment. Promoted continuity of care by accurately and completely communicating to other caregivers the status of clients for which care is provided. Comforted patients and provided them with reassurance and encouragement. Administered simple range of motion exercises. Sensitive to the needs of geriatric patients. Exhibited compassionate care and communication with regard to issues of death and dying. Assisted with ADLs. Documented client records on daily flow sheets. Charted daily information on the clients such as mood changes, mobility activity, eating percentages, and daily inputs and outputs.

E-5/SGT/Supply Specialist

US Army Reserves

March 2005 to March 2014

Cape Girardeau, MO

Operated powered lift trucks, floor sweepers, pallet jacks and forklifts safely, with a 0% incident rate. Maintained complete accountability during redeployment of all sensitive items and communication equipment. Patrolled areas and allowed restricted area access for authorized personnel. Completed multiple fire prevention safety training. Maintained accurate stock records and schedules. Supervised material flow, storage and global order fulfillment. Unloaded, picked, staged and loaded products for shipping. Conducted monthly, quarterly and yearly inventories of warehouse stock. Supervised and counseled up to six soldiers as squad leader.

LPN, Charge Nurse (geriatric)

UniHealth Post-Acute Care Center

May 2011 to May 2013

North Augusta, SC

Coordinated with doctors and registered nurses to develop care plans for patients. Assisted residents with healing and recovery after surgery. Provided palliative care in outpatient settings ranging from ongoing assessment to assisting in development and implementation of care plans. Assisted with diagnostic treatment and rehabilitative and supportive services as fellow nurse on a primary health care team. Recorded residents' medical history, vital statistics and test results in medical records. Sound, ethical and independent decision-making ability consistent with medical protocols. Disciplined, energetic employee who quickly establishes rapport with residents and colleagues. Performed all tasks with a patient-centered focus while seeking opportunities for improvement of processes and treatments. Implemented new floor assignments based on evaluation of staffing requirements. Supervised up to five CNAs during shift. Managed caseload of 20+ residents, providing education, treatments, medication administration, and wound care. Often commended for maintaining the safety, respect and dignity of residents. Tested glucose and administered injections. Maintained patient charts and confidential files.

Home Health LPN (pediatric)

Advantage Nursing

May 2010 to April 2011

Marion, IL

Observed and documented patient status and reported client/caregiver complaints to the case manager. Took and recorded vital signs. Completed and submitted clinical documentation in accordance with agency guidelines. Assisted with adequate nutrition and fluid intake. Planned, prepared and served meals and snacks according to prescribed diets. Cleaned and organized patients' living quarters. Performed household tasks

such as laundry, dusting, washing dishes and vacuuming. Positioned clients for comfort and to prevent skin pressure problems. Assisted with transferring residents in and out of wheelchairs and adaptive equipment. Tended to patients with chronic illnesses. Recognized and reported abnormalities and/or changes in patients' health status to nursing staff. Documented resident records on daily flow sheets. Assisted with ADLs. Administered simple range of motion exercises.

Home Health LVN (pediatric)

Medical Staffing Network

September 2008 to January 2009

Temple, TX

Assisted/performed ADLs. Observed and documented client status and reported patient/caregiver complaints to the case manager. Obtained and recorded vital signs. Completed and submitted clinical documentation in accordance with agency guidelines. Completed ongoing assessments each shift. Facilitated games and other activities to engage clients. Assisted with transferring clients in and out of wheelchairs and adaptive equipment. Tended to clients with chronic illnesses. Cleaned G-tube or J-tube as per physician's orders. Recognized and reported abnormalities and/or changes in clients' health status to case manager. Documented client records on daily flow sheets. Provided clients and families with emotional support.

Home Health LVN (pediatric)

Outreach Health Services

February 2008 to January 2009

Killeen, TX

Promoted personal and co-worker safety. Assisted with adequate nutrition and fluid intake. Observed and documented client status and reported client/caregiver complaints to the case manager. Obtained and recorded vital signs and reported abnormalities to perspective case manager. Completed and submitted clinical documentation in accordance with agency guidelines. Planned, prepared and served meals and snacks according to prescribed diets. Directed/assisted clients in prescribed range of motion exercises and in the use of braces or splints. Cleaned and organized clients' living quarters. Performed household tasks such as laundry, dusting, washing dishes and vacuuming. Positioned clients for comfort and to prevent skin pressure problems. Assisted with transferring residents in and out of wheelchairs and adaptive equipment. Tended to clients with chronic illnesses. Charted daily information on the clients such as mood changes, mobility activity, eating percentages, and daily inputs and outputs. Provided clients and families with emotional support.

LVN, Charge Nurse (geriatric)

Wellington Living and Rehab Center

February 2007 to November 2007

Temple, TX

Maintained resident charts and confidential files. Sound, ethical and independent decision-making ability consistent with medical protocols. Disciplined, energetic employee who quickly establishes rapport with residents and colleagues. Performed all tasks with a patient-centered focus while seeking opportunities for improvement of processes and treatments. Implemented new floor assignments based on evaluation of staffing requirements. Provided behavioral/emotional support and supervision for those with dementia and Alzheimer's. Reinforced necessary health education training for residents. Managed caseload of 40 residents, providing education, treatments, medication administration and wound care. Assisted residents with multiple chronic diagnoses including COPD and asthma. Partnered with team of Registered Nurses to ensure over all well-being of all residents. Tested glucose and administered injections.

Education

Associate of Applied Science in Nursing

Piedmont Technical College - Greenwood, SC 2014

Associate of Applied Science in Medical Assisting

Keiser University - Fort Lauderdale, FL 2004

Practical Nursing Diploma

US AMEDD—Ft. Sam Houston, TX 2008

Vocational

Central Elem/High School - Talbotton, GA 1996

Nursing Licenses

RN

Expires: January 2022

State: GA

RN

Expires: December 2022

State: AL