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# EMILY GUARDERAS

ELK GROVE, CA 95758

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## *PROFESSIONAL SUMMARY*

**A Registered Nurse with skilled experience who can provide quality patient care in a fast-paced environment. Looking to learn, grow and excel at this hospital with current evidence-based practice nursing care. I have 2.5 years of experience on a Progressive Care Unit and currently working as a travel nurse with Aequor Healthcare.**

## *SKILLS*

- BLS, ACLS, NIHSS certified
- Cerner and Epic experience
- HIPAA Compliance
- Compassionate care to diverse patient populations

## *WORK HISTORY*

### **DIGNITY HEALTH**

*Registered Nurse | San Francisco, CA | February 2021 - Current*

- Covid-19 vaccinator at Moscone Center
- Prepped Covid-19 vaccines
- Observed patients post Covid-19 vaccine for adverse reactions

### **AEQUOR HEALTHCARE SERVICES**

*Travel Registered Nurse | Sacramento, CA | August 2020 - present*

- Delivered outstanding care to patients with various diagnoses and managed care from treatment initiation through to completion.
- Administered medications and treatment to patients and monitored responses while working with healthcare teams to adjust care plans.
- 13 week contracts offered, accepted, and extended

### **ALASKA REGIONAL HOSPITAL**

*Registered Nurse | Anchorage, AK | June 2018 - August 2020*

- Develop nursing care treatment plans
- Educate patients
- Administer medications and injections
- Refine critical thinking, problem solving, organization and acute care skills

- Read and interpret cardiac monitor and lab results
- Collaborated with interdisciplinary healthcare personnel to meet patients' personal, physical, psychological and cognitive needs
- Ability to precept student/new nurses
- Charge nurse experience

### **ALASKA REGIONAL HOSPITAL**

*Telemetry Technician | Anchorage, AK | May 2012 - August 2016*

- Observed and evaluated cardiac activity and reported changes to medical staff.
- Followed all protocols to respond to irregular cardiac activity.
- Interpreted atrial and ventricular rhythms, PR, QRS, and QT intervals, ectopic beats.
- Collected and recorded telemetry data.
- Ability to interpret cardiac arrhythmias

### **ALASKA REGIONAL HOSPITAL**

*Certified Nursing Assistant | Anchorage, AK | November 2008 - August 2016*

- Gathered dietary information, assisted with feeding and monitored intake to help patients achieve nutritional objectives and support wellness goals.
- Assisted patients with mobility needs, including moving to and from beds, organizing wheelchairs and preparing assistive devices.
- Obtained vital signs
- Blood glucose monitoring

## ***EDUCATION***

**ASSOCIATE DEGREE IN NURSING** Registered Nurse

Charter College

*Anchorage, AK | March 2018*