

# Maryanne Planas

## **Registered Nurse - BSN**

Bryan, TX 77802

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+1 913 228 9947

RN - BSN

12 years Nursing experience

Authorized to work in the US for any employer

## Work Experience

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### **Staff Nurse - REGISTERED NURSE**

CHI St. Joseph Health Rehabilitation Hospital, an affiliate of Encompass Health - Bryan, TX

April 2020 to Present

1600 Joseph Drive, Bryan, Texas, 77802, USA

Staff Nurse - REGISTERED NURSE (April 29, 2020- Present)

- Inpatient bedside Nursing
- 36 hours per week

Monitor patient's vitals, detect changes, symptoms, health, and/or pain. Report abnormal/ critical values to physician

Provide Basic Life Support measures in case of emergencies

Take patient's samples, transport samples to appropriate destination

Insert and maintain a patent, intact intravenous lines

Administer medications and enteral feedings, Tracheostomy care

Postoperative care, wound dressing, assisting with ambulation and giving health education

Pain management

Removal of surgical staples aseptically

Blood transfusion (if needed medically)

Monitor and record intake & output

Fill out and update patient's documents and charts

Prepare patients for therapies

Coordinate with doctors regarding patient care management

Set up for necessary treatment with appropriate supplies

Assist patients in basic needs and performing activities of daily living (ADLs)

Maintain a safe and clean working environment by complying with procedures, rules and regulations

Communicate and collaborate clearly and directly with patients, physicians and other interdisciplinary teams; Working with the doctors, other staff, responding quickly to requests of patients.

Provide emotional support to patients and family members under stress

Comply with all ethical guidelines including all rules on confidentiality, Data Protection and Safeguarding Protection.

Use the nursing process in the promotion of patient holistic and health and wellbeing

Identify environmental and behavioral factors which may compromise patient safety

Monitor/ Ensure safe and efficient use of equipment, troubleshooting malfunctions and following procedures for repair

Maintain a professional look at all times; attend to patient's comfort and safety.

Demonstrate critical thinking, problem-solving ability; Organize and prioritize workload according to urgency

Continue professional education by attending educational workshops, reviewing professional publications, establishing personal networks, and participating in professional societies

### **Staff Nurse - GENERAL NURSE**

BURJEEL ORTHOPEDIC AND SPORTS MEDICINE CENTRE - Abu Dhabi, AE

September 2019 to March 2020

- Inpatient bedside Nursing
- 48 hours per week
- Monitor patient's vitals, detect changes, symptoms, health, and/or pain. Report abnormal/ critical values to physician
- Provide Basic Life Support measures in case of emergencies
- Take patient's samples, transport samples to appropriate destination
- Insert and maintain a patent, intact intravenous lines
- Administer medications and enteral feedings
- Postoperative care, wound dressing, assisting with ambulation and giving health education
- Pain management
- Removal of hemovac drain aseptically
- Blood transfusion (if needed postoperatively)
- Monitor and record intake & output
- Fill out and update patient's documents and charts
- Prepare patients for procedures
- Assist doctors with procedures
- Set up for procedures with appropriate tools; Maintain full inventory
- Assist patients in basic needs and performing activities of daily living (ADLs)
- Maintain a safe and clean working environment by complying with procedures, rules and regulations
- Communicate and collaborate clearly and directly with patients, physicians and other interdisciplinary teams; Working with the doctors, other staff, responding quickly to requests of patients.
- Provide emotional support to patients and family members under stress
- Comply with all ethical guidelines including all rules on confidentiality, Data Protection and Safeguarding Protection.
- Use the nursing process in the promotion of patient holistic and health and wellbeing
- Identify environmental and behavioral factors which may compromise patient safety
- Monitor/ Ensure safe and efficient use of equipment, troubleshooting malfunctions and following procedures for repair
- Maintain a professional look at all times; attend to patient's comfort and safety.
- Demonstrate critical thinking, problem-solving ability; Organize and prioritize workload according to urgency
- Continue professional education by attending educational workshops, reviewing professional publications, establishing personal networks, and participating in professional societies

### **Staff Nurse - GENERAL NURSE**

AL SALAMA HOSPITAL - Abu Dhabi, AE

December 2018 to July 2019

- Inpatient bedside & Outpatient Nursing
- 48 hours per week
- Monitor patient's vitals, detect changes, symptoms, health, and/or pain. Report abnormal/ critical values to physician
- Provide Basic Life Support measures in case of emergencies
- Take patient's samples, transport samples to appropriate destination
- Insert and maintain a patent, intact intravenous lines
- Administer medications and enteral feedings
- Postoperative care, wound dressing, assisting with ambulation and giving health education
- Monitor and record intake & output
- Fill out and update patient's documents and charts
- Prepare patients for procedures
- Assist doctors with procedures
- Set up for procedures with appropriate tools; Maintain full inventory
- Assist patients in basic needs and performing activities of daily living (ADLs)
- Maintain a safe and clean working environment by complying with procedures, rules and regulations
- Communicate and collaborate clearly and directly with patients, physicians and other interdisciplinary teams; Working with the doctors, other staff, responding quickly to requests of patients.
- Provide emotional support to patients and family members under stress
- Comply with all ethical guidelines including all rules on confidentiality, Data Protection and Safeguarding Protection.
- Use the nursing process in the promotion of patient holistic and health and wellbeing
- Identify environmental and behavioral factors which may compromise patient safety
- Monitor/ Ensure safe and efficient use of equipment, troubleshooting malfunctions and following procedures for repair
- Maintain a professional look at all times; attend to patient's comfort and safety.
- Demonstrate critical thinking, problem-solving ability; Organize and prioritize workload according to urgency
- Continue professional education by attending educational workshops, reviewing professional publications, establishing personal networks, and participating in professional societies

### **Staff Nurse - GENERAL NURSE**

AL HIKMA MEDICAL CENTER - Abu Dhabi, AE

June 2016 to March 2018

- Outpatient Nursing
- 48 hours per week
- Prepare the instruments for use at the beginning of the procedure and clear up at the end of the session consistent with the Health and Safety protocol.
- Comply with all ethical guidelines including all rules on confidentiality, Data Protection and Safeguarding Protection.
- Working with the doctors, other staff, responding quickly to requests and keeping the instruments ready for use. Ensure that materials are prepared in accordance with prescribed technique.
- Maintain a professional look at all times; attend to patient's comfort and safety.

### **Clinic Nurse**

CHILDREN'S CLINIC

March 2012 to March 2016

- Outpatient Nursing

- 40 hours per week
- Scheduling of patients' appointments
- Updating of patients' records
- Preparing of medications
- Subcutaneous & intramuscular injection
- New patient assessments
- Maintaining stock in the nurse's room
- Monitoring hygiene in the practice
- General measurements (BP, height, weight, SPO2, temperature)

### **PRIVATE DUTY NURSE**

HOME CARE - PH

February 2011 to February 2012

- Home Care Nursing
- 40 hours per week
- Assess, plan and render nursing care according to patient's condition
- Administer oral, subcutaneous, and intramuscular medications as prescribed
- Provide emotional support to patient and their family
- Monitor vital signs, laboratory data, and referred to Physician as necessary
- Monitor patient's Progress' notes and report significant findings to Physician
- Provide bedbath, bedmaking, and aseptic techniques

### **Staff Nurse - Emergency Room/ Medical-Surgical Ward**

Capitol Medical Center

November 2009 to January 2011

VIP General Ward/ OB-Gyne Ward (November 2009 - January 2011)

- Inpatient bedside Nursing
- 40 hours per week
- Assess, plan and render nursing care according to patient's condition
- Direct care of patients
- Attends to critical/ emergency cases
- Insert aseptically intravenous line
- Insert aseptically Nasogastric tube
- Insert aseptically foley catheter, condom catheter, straight catheters
- Assist doctors in minor operations
- Maintain sterile fields and application of dressings
- Educate patients for home care and discharge planning
- Charting and documentation of patient care
- Bed bath, Bedmaking and Vital Signs Taking
- Preparation and Monitoring of Intravenous Infusion
- Oral-nasal Suctioning
- NGT feeding and lavage
- Computer literate
- Develops rapport with patients, family, staff and physicians
- Remains calm and professional throughout critical incidents
- Can handle stressful events
- Practice nursing ethics and standards in all aspects of care rendered to clients

## LICENSE

REGISTERED NURSE (Philippines)

LICENSE NO.: 0501962

VALID UNTIL: October 28, 2023

REGISTERED NURSE (Abu Dhabi, United Arab Emirates)

LICENSE NO.: GN29395

VALID UNTIL: August 28, 2021

REGISTERED NURSE (United States of America- Illinois State)

LICENSE NO.: 041.464006

VALID UNTIL: May 31, 2022

REGISTERED NURSE (United States of America- Texas State)

LICENSE NO.: 1015468

VALID UNTIL: October 31, 2021

## Education

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### **Bachelor of Science in Nursing in Nursing**

University of the East Ramon Magsaysay Memorial Medical Center - Manila

June 2004 to March 2008

Our Lady of the Sacred Heart School - Manila

June 2000 to March 2004

## Nursing Licenses

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### **RN**

## Skills

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- Attention to detail
- Critical thinking
- Professionalism
- Emergency preparedness
- Nursing judgment
- Medication Administration
- Pain Management
- Aseptic Technique
- Hospital Experience
- Acute care
- Nursing

## Languages

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- English - Expert

## Certifications and Licenses

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**BLS Certification**

**ACLS Certification**