

Tanya Litchmore- Porter
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Tanya Litchmore- Porter, Registered Nurse
BScN
Total number of work experience 9 years

Professional Experience

Date of employment: February 8, 2010 to May 21, 2017 (Kingston Public Hospital, Jamaica), July 07, 2017 to January 9, 2019 (Nash General Hospital, USA), August 13, 2019 to present (Post Acute Medical, USA)

Title: Registered Nurse

Hours of work per week: thirty six

Maternity Leave: October 21, 2011- February 25, 2012

Name of Facility: Kingston Public Hospital, Nash General Hospital and currently Post Acute Medical

City: Kingston and Rocky Mount

Country: Jamaica and USA

Post Acute Medical is a long term care facility catering to patients all over the country, with various diagnoses. This facility cares for patients on ventilators, patients requiring antibiotic treatment, wound care management and patients recovering from major surgical and medical complications. There are three different sections on the floor, the ICU, stepdown unit and the med surg section. The facility can accommodate approximately 50 patients.

The Nash General Hospital emergency room was built in 1993 and was later renovated to a 56 bed unit in 2014. There are three triage rooms, two high intensity rooms, pediatric unit, three trauma units and areas for urgent and non urgent cases and a behavioral health section. The unit treats patient from a lot of different counties and treats high influx of patient on a daily basis with varying conditions. There are 5 licensed hospitals with four hundred and three beds: Nash General, Nash Day Hospital, Bryant T Aldrige Rehab center, Community Hospital and Coastal Plains Hospital.

The Kingston Public Hospital is a government institution that is classified as a Type A hospital. It is a tertiary level institution and currently has approximately six hundred (600) beds. The hospital offers a variety of services to the public on a daily basis. The Accident and Emergency department is one such unit that offers urgent and emergent care to the public and is the hospital's main point of entry. The hospital consists of four female and three male medical wards, three female and two male surgical wards, one female and two male orthopaedic wards, one male and female specialized ward consisting of ENT, Faciomax, Urology and Neurology and one ophthalmology ward. The hospital has a renal unit with nurses trained in nephrology that offers haemodialysis to patients. The hospital has various clinics such as medical, surgical, urology, haematology, orthopaedic, psychiatry, ophthalmology, pain, neurology, gastroenterology, endocrine, cardiology, rheumatology and neurosurgery. The clinics offer services to outpatients on a daily basis. Patients requiring critical care are transferred to the intensive care unit. The hospital has a main operating theatre with trained nurses and doctors that perform various surgical interventions on a daily basis.

The Accident and Emergency department is the central point of the hospital. We are responsible for assessing patients, formulating diagnosis and planning interventions that will help to alleviate the patient's conditions through a collaborative effort. It is a large ER that caters to the need of patients around the country. There are approximately thirty beds in the department. The department has different units such as the triage area which consists of two rooms for the nurse, one room for the doctor, registration area and a customer service area. The department consists of other areas such as the asthma bay, dressing rooms, suture room, gynaecology room, x-ray area and the main emergency room. The department consists of twenty seven nurses and twenty eight doctors. Approximately two hundred to three hundred patients are seen on a daily basis.

Roles and Responsibilities

- Preparation of the unit for admission of patients to the emergency room.
- Performing a focus head to toe assessment and reassessment utilizing skills such as inspection, palpation, auscultation and percussion. This includes pediatric, adolescent, geriatric and the general patient population.
- Monitors the hemodynamic status of the patient and correctly interprets results.
- Accurately triage patients and explain delays and waiting time.
- Assisting the physician with suturing, thoro-centesis, chest tube insertion, central line placement, arterial line, intubation and Foley's catheter insertion.
- Prepares patient for and assist the physician with examinations and other procedures.

- Performs venepuncture.
- Assists the doctor with cardioversion and defibrillation.
- Performs basic life support.
- Performs wound change and irrigation of ulcers and surgical wounds.
- Performs suctioning (oral, nasal and pharynx).
- Performs c- collar application.
- Assists with splint application.
- Performs tracheostomy suctioning.
- Conducts blood culture collection.
- Performs urine dipstick analysis.
- Performs fleet enemas.
- Assists with intubation.
- Performs neurovascular assessment.
- Assists with open chest emergency.
- Performs eye irrigation.
- Performs gastric lavage.
- Performs insertion of oral and nasopharyngeal airway
- Performs neuro- observation checks on patients
- Assists with arterial puncture
- Assists with emergency delivery
- Assists with POP application
- Provides direct patient care, evaluate outcomes and adjust the nursing care process as indicated to ensure optimal patient care.
- Prepares the patient for various investigations such as X-ray, ECG, Ultrasound, MRI, CT etc.
- Monitors vital signs and report to the physician.
- Administers medication (IV, IM, Sc and oral) and treatments as prescribed by the physician.
- Collects samples, evaluates and records the results.
- Calculates, prepares, monitors and discontinues IV fluids and medication drips.
- Liaison for the patient between the physician and other health care providers.
- Documents subjective and objective data relative to the chief complaint.
- Assigns the patient to the appropriate area.
- Continually reassesses and coordinates the physical environment and directs patient, visitor and traffic flow.
- Coordinates appropriate resources for patient support during the crisis.
- Provides patient privacy and confidentiality during data collection.
- Modifies nursing diagnoses based on changes in patient status.
- Plans nursing care in collaboration with the overall emergency health care plan.
- Performs life-saving and limb-saving measures.
- Assists the patient to cope with stressful events within his or her capabilities.
- Assists the patient to acquire knowledge about the illness or injury, treatment and prevention.
- Performs continuous patient assessment.
- Selects teaching strategies that are time- specific.
- Selects teaching methods that are appropriate for the patient's education, psychological level and growth and development.
- Follows applicable guidelines when obtaining specimens or other evidence for forensic purposes.
- Follows guidelines for a patient who is physically restrained or declared an involuntary patient.
- Follows guidelines for notification of reportable incidents for example, communicable diseases or abuse.
- Follows guidelines for reporting death appropriate authority for example, Nursing Administration or Police.
- Follows guidelines for procurement of tissues and organs for donation purposes.
- Facilitates patient and family participation in implementing the plan of care.
- Documents all actions taken and patient outcomes.
- Continues the process of clinical decision-making until the nurse- patient relationship is terminated.
- Reports and documents changes in the delivery of care.
- Respects ethnic and religious doctrines that limit treatment options.
- Ensures that all available care modalities are employed for the benefit of the patient.
- Informs the patient and family of procedures and treatments on an ongoing basis.

- Ensures that appropriate consents for minors, persons deemed incompetent, unconscious persons, persons admitted involuntarily and others to be examined in the emergency setting are obtained.
- Obtains specimens or other evidence for forensic purposes.
- Monitors a patient who is physically restrained or declared an involuntary patient.
- Reports incidents for example, communicable diseases or abuse.
- Reports death appropriate authority for example, Nursing Administration or Police.
- Assist with the procurement of tissues and organs for donation purposes.
- Acts as a role model and preceptor for emergency nursing practice with students and nursing staff.

Cases Treated

Some of the cases treated will be listed below.

Pulmonary oedema, patients with this condition, airway and breathing are assess, oxygen is administered, IV accesses initiated, blood taken to the lab for investigation, medication administered, patient catheterized, lungs field auscultated, troponin test done, ECG done, vital signs monitored, cardiac monitor attached, x-ray done, doctor on duty from medicine firm contacted, once the patient is stabilized the patient is sent to the medicine ward.

Sickle cell anaemia, patients with this condition, airway and breathing are assess, oxygen is administered, IV accesses initiated, blood taken to the lab for investigation, fluids administered, medication administered, vital signs monitored.

Diabetic ketoacidosis patients with this condition, airway and breathing are assess, oxygen is administered, IV accesses initiated, blood taken to the lab for investigation, ECG done, fluids administered, medication administered, patient catheterized, vital signs monitored, cardiac monitor attached, x-ray done, doctor on duty from medicine firm contacted, once the patient is stabilized the patient is sent to the medicine ward.

Myocardial Infarction, patients with this condition, airway and breathing are assess, oxygen is administered, IV accesses initiated, blood taken to the lab for investigation, fluids administered, medication administered, patient catheterized, lungs field auscultated, troponin test done, ECG done, vital signs monitored, cardiac monitor attached, x-ray done, doctor on duty from medicine firm contacted, once the patient is stabilized the patient is sent to the medicine ward or intensive care depending on the severity of the condition.

Asthma, patients with this condition, airway and breathing are assess, IV accesses initiated, blood taken to the lab for investigation, medication administered, lungs field auscultated, vital signs monitored, x-ray done.

The other cases treated are:

Intestinal obstruction, lower GI bleed, deep vein thrombosis, cerebrovascular accident, bronchopneumonia, lower respiratory tract infection, pyelonephritis, diabetes, hypertension, seizure, congestive cardiac failure, acute abdomen, end stage renal disease, unstable angina, acute GE, hernia, COPD, sepsis, gastritis, SLE, Hypoglycaemia, acute coronary syndrome, appendicitis, ischaemic heart disease, pleural effusion, hyperkalemia, transient ischaemic attack, supra ventricular tachycardia, renal calculi, acute viral illness, peptic ulcer disease, pancytopenia, hyperthyroidism, septic arthritis, hyperemesis gravidarium, threatened abortion, pneuemothorax, hemothorax, cardiac tamponade, gun shot wound, stab wound, motor vehicle and bike accident, fall from height, head injury, AIDS, fracture hip, fracture femur, fracture humerus.

Equipment used

Some of the equipments used are as follows: cardiac monitor, oxygen saturation probe, defibrillator, suction machine, bag valve mask apparatus, sphygmomanometer, temperature probe, gluco-metre machine, oxygen cylinder, laryngoscope, stethoscope, penlight, endotracheal tube, oral and nasal airway, suction catheter, otoscope, tuning fork, ultrasound machine, nasogastric tube.

Professional Experience

Date of employment: February 8, 2010 to Present

Title: Registered Nurse, Medicine, 1 year

Hours of work per week: Forty (40) to sixty four (64)

Name of Facility: Kingston Public Hospital

City: Kingston

Country: Jamaica

The medicine block consists of four female and three male wards. The ward has approximately thirty six beds. There are fourteen nurses and four doctors working on the ward. The workload at times was very heavy but with team work we were able to accomplish the goals and provide quality patient care.

Roles and Responsibilities

- Preparation of the unit for admission of patients to the medicine ward.

- Performing a focus head to toe assessment and reassessment utilizing skills such as inspection, palpation, auscultation and percussion. This includes adolescent, geriatric and the general patient population.
- Monitors the hemodynamic status of the patient and correctly interprets results.
- Prepares patient for and assist the physician with examinations and other procedures.
- Provides direct patient care, evaluate outcomes and adjust the nursing care process as indicated to ensure optimal patient care.
- Prepares the patient for various investigations such as X-ray, ECG, Ultrasound, MRI, CT etc.
- Monitors vital signs and report to the physician.
- Administers medication (IV, IM, Sc and oral) and treatments as prescribed by the physician.
- Collects samples, evaluates and records the results.
- Calculates, prepares, monitors and discontinues IV fluids and medication drips.
- Liaison for the patient between the physician and other health care providers.
- Documents subjective and objective data relative to the chief complaint.
- Assigns the patient to the appropriate area.
- Provides patient privacy and confidentiality during data collection.
- Modifies nursing diagnoses based on changes in patient status.
- Assists the patient to cope with stressful events within his or her capabilities.
- Assists the patient to acquire knowledge about the illness or injury, treatment and prevention.
- Performs continuous patient assessment.
- Selects teaching strategies that are time- specific.
- Selects teaching methods that are appropriate for the patient's education and psychological level
- Facilitates patient and family participation in implementing the plan of care.
- Documents all actions taken and patient outcomes.
- Continues the process of clinical decision-making until the nurse- patient relationship is terminated.
- Reports and documents changes in the delivery of care.
- Respects ethnic and religious doctrines that limit treatment options.
- Ensures that all available care modalities are employed for the benefit of the patient.
- Informs the patient and family of procedures and treatments on an ongoing basis.
- Performs basic life support.
- Performs suctioning (oral, nasal and pharynx).
- Conducts blood culture collection.
- Performs urine dipstick analysis.
- Performs fleet enemas.
- Performs gastric lavage.
- Assists the doctor with lumbar puncture
- Performs peritoneal dialysis
- Monitors patients receiving blood and blood products
- Performs last office

Cases treated

Some of the cases treated will be listed below:

Upper GI bleed, lower GI bleed, DVT, sickle cell anaemia, Myocardial infarction, cerebrovascular accident, unresolved bronchospasm, bronchopneumonia, lower respiratory tract infection, pyelonephritis, diabetes, hypertension, seizure, congestive cardiac failure, pulmonary oedema, end stage renal disease, unstable angina, hypertensive crisis, COPD, sepsis, colon carcinoma, thrombocytopenia, human deficiency virus, thyroid storm, pulmonary embolism, hypoglycaemia, ischaemic heart disease, peptic ulcer disease, acute coronary syndrome, severe anaemia, leptospirosis, pleural effusion.

Equipment used

Some of the equipments used are as follows: cardiac monitor, oxygen saturation probe, defibrillator, suction machine, bag valve mask apparatus, sphygmomanometer, temperature probe, gluco-metre machine, oxygen cylinder stethoscope, penlight, oral and nasal airway, suction catheter, nasogastric tube.

Professional Experience

Date of employment: February 8, 2010 to Present

Title: Registered Nurse, Surgery, 1 year

Hours of work per week: Forty (40) to sixty four (64)

Name of Facility: Kingston Public Hospital

City: Kingston

Country: Jamaica

The surgical block consists of three female and two male wards. The ward has approximately thirty six beds. There are fourteen nurses and eight doctors working on the ward. There are two different firms on the ward therefore two different set of doctors are placed on the ward. The admission of patients is conducted every other day. Most of the admissions come from the accident and emergency department, only a few patients are admitted via the surgical clinic.

Roles and Responsibilities

- Preparation of the unit for admission of patients to the surgical ward.
- Performing a focus head to toe assessment and reassessment utilizing skills such as inspection, palpation, auscultation and percussion. This includes adolescent, geriatric and the general patient population.
- Monitors the hemodynamic status of the patient and correctly interprets results.
- Assists the physician with suturing, chest tube removal.
- Prepares patient for and assist the physician with examinations and other procedures.
- Provides direct patient care, evaluate outcomes and adjust the nursing care process as indicated to ensure optimal patient care.
- Prepares the patient for various investigations such as X-ray, ECG, Ultrasound, MRI, CT etc.
- Monitors vital signs and report to the physician.
- Administers medication (IV, IM, Sc and oral) and treatments as prescribed by the physician.
- Collects samples, evaluates and records the results.
- Calculates, prepares, monitors and discontinues IV fluids and medication drips.
- Liaison for the patient between the physician and other health care providers.
- Documents subjective and objective data relative to the chief complaint.
- Coordinates appropriate resources for patient support during the crisis.
- Provides patient privacy and confidentiality during data collection.
- Modifies nursing diagnoses based on changes in patient status.
- Assists the patient to cope with stressful events within his or her capabilities.
- Assists the patient to acquire knowledge about the illness or injury, treatment and prevention.
- Performs continuous patient assessment.
- Selects teaching strategies that are time- specific.
- Selects teaching methods that are appropriate for the patient's education and psychological level
- Facilitates patient and family participation in implementing the plan of care.
- Documents all actions taken and patient outcomes.
- Continues the process of clinical decision-making until the nurse- patient relationship is terminated.
- Reports and documents changes in the delivery of care.
- Respects ethnic and religious doctrines that limit treatment options.
- Ensures that all available care modalities are employed for the benefit of the patient.
- Informs the patient and family of procedures and treatments on an ongoing basis.
- Performs basic life support.
- Performs wound change and irrigation.
- Performs suctioning (oral, nasal and pharynx).
- Performs c- collar application.
- Assists with splint application.
- Performs tracheostomy suctioning.
- Conducts blood culture collection.
- Performs urine dipstick analysis.
- Performs fleet enemas.
- Performs neurovascular assessment.
- Performs gastric lavage.
- Performs pre operative and post operative care.
- Performs colostomy care.
- Administers fluid through the central venous line
- Provides care for the intubated patient.

Cases treated

Some of the cases treated are as follows:

Hernia, appendicitis, acute abdomen, renal calculi, cholelithiasis, polytrauma secondary to motor vehicle accident, pneumothorax, hemothorax, intestinal obstruction, diabetic foot, perianal abscess, degloving injury, infected decubitus ulcers, peritonitis, gun shot wound to abdomen, burns, gangrene infected wounds, cholecystitis.

Equipment used

Some of the equipments used are as follows: cardiac monitor, oxygen saturation probe, defibrillator, suction machine, bag valve mask apparatus, sphygmomanometer, temperature probe, gluco-metre machine, oxygen cylinder, penlight, oral and nasal airway, suction catheter.

Professional Experience

Date of employment: February 8, 2010 to Present

Title: Registered Nurse, Orthopaedic, 6 months

Hours of work per week: Forty (40) to sixty four (64)

Name of Facility: Kingston Public Hospital

City: Kingston

Country: Jamaica

The orthopaedic block consists of one female and two male wards. The ward has approximately twenty six beds. There are fourteen nurses and twelve doctors working on the ward. There are three different firms on the ward therefore three different set of doctors are placed on the ward. The admission of patients is conducted every day. Most of the admissions come from the accident and emergency department, only a few come from the orthopaedic clinic. The workload at times was very heavy but with team work we were able to accomplish the goals and provide quality patient care.

Roles and Responsibilities

- Preparation of the unit for admission of patients to the orthopaedic ward.
- Performing a focus head to toe assessment and reassessment utilizing skills such as inspection, palpation, auscultation and percussion. This includes adolescent, geriatric and the general patient population.
- Monitors the hemodynamic status of the patient and correctly interprets results.
- Assists the physician with suturing.
- Prepares patient for and assist the physician with examinations and other procedures.
- Provides direct patient care, evaluate outcomes and adjust the nursing care process as indicated to ensure optimal patient care.
- Prepares the patient for various investigations such as X-ray, ECG, Ultrasound, MRI, CT etc.
- Monitors vital signs and report to the physician.
- Administers medication (IV, IM, Sc and oral) and treatments as prescribed by the physician.
- Collects samples, evaluates and records the results.
- Calculates, prepares, monitors and discontinues IV fluids and medication drips.
- Liaison for the patient between the physician and other health care providers.
- Documents subjective and objective data relative to the chief complaint.
- Assigns the patient to the appropriate area.
- Coordinates appropriate resources for patient support during the crisis.
- Provides patient privacy and confidentiality during data collection.
- Modifies nursing diagnoses based on changes in patient status.
- Assists the patient to cope with stressful events within his or her capabilities.
- Assists the patient to acquire knowledge about the illness or injury, treatment and prevention.
- Independently performs continuous patient assessment.
- Selects teaching strategies that are time- specific.
- Selects teaching methods that are appropriate for the patient's education, psychological level and growth and development.
- Facilitates patient and family participation in implementing the plan of care.
- Documents all actions taken and patient outcomes.
- Continues the process of clinical decision-making until the nurse- patient relationship is terminated.
- Reports and documents changes in the delivery of care.
- Respects ethnic and religious doctrines that limit treatment options.
- Ensures that all available care modalities are employed for the benefit of the patient.
- Informs the patient and family of procedures and treatments on an ongoing basis.
- Performs basic life support.
- Performs wound change and irrigation.
- Performs suctioning (oral, nasal and pharynx).
- Performs c- collar application.

- Assists with splint application.
- Performs tracheostomy suctioning.
- Conducts blood culture collection.
- Performs urine dipstick analysis.
- Performs fleet enemas.
- Performs neurovascular assessment.
- Performs gastric lavage.
- Performs pre operative and post operative care.
- Performs colostomy care.
- Performs pin site care.
- Assists with range of motion exercises.
- Assists the doctor with cast application.

Cases treated

Some of the cases treated will be listed below:

Dislocation of ankle, terminal pulp space infection, comminuted fracture medial malleolus, left foot calcaneous fracture, distal phalanx fracture, mandibular fracture, pelvic fracture, fracture neck of femur, scaphoid fracture, septic arthritis, tendon injury, amputation of digits.

Equipment used

Some of the equipments used are as follows: cardiac monitor, oxygen saturation probe, defibrillator, suction machine, bag valve mask apparatus, sphygmomanometer, temperature probe, suction catheter, gluco-metre machine, oxygen cylinder, over head trapeze, crutches.

Educational Background

Date of Degree: September 1, 2009

Name of university: University of the West Indies

City: Kingston

Country: Jamaica

Additional Qualification: Certified Accident and Emergency Room Nurse

Duration of course: February 17, 2014 to September 5, 2014

Licensure and Certificates

Country: Jamaica

Date earned: January 12, 2010

Expiration Date: December 31, 2017

License number: 18049

Country: USA

Date earned: July 07, 2017

Expiration Date: March 31, 2021

License number: 298955

Emergency Room Nursing and Venepuncture

Other Credentials

- BLS
- Venepuncture
- ACLS