

# Mae Adelle De Mesa

## **RN, BSN**

Modesto, CA 95356

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9545127617

Compassionate, patient-focused Registered Nurse with 15 years and 6 mos. of experience in various settings of Critical Care, Cardio Thoracic, Neuro Surgery, Trauma and Acute Rehab Care

> Adult Intensive Care - 12 years

> Pediatric and Adult Long Term Ventilated Unit - 1 yr. & 6 mos.

> Cardiac Cath Lab - 1 year

> Cardiology Ward - 1 year

- Experience with various equipments including Impella, Intra- Aortic Balloon Pump, PA Catheters, Flo-Trac Device, CRRT machine, Arctic Sun Machine.
- Agile and responsive to dynamic patient needs and environmental conditions. Team-oriented and reliable with expert clinical knowledge and abilities, clear verbal and written communication skills and sound judgment.
- Completed the ICU Course Level II / CVICU Course in 2017 at Palmetto General Hospital

Authorized to work in the US for any employer

## Work Experience

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### **CCU Registered Nurse (RN)**

Emanuel Medical Center - Turlock, CA

January 2020 to Present

- Reporting to the Patient Care Services Director/Shift Manager, responsible for planning, directing, coordinating, and providing high quality, individualized patient care using the components of the nursing process.
- Provided patient care, performed assessments, and interventions at a 12-bed ICU unit for medical, cardiac and post-surgical patients.
- Assessed patients' condition, notified physicians of clinical changes as well as prepared and implemented patient care plans.
- Monitored vital signs, adequacy of ventilation, and levels of consciousness and pain.
- Administered medications as determined by the patient's condition (IV, Sub-Q, etc.)
- Communicated the patient's condition to family members in a compassionate and non-technical manner.

### **ICU Registered Nurse**

Memorial Medical Center - Modesto, CA

July 2019 to August 2020

- Provides professional nursing care for patients. Under the general direction of the Manager, independently uses the nursing process to safely, compassionately, therapeutically and efficiently provide individualized care for a group of patients for which the nurse demonstrates age specific competencies. Uses information from a variety of sources to assess, plan, implement and evaluate the results of patient care.
- Assesses patients, identifies obvious as well as subtle patient problems and/or abnormal assessments, anticipates changes in patient's condition and appropriately reports and resolves.
- Develops plan of care based on age specific assessment. Involves patient, family and interdisciplinary resources to develop and revise the plan of care.
- Demonstrates knowledge and skills necessary to provide age appropriate care in compliance with Standards of Care and Standards of Practice.
- Provides assistance to others in implementing complex care and treatments within their age specific categories.
- Administers medications and treatments according to hospital policy and procedure and accepted standards of age specific care and department standards.
- Communicates effectively with patients, families and other health care providers. Participates in multidisciplinary patient care conferences as needed.
- Promotes a climate in which patients/families may act in their own interest and intervenes as an advocate when they are unable to do so.
- Reassesses and evaluates patient response to care and takes appropriate action to assure patient's needs are being met.
- Participates with patient/family and other members of the healthcare team in evaluation of patient outcomes.
- Substantiates patient care provided with appropriate documentation.

### **CVICU / CCU Registered Nurse (RN)**

Palmetto General Hospital - Hialeah, FL

August 2016 to June 2019

- Delivers advanced professional and technical nursing care to adult and geriatric patients with real or potential life threatening illness, in support of and in collaboration with care directed by the medical staff.
- Nursing care delivered complies with the objectives and policies of the hospital.
- Collaborates with multidisciplinary team members to provide age and developmentally appropriate care in accordance with unit standards.
- Performs nursing techniques for the comfort and well-being of the patient.
- Participates in performance improvement to maintain provision of quality care.
- Prepares equipment and assists physician during treatments and examinations of patients.
- Assists in planning, supervising, and instructing secretaries, and Nursing Assistants thereby providing care to a number of patients. Incorporates critical thinking skills into patient care.
- Makes comprehensive nursing decisions based on the interpretation of facts and evaluations of patient outcome; modifies the plan of care based upon the evaluations.
- Demonstrates a professional, supportive attitude.
- Provides excellent customer service.

### **ICU Registered Nurse**

Al Ain Hospital - Al-Ayn United Arab Emirates

January 2015 to March 2016

- Provides a wide range of quality professional nursing care functions using the Nursing Process with emphasis on direct patient care and related activities.

- Provides professional nursing care to the patient, receives supervision and direction from ICU Charge Nurse and Head Nurse.
- Assessing the patient and initiating CPR, if indicated and certified to do so and alerting subordinates to summon for help and call for Code Blue, if necessary.
- Informing the Treating Doctor to assess the patient for emergency management.
- Performs wide range of ICU nursing procedures/interventions with attention to accuracy, patient safety and comfort, including those requiring strict aseptic technique.
- Assist Treating doctor during ICU/RR procedure.
- Monitors patient for progress of blood transfusion process and records observations.
- Anticipates needs that may arise during procedure i.e.; need for cross-matching blood, ABG, central lines insertion, etc.
- Observes patient for possible complications. • Endorses to nurse in charge if patient is to be admitted as to the procedure done to patient, medical condition and continuing care to be done.

### **LTVU Registered Nurse (RN)**

Amana HealthCare & Rehabilitation - Al-Ayn, United Arab Emirates

May 2013 to November 2014

- Providing care and support for adult and children in the Long Term Ventilation Unit (LTV) with life limiting/threatening conditions, and their families.
- Responsible for providing safe, effective, age and specialty appropriate patient care according to the Nursing Scope of Practice, as defined by the regulatory body in an interdisciplinary environment.
- Performs hands-on nursing care by utilizing the nursing process to achieve quality outcomes for clients
- Provides direction and supervision of ancillary nursing personnel, demonstrates professional judgment, uses problem solving techniques and time-management principles, and delegates appropriately
- Coordinates nursing care activities in collaboration with other members of the interdisciplinary rehabilitation team to facilitate achievement of overall goals
- Coordinates a holistic approach to meeting patient's medical, vocational, educational, and environmental needs
- Demonstrates effective oral and written communication skills to develop a rapport with clients, their families, and health team members and to ensure the fulfilment of requirements for legal documentation and reimbursement
- Facilitates community education regarding acceptance of people with disabilities

### **Medical and Neuro Surgical ICU Registered Nurse**

Sheikh Khalifa Medical City - Abu Dhabi, United Arab Emirates

April 2007 to April 2013

- Consults and coordinates with health care team members to assess, plan, implement and evaluate patient care plans
- Prepares and administers (orally, subcutaneously, and intravenously) and records prescribed medications
- Reports adverse reactions to medications or treatments in accordance with the policy
- Provides basic, bedside care to Adult and Pediatric patients
- Initiates patient education plan, as prescribed by Physician. Teaches patients and significant others how to manage their illness/injury by explaining: post-treatment home care needs, diet/nutrition/exercise programs, self-administration of medication and rehabilitation
- Records patients' medical information and vital signs through computerized documentation CERNER
- Orders, interprets and evaluates diagnostic tests to identify and assess patient's condition
- Takes samples for lab work, orders prescribed lab work and evaluates/interprets lab reports

- Prepares equipment and aids physician during examination and treatment of patient
- Responds to life-saving situations based upon nursing standards and protocol
- Records all care information concisely, accurately and completely, in a timely manner, in the appropriate electronic documentation format
- Applies Hemodynamic, Phlebotomy and IV protocols
- Monitors and adjusts specialized equipment used on patients, and interprets and records electronic displays such as intracranial pressures, central venous pressures, pulmonary artery pressures, cardiac output and cardiac rhythms for cardiac monitors, respirators and ventilators
- Monitors catheters, leads and tubing for proper placement and functioning
- Performs continuous renal replacement therapy for critically ill patients
- Performs therapeutic hypothermia for traumatic brain injury and post cardiac arrest patients according to protocol
- Performs wound therapy management on patients with acute or chronic wounds
- Initiates corrective action whenever information from monitoring/life support equipment shows adverse symptomatology
- Trained new nurses in proper techniques, care standards, operational procedures and safety protocols to optimize performance and safety

### **Cardiac Cath Lab Registered Nurse**

Prince Sultan Military Medical City formerly Prince Sultan Cardiac Center - Riyadh, Kingdom of Saudi Arabia

December 2004 to January 2006

- Patient care for individuals admitted in the cardiac care, intensive care, or cardiac catheterization units
- Preparing the patients for the medical procedures
- Maintaining records, updating patient charts, and conducting assessment of patient progress
- Working with the physicians and technicians within the lab while the procedure is being conducted
- Counseling patients and family members prior to the procedure

### **Registered Nurse, Medical ICU**

PHILIPPINE HEART CENTER - Manila

October 2002 to October 2004

- Identifies and determine the priority of the patients problems and needs thorough continuous observation and thorough nursing assessment (head to toe assessment)
- Renders comprehensive nursing care to the critically ill patients utilizing the nursing process (assessment, planning, implementing and evaluation) in accordance with established priorities toward preventive, therapeutic and rehabilitative aspect of therapy
- Assists the patient's family and significant other to cope with crisis, allowing utilization of other health care services
- Assists in provision and maintenance of adequate and functioning equipment
- Operates electronic gadgets and other life- saving equipment
- Collaborates in all members of the health team and maintains harmonious relationship with them including patients and family
- Assists in the orientation of new nursing personnel
- Acts as charge nurse of the unit in the absence of Head Nurse
- Participates in on-going educational activities to improve the clinical competency and ability to interact with patient, family and member of the health team
- Responsible for our professional development

## Education

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### **Bachelor's degree in Nursing**

University of Santo Tomas - Manila

June 1998 to March 2002

## Nursing Licenses

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### **RN**

Expires: January 2022

State: CA

## Skills

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- Critical Care Experience
- ICU Experience
- Cardiac Catheterization
- EMR Systems
- Medication Administration
- Patient Care
- Nursing
- Aseptic Technique
- Emergency Management
- Vital Signs
- Epic
- Cerner
- Anatomy Knowledge
- Laboratory Experience
- Communication skills (10+ years)
- Hospital Experience
- Phlebotomy
- Employee Orientation
- Experience Administering Injections
- Venipuncture
- Acute care
- English

## Awards

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### **Top 3, Critical Care Course**

2004

Held in Philippine Heart Center, Manila, Philippines

## Certifications and Licenses

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### **BLS, ACLS**

June 2020 to June 2022

### **TNCC**

November 2019 to November 2022

### **PALS**

August 2019 to August 2021