

# **KRISTINE MARIE N MALIT, BSN, RN**

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Colorado Springs, CO 80916

## **Experience**

***OR Nurse- 09/2017 to present***

***Penrose- St. Francis Hospital: Specialty: Cardio-Thoracic Surgery- Colorado Springs, CO***

***(Staff Nurse- Full-time 40 hrs/wk; on call at least 15.5 hrs/wk, 125.5 hrs/mo)***

Prepared surgical suite according to surgery and surgeon preference

Collaborated with the surgical team to ensure the highest safety and surgical standards for the patient are met.

Initiated corrective actions upon adverse information from monitoring equipment.

Collaborated with physicians and other health care providers to develop a care plan for the patient during surgery.

Adhered to AORN standards for perioperative practice.

Stocked supplies, prepared operating rooms, and managed post- operative patient care.

Scrubbed in to help close in open heart procedures, while the scrub tech counts with the 2<sup>nd</sup> circulator.

Kept family members updated every couple of hours from start of procedure.

Handled mostly Cardio-Thoracic procedures, but also circulated in Orthopedics, General, GYN/Urology, Vascular, Neuro/Neuro-Spine, ENT, Plastic and Robotic Surgeries.

***Ambulatory Clinical Nurse- 08/2014 to 05/2017***

***Tripler Army Medical Center: Interdisciplinary Pain Management Center – Honolulu, HI***

Triaged phone calls, and initiate telephone consults accordingly.

Scheduled clinic visits to include initial, follow up, clinic procedures, and scheduled surgery and coordinate appointments within and outside the team.

Prepared procedure rooms according to physician preference and assisted during procedures

Placement of peripheral IV access for emergency use, and blood draws as required for certain procedures.

Assisted and monitored patients receiving neuro-muscular re-education treatments such as Hakomed and Calmare.

Started IV infusion therapies such as Ketamine, Lidocaine, and Magnesium Sulfate and monitored patients thru the end of the infusion.

Recovered patients and provided discharge instructions after having procedures, and discharges them when they meet discharge criteria.

Provided or arranged for training or instruction of personnel or new staff members.

As an interim head nurse, managed nursing support in the clinic to include an RN, 4 LPNs, a medical assistant and a medic.

Coordinated in-service trainings to educate staff of new products, equipment and procedures in the clinic.

Managed labor and leave requests.

***Registered Nurse- 05/2014 to 08/2014***

***Tripler Army Medical Center: General Surgery Clinic- Honolulu, HI***

Recorded patients' medical information and vital signs and maintained accurate, detailed reports and records.

Triaged phone calls, and initiate telephone consults accordingly.

Scheduled clinic visits to include initial, follow up, or procedure appointments.

Scheduled patients for surgery and coordinate appointments within and outside the team.

Scheduled patients for Gastro-Intestinal scope procedures with the GI clinic, and provide patients with all the necessary instructions they need to prepare for these procedures.

Prepared rooms, sterile instruments, equipment and assisted physicians in minor procedures.

Chaperoned in physical examinations that required exposure of private body parts.

Assisted the wound specialists in taking care of patients who needed wound care to include wound assessments, washouts and dressing changes.

***Registered Nurse- 06/2012 to 05/2014***

***Tripler Army Medical Center: Surgical Admission Center (Pre-op/Phase 2 Recovery)– Honolulu, HI***

Prepared and provide pre-operative teachings to patients and/or their families. Maintain accurate, detailed reports and records.

Coordinated necessary care to appropriate departments or units.

Checked patients in on their day of surgery ensuring all the necessary documents and preparations were completed.

Administered preop medications.

Received patients from PACU for 2nd phase recovery, and monitored patients in the unit until discharge criteria are met.

Provided teachings to the patients and to their families/escort before discharge.

Made follow up phone calls to patients on post-op day 1, to see how they're doing and made referrals to appropriate clinic or unit in the hospital.

Served as the unit infection control coordinator.

Conducted a monthly narcotics auditing, to make sure that staff follows the SOP set in administering medications.

### ***Registered Nurse- 10/2010 to 11/2011***

#### ***Landstuhl Regional Medical Center: Ears, Nose and Throat Clinic – Landstuhl, Germany***

Took care of nursing aspects for care of general medical and surgical ENT patients ranging in age from pediatric to geriatric.

Reviewed incoming consults to establish appropriate priority of care to include reviewing ASAP consults (such as cases of patients coming from Afghanistan and Iraq) with the on-call ENT physician.

Established, reviewed and updated nursing policies and SOPs for the ENT clinic.

Performed patient screening in the clinic, which includes vital signs taking and obtaining patient history.

Performed ear cleaning for patients with cerumen impaction.

Ensured patient teaching and discharge planning is initiated upon admission and all information is documented accordingly.

Communicated health programs and/or changes to appropriate health team members. Served as primary health infection control monitor, ensuring compliance of the unit with the Joint Commission and LRMC infection control standards.

Involved in oversight of nursing support in the operating room for ENT surgical cases. Assisted during minor clinic procedures.

Primary surgery scheduler in the clinic. Coordinated all necessary appointments within the department as well as with other departments involved in patient care. Did preop and post op health teachings.

Made post-op follow up calls, assessing status/progress.

Reported abnormalities to the physician/s and directed patients to the appropriate care providers.

***Red Cross Volunteer RN- 01/2010 to 10/2010***

***Landstuhl Regional Medical Center: Operating Room & Medical-Surgical Ward – Landstuhl, Germany, RP***

As a Red Cross RN volunteer, we support the hospital's main mission which is to cater to wounded service members coming from Afghanistan and Iraq. In addition, we are responsible for taking care of homestead military service members and their families within the European region.

**MEDICAL-SURGICAL WARD (13-D)**

Assisted unit RNs on patient admission assessments and discharges

Started IV placements and blood draws

Assisted patients with ADLs

Recorded intake and output

Participated in man-power missions on air evacuation days (inbound and outbound wounded warrior transitions)

**OPERATING ROOM:**

Helped assigned RNs in circulating procedures

Assessed patients' physical, mental and emotional condition and intervened as needed.

***Operating Room/Delivery Room/PACU Nurse- July 2003-November 2004***

***Angeles University Foundation Medical Center: Operating Room/Delivery Room/PACU Complex – Angeles City, Philippines***

Patient assessment, counseling, and education regarding medications and treatment, lab works, documentation with care plan for diagnosis, and administration of treatment procedures.

Maintained documents and records to ensure accuracy and patient confidentiality.

Conducted pre-operative in-patient visits the night before surgery for instructions and counseling.

Assisted in most areas of major and minor surgical procedures as either a scrub or a circulating nurse.

Maintained strict asepsis all throughout the procedures.

Assisted expectant mothers from labor through delivery and then to recovery.

Monitored patients in PACU after procedures and deliveries.

Reassured patients in the PACU as consciousness is regained, orienting them to time and to their surroundings.

Observed accurate and complete documentations.

Transferred patients back to their respective units once they've PACU criteria are met.

## **Education**

**Bachelor of Science in Nursing (April 2003)**- Angeles University Foundation

Angeles City, Philippines

**AORN Periop 101 Course- (November 2017)**- Centura Health

## **Licenses and Certifications**

**Registered Nurse, Colorado Department of Regulatory Agencies**

License Number: RN.1650445

Expiration: 09/30/2021

**Registered Nurse, State of Hawaii Department of Commerce and Consumer Affairs**

License Number: 81351

Expiration: 06/30/2021

**Basic Life Support (BLS)**

Expiration: 01/31/2023

**Advanced Cardiovascular Life Support (ACLS)**

Expiration: 01/31/2023