

PAULA SAPALA, RN
Case Manager, Certified Life Coach
(734) 478-6487 Cell
oliveyou1031@yahoo.com
Owner: Rise Consulting ps, LLC
RN CASE MANAGEMENT & CERTIFIED LIFE/ WELLNESS COACH

SUMMARY

- 40 years of diverse nursing and non-medical professional experience with increasing knowledge, skills and responsibilities to meet goals and objectives successfully
- Excellent work and communication skills to liaise knowledgeable and effectively with individuals, families, professional providers and insurance companies
- Strong team member who provided clients with a thorough evaluation, communicated and fulfilled providers' recommendations and educating, creating and updating a plan of care that met patients' specific needs while working within insurance guidelines
- Willing to relocate

NURSING EXPERIENCE:

RN CDC CERTIFIED COVID VACCINATOR 4/5-5/15, 2021
STATE OF MICHIGAN

RN COVID VACCINATOR 1/2021 – 3/3/2021 SGS/CVS

RN COVID-19 RESEARCH 11/20-12/20 – Maxim Healthcare
Travel RN

Private Duty RN, Pediatric & Adult, tracheostomy, ventilator, Hoyer lift- Maxim Healthcare 3/2020 – 11/2020

RN CM, Speciality Medical Management. 12/2019 – 2/2020 Medicare/ Medicaid(TOC & HRAs)
Transition of care assessment, teaching, coaching through life changes, and coordination with other care providers.
Health Risk Assessment, identification of strength and potential areas of concern regarding diagnosis and re cooperation management to maintain stability, decreasing readmission.

RISE CONSULTING ps, LLC
RN Case Management, Consulting
Certified Life Coach
Owner, 2019- 2021

RN Case Manager, Maine Memorial Hospital, NH 08/2019 – 11/2019

RN Case Manager, Visiting Nurse, NH 11/2018-07/2019

Case Manager – Medicaid/Medicare Concerto Ins. Co.

07/2018-10.2018

MPI (ALL SEASONS OF WEST BLOOMFIELD), Flint, MI 12/2017 -07/2018

RN Wellness Manager (On Call 24/7)

All Seasons of West Bloomfield is an independent retirement community who does not possess a medical license. They contract with MPI to provide medical staff 24/7 for clients to “age in place”. Managed 16 - 20 Resident Assistants on a daily basis, providing learning opportunities with pertinent, uplifting articles that enriched the Caregiver knowledge and the interaction of Caregiver and Resident. I met all new Residents and made house calls to evaluate a level of care upon request. After initial medical assessments, to evaluate appropriate services, the Team was able to help Residents to remain independent and build on services as conditions changed, supporting the Beztac goal of “Aging In Place”. I managed 35-40 Residents. I provided Medication Management for 16-20 Residents. I had very active relationship with Residents, their families, and their medical providers. Created Plan of Care with updates as needed. I communicated with Beztac Executive Directors and Department Managers, daily. I confirmed the Team’s payroll, and at the end of each month I provided MPI with a monthly report regarding Residents and services, for billing.

Jungle Aid, Hua Hin, Thailand 2014 - 2017

Volunteer Field RN

Accessed and treated villagers via an interpreter. Assisted in teaching pre- and post-natal health, nutrition, optimization of creation and use of clean water and aid, and understanding the importance of personal/environmental cleanliness. Responsible for all interviews with prospective volunteers and provided all relevant documentation for applications. Organized the medical bags for each village visit which included evaluating medical supplies needed for each of the villages serviced and obtaining necessary medications and emergency injury supplies.

One Source Care, Clarkston, MI 2014 - 2015

Online Marketing Consultant

Rising Phoenix LLC, Ann Arbor, MI 2011 – 2014

Founder and Owner

Provider of RN Case Management for auto accident victims with traumatic brain injury

RN Case Manager for clients with life altering injuries from automobile accidents

Duties included Marketing and connecting with clients to provide an extensive intake evaluation, verbal history and physical exam, formulation of a team of medical and legal professionals to address client’s and family’s needs following injury, creating a plan of care with regular updates, researching and managing specific needs, scheduling and attending medical appointments and therapies, reviewing medical and therapeutic reports, continual assessment of home safety needs, regular home visits to assess progress and address any change in physical status (tissue break down, infection, change in dietary intake, or change in mental status), arranging specialized transportation to and from medical appointments and therapies, creating detailed reports for insurance companies and treating medical team members, medication monitoring (teaching and updating), coordinating team meetings with medical, legal, therapeutic providers and attendant care givers striving to assist clients to achieve independence and recovery to the best of their abilities. Advocate for clients at all times.

Consulting Unlimited, Franklin, MI 2010

RN Case Manager for clients with life altering injuries from automobile accidents

Duties included providing an extensive intake evaluation, verbal history and physical exam, formulation of a team of medical and legal professionals to address client's and family's needs following injury, creating a plan of care with regular updates, researching and managing specific needs, scheduling and attending medical appointments and therapies, reviewing medical and therapeutic reports, continual assessment of home safety needs, regular home visits to assess progress and address any change in physical status (tissue break down, infection, change in dietary intake, or change in mental status), arranging specialized transportation to and from medical appointments and therapies, creating detailed reports for insurance companies and treating medical team members, medication monitoring (teaching and updating), coordinating team meetings with medical, legal, therapeutic providers and attendant care givers striving to assist clients to achieve independence and recovery to the best of their abilities. Advocate for clients at all times.

Affordable Home Care, Farmington Hills, MI 2008 - 2010

Community Liaison and RN Case Manager

Duties included managing in home, attendant care givers, continued assessment of client's medical and emotional needs, communicating and coordinating medical care plans and active direction of care provided for clients. Managed two clients in the Ann Arbor area until care was no longer required.

Office of James A. Sapala, M.D., Bariatric Surgeon, Lansing, MI 1988 - 1992

Head Nurse and Office Manager

Office of James A. Sapala, M.D., Albion, MI 1981 - 1983

Head Nurse

Assessed and took extensive histories of patients. Assisted in surgical procedures and taught pre and post-op care, including care of surgical incisions and wound care. Ordered all medical supplies. Scheduled diagnostic appointments. Fielded all medical phone calls from patients.

Mott Children's Hospital, University of Michigan, Ann Arbor, MI 1985 - 1988

Floor Nurse, Pediatrics (birth to two), specializing in heart defects

Duties included pre and post-op assessment, teaching, medical treatments including peritoneal dialysis, skin disorder treatments, wound care, chemotherapy, and respiratory isolation.

Oaklawn Hospital, Marshall, MI 1983 - 1985

Emergency Room and Medical/Surgical Nurse

Birchwood Nursing Care Facility, Traverse City, MI 1983

In-service Director and Head of Infection Control

Trained all new employees working directly with patients. Provided in-service education classes for staff regarding patient care and infection prevention. Formulated a treatment protocol for scabies that was adopted by the Michigan Center for Infection Control that was utilized by all Michigan Health Care facilities. Implemented the first Empathy in-service workshops for employees of long term care facilities in MI.

American Lung Association, Jackson, MI 1978 - 1981

Educator for Community

Taught respiratory health in area schools (K-12). Presented to professional organizations and radio talk shows. Organized and taught "Quit Smoking" workshops.

St. Luke's, Denver, CO1977 – 1978

Floor Nurse on a GU/GYN Med/Surgery unit

Provided pre and post-op care, and medical treatments. Assisted with medical procedures, wound care and post-op education.

Ganton Nursing Home, Jackson, MI1977

Charge Nurse

Oversaw care of clients, wound care, and prescriptions. Distributed and managed staff and patients.

Advocated for clients and their families.

Foot Hospital, Geriatric Med/Surgery Unit, Jackson, MI1976 - 1977

Floor Nurse

Duties included pre and post-op care, preparations for medical studies and helping families and patients transition into long term care facilities.

MODELING EXPERIENCE

Gail & Rice / Traque / Affiliated / I Group / The Talent Shop / Real Style2006 - 2011

Model

- TV Commercial, Henry Ford Hospital2011
- Video, speaking role for VISIONSCAPE, treatment/concept2009
- North American Auto Show, Product Specialist, VW2009
- North American Auto Show, Product Specialist, VW2009
- Barbazon School of Modeling, Teacher and Co-Teacher2008 – 2011
- Bank of America Print Shoot2008
- North American Auto Show, Product Specialist, VW2008
- Television commercial, Premier Imaging2008
- Jeep ad campaign2007
- Grand Traverse Resort in room movie2007
- National City Bank billboard ad campaign2007
- Credit Union print shoot2006
- University of Michigan print shoot2006
- Walk-on role in independent film "Paradise"2006
- Role in Eminem and 50 Cent music video "You Don't Know"2006
- City of Detroit print shoot through Octane2006

PUBLICATIONS

Michigan Center for Infection Control, Travers City, MI1983

Developed and authored a revised treatment protocol for Scabies

PROFESSIONAL MEMBERSHIPS

Case Management Society of America, 20186692010 - 2014

Membership with Case Managers of Michigan2010 - 2014

CONTINUING EDUCATION

Communication2017

- Business Writing Basics for Professionals
- Assertiveness Skills for Managers
- How to Handle Emotionally Charged Situations in the Workplace

Human Resources2017

- Interviewing Tips: Weeding Out Bad Hires

Management Classes2017

- Leadership & Management Skills for Women
- Conference on Leadership Development & Teambuilding
- How to Excel at Managing and Supervising People
- Coaching and Teambuilding Skills for Managers and Supervisors

Personal Development2017

- Controlling Chaos and Thriving Under Pressure

Technology2017

- Getting the Most from Microsoft Excel

CPR-2019

PROFESSIONAL LICENSES

Registered Nurse:

MI

NH, COMPACT

CERTIFICATIONS

Certified Biomagnetic Practitioner, Emotions 2016 - 2017

Certified Life Coach - 2013

EDUCATION

School of Nursing, Kellogg Community College, Battle Creek, MI1985
Associates Degree: Applied Science

University of Michigan, Ann Arbor, MI1983
Major: Psychology. Minor: Art

Jackson Community College, Jackson, MI1976
Certificate: Practical Nursing

REFERENCES AVAILABLE UPON REQUEST