

Jennifer Bruns

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#readytowork

Authorized to work in the US for any employer

Work Experience

Registered Nurse

St. Louis University Hospital - St. Louis, MO

November 2020 to Present

Neurology

Owner, instructor

E3 Yoga and Training/Holistic Nurse Therapies - Fenton, MO

August 2015 to Present

Yoga classes, structural yoga therapy, thai yoga massage, cpr instruction, yoga nursing for preventable chronic diseases, meditation, stress management, trauma informed PTSD yoga therapy, and more...

Registered Nurse

St. Luke's Rehabilitation Hospital - Chesterfield, MO

May 2020 to September 2020

Registered Nurse

Mercy Hospital Saint Louis - St. Louis, MO

February 2019 to February 2020

Registered Nurse on Medical Surgical unit.

School Nurse

Hawthorn Leadership School for Girls - St. Louis, MO

August 2017 to March 2019

Lead nurse for 3 separate charter schools in St. Louis. I am currently functioning as wellness coordinator, as well. Developing district policies, consulting with a physician and developing a school health advisory committee for each district. Assessing district wellness using the CDC school health index and forming a plan with measurable goals/outcomes. Collecting data and comparing to previous years without a nurse, procuring funding for the wellness programs. Basic nursing, first aid, and emergency care for students and staff. CPR/AED/FIRST AID training for all staff.

LPN Charge Nurse/Supervisor

Cardinal Ritter Senior Services/MQMC - Saint Louis County, MO

August 2016 to August 2017

LPN, CPR INSTRUCTOR

Marymount Manor - Eureka, MO
June 2016 to December 2016

Night shift charge nurse and taught CPR courses for multiple facilities within the RSP company. I supervised 2-4 CNAs and functional aides. I administered medications by various routes, perform treatments and dressing changes, manage diabetic residents, educate families and residents, document and report changes in condition, schedule appointments and transportation, ensure accuracy of orders, maintain stock of medications and refill as needed by ordering from pharmacy.

Unit Manager, LPN

Fundamental -Sunset Hills Health and Rehab
November 2015 to January 2016

LPN Charge Nurse

Fundamental-Frontier Health and Rehab
March 2012 to November 2015

Substitute nurse/teacher

Hannibal Public Schools - Hannibal, MO
October 2006 to October 2010

Multiple substitute opportunities including long term sub for school nurses at Stowell elementary and Veterans elementary. I held a substitute teacher certification and supervised the in-building suspension classroom at the middle school for two school years and subbed for the school nurses as needed during that time (easier to find a teacher sub for my class than a nurse, so I often did both). I worked with the SISK-12 database for documentation. Communicated with families, school staff, social workers, first responders, law enforcement, and state agencies as needed. Administered medications. Educated children, families, and staff about prevalent health risks, prevention strategies, and self-care. Provided first aid and ,rarely, emergency care for traumas.

Education

None in Post Bacc, Pre-Medical

Saint Louis Community College - St. Louis, MO
August 2019 to Present

BSN in Nursing

Capella University
August 2018 to Present

ADN in Nursing

Excelsior College - Albany, NY
June 2014 to July 2018

None in Elementary Education

University of Phoenix-Online Campus - Phoenix, AZ
November 2009 to December 2010

AS in Biology and LPN, IV

John Wood Community College

Environmental Studies, no degree conferred

Ashford University

Nursing Licenses

RN

Expires: April 2023

State: MO

Skills

- CPR Instructor (4 years)
- Yoga Teacher (2 years)
- Trach care (10+ years)
- IV Therapy (10+ years)
- Wound Care (10+ years)
- Management (10+ years)
- Documentation (10+ years)
- Public Speaking (5 years)
- Vital Signs (10+ years)
- Word (10+ years)
- Windows (10+ years)
- Wordpress (1 year)
- Educator (5 years)
- Thai Yoga Massage (Less than 1 year)
- Structural Yoga Therapy (Less than 1 year)
- Yoga Nursing (1 year)
- Holistic nurse (1 year)
- Yoga Therapy (Less than 1 year)
- RN
- Pediatrics
- LPN
- Med Surg
- Staff Nurse
- Medical Surgical

Certifications and Licenses

AHA CPR Instructor

July 2014 to August 2018

Affiliated with Respond Right EMS Training Center

RYT-200

November 2016 to Present

Specialize in structural yoga therapy, PTSD, and chronic diseases. I mix yoga with my nursing experience to provide an integrative approach to wellness.

Somaveda Level 1 Thai Yoga Massage

December 2016 to Present

Public Health Nurse

Present

Certification through NY state health department and Albany University College of Public Health.

BLS for Healthcare Providers

October 2018 to October 2020

Reiki Master/Energy Healing

Present

BLS, ACLS**Stop the Bleed Instructor**

February 2020 to Present

Volunteer instructor for the Stop the Bleed course at The T in St Louis working under BJC/WashU trauma surgeon Dr Laurie Punch.

Additional Information

I am currently enrolled in Science courses to meet medical school application requirements. I am taking MCAT in April and will apply to medical schools this summer. I am a non-traditional student with a family and looking for prn employment in Columbia and/or full time employment in St Louis. I would love to expand my experience and I am especially interested in integrative medicine, psychiatry, PM&R, and burn/trauma.