

Tamara Council

Phoenix, AZ

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A Registered Nursing position that values individual contributions, and nurtures personal and professional development.

Work Experience

Registered Nurse

HonorHealth - Scottsdale, AZ

August 2020 to Present

MedSurg/Orthopedics

Provide nursing care to acutely ill and post-operative patients according to physician orders.

Provide patient and family education.

Maintain and assist patient with proper body mechanics following orthopedic surgery according to physician orders.

Follow patient pathways for specific orthopedic surgical procedures.

Controlled wounds for signs and symptoms of infection and maintained hygiene of wounds.
Provided patients with self-care and follow-up care instructions.

Educated patients on steps to take to manage pain and how to avoid post-surgical infections.

Performed the assessment, collected accurate complete pertinent data and through continuous assessment maintained awareness of the health status of each patient with special considerations for age and physical needs.

Provided care for surgical and orthopedic patients.

Monitored the patient's health and general body condition and reported changes and improvements to the doctor.

Intravenous catheter insertion, maintenance and removal

Infusions through ports and PICC lines

Wound vac care, infusion, maintenance, and removal

Feeding tubes

Ostomy care and maintenance

Wound care maintenance, dressing changes, and removal

Patient Care Technician

Abrazo Central Medical Campus - Phoenix, AZ

July 2019 to November 2019

- Provide high-quality patient care as a PCT within various units including; Med/surg, ICU, Telemetry, Acute Rehab, and Observation
- Obtain vital signs and medical history.
- Adhere to professional standards, follow policies and procedures and abide by federal, state and local requirements, as well as Joint Commission standards.

Telecommunications Technician

United States Army - Fort Huachuca, AZ

March 2010 to March 2013

Install, operate, and perform unit-level maintenance on multichannel line-of-site and tropospheric scatter communications systems, antennas, and associated equipment.

Education

Bachelor's in Nursing

Arizona College-Mesa - Tempe, AZ

August 2016 to December 2019

Bachelor of Science in Nursing

Arizona College of Nursing - Tempe, AZ

December 2019

Nursing Licenses

RN

Expires: April 2024

State: AZ

Skills

- ICU Experience
- Telecommunication
- Critical Care Experience
- Nursing
- Vital Signs
- EMR Systems
- Patient Care

- Medical Records
- Hospital Experience
- Medical Terminology
- Laboratory Experience
- Phlebotomy
- Problem-solving
- Flexibility
- Reliability
- Team Work
- Medication Administration
- Experience Administering Injections
- Nursing

Military Service

Branch: United States Army

Rank: Pfc

Certifications and Licenses

Registered Nurse (RN)

March 2020 to April 2024

BLS for Healthcare Providers

June 2020 to June 2022

CPR Certification