

Milena Mask, MSN

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EDUCATION

Olivet Nazarene University, Bourbonnais, IL

Masters of Science in Nursing – Family Practice Nurse Practitioner
January 2016

University of Louisville, Louisville, Kentucky

Bachelor of Science in Nursing August 2007

Michigan State University, East Lansing, MI Bachelor of Science in Kinesiology
December 2003

LICENSURE AND CERTIFICATIONS

Advanced Practice Registered Nurse – May 2020

Registered Nurse – May 2020

American Heart Association BLS – July 2021

Nurse Practitioner

Chicago Sports and Orthopedics

March 2019- June 2020

- Responsibility includes patient evaluations, follow-up, and prescriptions for the knee, shoulder, hip, and spine, upper and lower extremity.
- Assist in surgical procedures
- Provide casting and splinting to patients when necessary
- Provide joint aspirations and injections
- Obtain pre and post-operative H&Ps
- Provide an evaluation and interpretation of X-rays and MRIs.

Nurse Practitioner

Visiting Physicians Association
and October 2020-May 2021

March 2018-Mar 2019

- Responsible for full patient census to provide primary care and sick visits to homebound patients
- Primary care visits include preventative care which include health assessments, immunizations, and functional assessments
- Provided medication management and adherence strategies

Nurse Practitioner

MK Orthopaedics

August 2017-Mar 2018

- Responsibility includes patient evaluations, follow-up, and prescriptions for the knee, shoulder, hip, and spine, upper and lower extremity.
- Provide casting and splinting to patients when necessary
- Provide joint aspirations and injections
- Obtain pre and post-operative H&Ps
- Provide an evaluation and interpretation of X-rays and MRIs.

Surgical Agency Registered Nurse General Surgery, Neuro Surgery, and Orthopedics

OR Staffing Solutions
2017

June 2016- December

- Operating room surgical nurse specializing in scrubbing and circulating in the departments of neurosurgery and orthopedics.
- Experience and proficient in scrubbing and circulating on lumbar fusions, thoracic fusions, thoracic lumbar interbody fusions, and other extensive spine surgeries and craniotomies.
- Proficient in circulating orthopedic cases such as; hands and arms, knees, shoulders, and podiatry.
- Proficient in circulating general, gynecological, and vascular services.

Nurse Educator

Norwegian American Hospital

Sept 2014-Sept 2016

- Incorporates the principles of adult learning in the planning, implementation, and evaluation of education programs.
- Coordinates nursing orientation to the new nurses to the organization, and implemented new graduate residency program.
- Coordinates CPR to the staff of the organization.
- Develops/coordinates education plans related to initial and ongoing competency validation.
- Develops and coordinates core education for the development of bedside leaders.
- Serves as a role model to promote excellence and safety.

Surgical Agency Registered Nurse General Surgery, Neuro Surgery, and Orthopedics

Accountable Healthcare Surgical Agency

Dec 2012- January 2015

- Operating room surgical nurse specializing in scrubbing and circulating in the departments of neurosurgery and orthopedics.
- Experience and proficient in scrubbing and circulating on lumbar fusions, thoracic fusions, thoracic lumbar interbody fusions, and other extensive spine surgeries and craniotomies.
- Proficient in circulating orthopedic cases such as; hands and arms, knees, shoulders, and podiatry.

Surgical Staff Registered Nurse Neurosurgical Charge Nurse

Advocate Christ Medical Center- Oak Lawn, IL.

Feb 2010-Dec 2012

- Specializing in the departments of neurosurgery and orthopedics.
- Performed as a preceptor for new staff members with the responsibility to orient the preferred routine and procedural style of surgeons and educate on neurosurgical procedures.
- As a team leader, consulting operating room schedule daily to determine supplies and equipment for upcoming cases. Communicate daily with Central Sterile Processing to assure instruments and supplies are accounted for. Communicate with surgeons and office staff regarding patients, cases, equipment, and preferences. Communicate with sales representatives regarding instrumentation and bone graft. Schedule and facilitate monthly neurosurgical staff team meetings.
- Experience and proficient in scrubbing and circulating on spinal cases with instrumentation and craniotomies.
- Experience circulating all specialties, proficient in all general, orthopedic, and neurosurgical cases.

Critical Care Registered Nurse

Advocate Christ Medical Center- Oak Lawn, IL.

February 2009- February 2010

- Duties included the setup, operation, and monitoring of invasive equipment and devices such as tracheostomy equipment, ventilators, catheters, swan ganz catheters, gastrointestinal tubes, colostomy, central lines, and intra-aortic balloon pumps.
- Perform emergency medical procedures such as basic cardiac life support, advanced cardiac life support and other condition stabilizing interventions.
- Demonstrated excellent abilities for assessment, critical thinking, delegation, and multi-tasking.

Cardiovascular Step-Down Registered Nurse

Loyola University Medical Center-Maywood, IL

June 2008-January 2009

- Responsible for monitoring step down Cardiovascular patients

Surgical Subspecialties Registered Nurse

Borgess Medical Center- Kalamazoo, MI

September 2007-June 2008

- Responsible for monitoring step down Neurosurgical patients

REFERENCES

Available upon request