

Karmen Y. Thomas, MPH, CPH, BSN, RN, CNOR

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SUMMARY

Registered nurse committed to the medical profession and to quality patient care. Eagerly seeking a position where I can make the most of my nursing education and training, develop my practical experience and give the maximum level of care. As a health professional with excellent interpersonal and organizational skills, I aim to address patient centered care ethically, respectfully, and with compassion.

SKILLS

- Highly skilled in providing general patient care and advanced patient education
- Demonstrated ability to review patient chart; treatments, record and report experimental symptoms, reactions, and changes in patient's conditions
- Able to practice and uphold patient safety standards and infection control methods within procedural areas

EDUCATION

Registered Nurse First Assist (RNFA)

Gulf Coast State College, Panama City, FL 2019

Bachelors of Science in Nursing

State College of Florida, Lakewood Ranch, FL 2015

Associates of Science in Nursing

State College of Florida, Lakewood Ranch, FL, 2014

Masters in Public Health, Health Policy Management

University of South Florida, Tampa, FL 2011

Bachelor of Arts, Interpersonal and Organizational Communication, Public Health Minor

University of South Florida, Tampa, FL 2008

CERTIFICATIONS AND TRAININGS

- ACLS, American Heart Association 2020-2022
- Certification in Public Health (CPH) through NBPHE, 2011, current expiration 2021
- Completion of the BayCare Aspiring Leader's Program, BayCare 2018
- CNOR, Competency and Credentialing Institute, 2018, current expiration December 2023

EXPERIENCE

ST. JOSEPH'S HOSPITAL SOUTH, Clinical Nurse III, OPERATING ROOM, Riverview, FL
February 2016-Current, 40 hours/week

- Completed AORN periOperative 101 Course, 2016
- Performs the functions and duties of an Operating Room Circulating Nurse across a variety of specialties including General Surgery, Urology, Gynecology, ENT, Orthopedics, Podiatry, Vascular, Pediatrics and Robotic Procedures
- Assumed the duties of a Clinical Nurse Leader by taking in the role of Orthopedic/Neuro Surgical Coordinator in March 2019, which entails collaborating with physicians, vendors and purchasers to coordinate case needs including instrumentation, trays and specialized equipment, implants and/or biological needs. As a service line coordinator, one primary responsibility is assisting with appropriately staffing rooms, scheduling cases, and maintaining compliance with the unit's operating budget.
- Served as a formal Preceptor from 2015 to current providing hands on education to nursing and surgical tech students, as well as precepting and orienting new employees to the unit. I am often designated as a Unit Super User and tasked with assisting with the coordination and completion of organizational education requirements.
- Member of the Unit Specific Professional Practice Council that focused on monitoring clinical outcomes and other data within the unit, identifying areas of opportunity within the unit, goal-setting and implementing measures that would help reach departmental goals.

ST. JOSEPH'S HOSPITAL SOUTH, Clinical Nurse II, MED-SURG TELE, Riverview, FL
February 2015-2016, 36 hours/week

- Provided comprehensive care in busy, 30-bed medical/surgical unit to patients with acute and chronic medical diagnoses and post-surgical interventions.
- Accepted the responsibilities of Unit Relief Charge duties from 2015-2016.

MANATEE MEMORIAL HOSPITAL, GRADUATE CN I, STROKE UNIT, Bradenton, FL
October 2014-February 2015, 36 hours/week

- Provided comprehensive nursing care to patients experiencing various acute neurological disorders on a busy, 21-bed stroke/neuro/telemetry unit.

HEARTLAND NORTH, LPN/RN SUPERVISOR, Sarasota, FL September 2013-September 2014

- Perform total patient care including medications, personal hygiene, provided wound care and treatments per established orders and maintain accurate healthcare records.

MANATEE SPRINGS CARE/REHAB CENTER, LPN/RN, Bradenton, FL June 2013-2014

- Work on a PRN basis as part of an integrated healthcare team to provide the best care to patients and their families. Responsible for the assessment, planning, implementation, and evaluation of care for various clients.

CARE TEAM, LPN, Tampa, FL, April 2013-August 2013

- Work on a contracted basis for Bay Care Home Care through Care Team to provide patients with one on one care in the home. Job duties focused on data collection through assessment, providing a variety of interventions related to various disease processes, documentation of findings and a focus on patient education regarding the management of the progression of diseases.