**Karla Contreras Martinez**

**RN**

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**SUMMARY OF QUALIFICATIONS**

Registered Nurse deeply committed to providing quality, compassionate patient care with strong organizational and time management skills; Solution focused, efficient and able to communicate effectively with all levels within an organization. Dedicated to providing quality, cost-effective and evidence-based care to help patients achieve optimal outcomes. Committed to serving my community at large.

 **CERTIFICATIONS / SKILLS**

* Registered Nurse, state of Illinois license 041481124 June 2019 to 2022
* Basic Life Support (BLS) Provider June 2021 to 2023

 -CPR -AED

* Advanced Cardiac Life Support Certificate (ACLS) June 2021 to 2023
* Bilingual Spanish/English
* Cost effective/ Evidenced Based Practice
* Professional/ Ethical

**WORK EXPERIENCE**

**Registered Emergency Nurse** August 2019-current

 MacNeal Emergency Hospital Berwyn, IL

* Applied expertise in prompt patient condition assessment on patient arrival at the ER during initial phases of acute illness or trauma.
* Performed medical procedures, such as EKG, venipuncture, cardiac monitoring, taking vital signs, urinalysis, UCG testing, or administering medications.
* Provided nursing care within trauma/psychiatrist/sexual assault patients
* Performed laboratory duties, including urinalysis, throat cultures, nasal swabs, etc.

**Sales representative/day care assistant/ Cashier**  January 2016- current

Xsport Fitness Center Lyons, IL

* sell memberships and participate in a community outreach and motivate members and guest to generate a healthy lifestyle.
* Welcoming customers, answering their questions, helping them chose the best membership plan, and providing advice or recommendations
* Supervise and monitor the safety of children in their care
* Help children keep good hygiene
* Accepting payments, ensuring all prices and quantities are accurate and proving a receipt to every customer.
* Balancing the cash register and generating reports for credit and debit sales.
* Providing excellent customer service to every customer.
* Assist customers by providing information and resolving their complaints

**Correctional Officer (housing 21,000 offenders supervised 120+ offenders at a time)**

South Central Correctional Facility Clifton, TN

 February 2015-December 2015

* Maintain security within the institution and oversaw the health and safety of staff and prisoners.
* Physically patrolled and visually inspected units, yards, buildings, prisoners, prisoner property and clothing, to ensure the welfare, safety and security.
* Supervise activities of inmates and reported suspicious activity
* restrain inmates in handcuffs and leg irons to escort them safely to and from cells and to see authorized visitor

**Patient Care Technician (# of total beds 56 Geriatric population assigned 8-14 patients per shift)**

National HealthCare Corporation (NHC) Scott Lawrenceburg, TN

 July 2014- February 2015

* Provide patients with the best care by helping them with all their needs.
* Get patients ready for therapy.
* Responsible for keeping patient rooms clean and orderly as well as maintaining medical equipment.
* Transfer patient according with their eagle number and required devices.
* Help patients with hygiene and skin care.
* Assist patient with bed pan/ urinal use, commode, brief change and washroom privileges.
* Answer call lights, phone calls, hourly rounds.
* Accurately record/ chart every intake and output, pass iced water.
* Help patients to order meals, food tray set-up and feed patients when needed.
* Collect urine and throat samples.
* Admitting and discharge patients.
* Take residents vitals when needed such as temperature, pulse, blood sugar, blood pressure, respiration, daily weights and dietary intake of assigned patients.
* Reports findings or changes in physical, mental and emotional conditions to registered nurse promptly.

**EDUCATION**

University of Illinois at Chicago

**Bachelor’s in Nursing Science (Graduation May 2021)** Chicago, IL

2019-current

Morton College Cicero, IL

**Associates In Nursing (Graduation May 17th, 2019)** 2016-current

Columbia State Community College Lawrenceburg, TN

Criminal Justice 2013-2015

Lawrence County High School Lawrenceburg TN

High School Diploma 2006-2010