

Jovanna Ochoa
Denver, Co
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EXPERIENCE

Registered Nurse, Tele/Med-Surg, St. Anthony Hospital; Lakewood, Co **12/2020 - Present**

- Assessed patients to ensure safety and effectiveness of medication administration.
- Monitored patients for adverse reactions related to medications and blood administration.
- Educated patients and family members regarding diagnosis, treatment plan, symptoms to monitor for, answered treatment related questions, appropriate follow up care or testing necessary.
- Delegated tasks and provided guidance to UAP.
- Collaborated with interdisciplinary teams to provide optimal patient care.
- Administered titratable IV, SQ, and IM medications.
- Monitored for any heart arrhythmias on telemetry monitoring.
- Prioritized patient care for optimal time management.
- Advocated for patients by protecting patient rights and ensuring patient safety.

Certified Nurse Assistant, Centura Flex Team; Denver, Co **12/2018 - 12/2020**

- Coordinated with RN to assist with patient care and activities of daily living.
- Monitored vital signs and alerted RN of critical values or changes in patient's vital signs.
- Participated in educational courses to optimize patient care.
- Ensured patient safety while sitting with various types of patients such as M1 hold, confused/disoriented patients, and patients experiencing alcohol withdrawal.
- Acquired significant experience while working in various different units in hospital, such as ICU, telemetry, Med-surg, oncology, labor and delivery and psych.

Certified Nurse Assistant, Littleton Adventist Hospital; Littleton, Co **05/2018 - 12/2018**

- Provided collaborative care with RN to prevent injuries.
- Assisted stroke patients with passive range of motion exercises due to hemiplegia/hemiparesis.
- Coordinated with RN to any changes in vital signs and changes in blood glucose levels.
- Used time management skills to provide care for up to 18 patients.

Private Caregiver Mike Cimbur Health Team; Highlands Ranch, Co **08/2017 - 10/2018**

- Performed passive range of motion exercises for patient with paralysis due to ALS.
- Administered OTC medications and meals through feeding tube with training provided by spouse.
- Assisted patient with communication needs while attending medical appointments.
- Performed daily wound care dressing changes for patient.
- Provided assistance with bathing, dressing, and wheelchair transfers.
- Performed tracheostomy care for vented patient.

Certified Nurse Assistant/Caregiver, Abby Senior Care; Englewood, Co **01/2016 - 08/2017**

- Assisted elderly residents in activities of daily living.
- Prepared meals and helped with light housework such as cleaning, laundry, and groceries.
- Provided transportation to doctor's appointments.
- Ensured safety of patients affected with stroke and dementia.
- Helped reorient confused residents to surrounding.

VOLUNTEER EXPERIENCE

Volunteer, Denver Veteran's Affairs Hospital; Denver, Co **01/2015 - 05/2015**

- Assisted and transported patients to and from various departments in hospital.
- Provided guidance and direction to assist patients to get to different clinics in hospital.
- Transported blood and urine samples to lab using aseptic technique.

EDUCATION

Arapahoe Community College — Associates of General Studies 2017-2018
Regis University — Bachelors of Science in Nursing - 2018-2020

CERTIFICATIONS/SKILLS

- Fluent in written and spoken Spanish.
- RQI for Healthcare Providers.
- Crisis Prevention and Deescalation Certification.
- BLS for healthcare providers.