

*Profile for JOYCE AIZA BENEDICTO FARRALES, Registered Nurse
Clinical Focus Specialty - INTENSIVE CARE UNIT
Total years of experience: 13 YEARS*

Professional Experience

MARCH 2021 - present

Registered Nurse - Cardiothoracic ICU

Minimum 36 hours worked a week

Barnes Jewish Hospital (under contract with Avant Healthcare Professional since January 2021)

Saint Louis, Missouri

Barnes-Jewish Hospital and Washington University School of Medicine have ranked among the nation's best hospitals by U.S. News & World Report. Barnes-Jewish is the only hospital in the St. Louis region to be recognized among the best hospitals by U.S. News & World Report. Currently on top 17, this hospital is a Magnet, Level 1 Trauma Center, highly prepared Trauma Center and Comprehensive Cancer, Stroke and Epilepsy Center. The Cardiothoracic ICU cares for patients with complex, multiple system conditions, including adult congenital anomalies and heart and lung transplants requiring post-surgical care. These patients require intensive monitoring and care, often entailing ventricular assist devices, complex cardiothoracic surgical procedures, or advanced medication infusions. The CTICU was the first in the State of Missouri to receive the American Association of Critical Care Nurses Beacon Award.

NOVEMBER 2019 - JANUARY 2021

Charge Nurse - Intensive Care Unit

45 Hours worked a week

Aldara Hospital and Medical Center

Riyadh, Saudi Arabia

<http://www.aldaramed.com>

Aldara Hospital and Medical Center (AHMC) is a leading healthcare center consisting of a state-of-the-art hospital and an advanced outpatient facility in Riyadh, Kingdom of Saudi Arabia. Developed by Aldara Medical Corporation in partnership with Henry Ford Health System US, the AHMC represents Aldara's dedication to make quality healthcare services accessible and affordable. AHMC's state-of-the-art facilities include 250 licensed hospital beds. The collaboration with Henry Ford Health System helps Aldara access the best medical expertise and clinical practices from around the world. As a result, AHMC is equipped to provide superior care and premium services to the Kingdom, contributing to longer and healthier lives. This is the first private hospital in Saudi Arabia who used CERNER as their electronic medical record.

The Intensive Care Unit is a 10 bedded specialized unit. Currently, Nurse-Patient Ratio is 1:1 for vented and 1:2 for nonvented patients. AHMC's ICU is of the most advanced in the Kingdom using latest equipment such as Omnicell for dispensing medications. It has a bariatric room and a negative pressure room. As an ICU Nurse, we are also responding in Code Blue and RRT Activation in the ward.

JULY 2019 - SEPTEMBER 2019

Staff Nurse - Intensive Care Unit/Coronary Care Unit

40 Hours worked a week

University of Santo Tomas Hospital

Manila, Philippines

The University of Santo Tomas Hospital is an established hospital which is accredited by Department of Health as a Level III institution. It also maintained the established quality management system through ISO 9001:2015 accreditation and maintained the highest level of PhilHealth Accreditation. Currently it has two divisions, a clinical teaching hospital that offers inexpensive medical care for indigent patients and a private hospital for patients with financial means, which is partially used to subsidize the clinical division. The hospital has 352 private patient beds 460 charity or clinical beds. The hospital retained existing local and international linkages, developed other partnerships and collaboration, and continued to support the different Faculties and Colleges of the University of Santo Tomas in pursuit of knowledge in the field of medical science and technology particularly through training and research.

The Critical Care Department of the hospital is composed of the Intensive Care Unit, Coronary Care Unit and Cardiovascular Unit. It has a total of 32 beds (16 for ICU/CCU and 16 for CVU) and strategically located in one area. The Nurse-Patient ratio depends on the level of care but mostly 1:2. The unit administer holistic quality care to critically ill patients, implement care standards and hospital policies, participate in training and continuing education, staff development programs and research activities.

JULY 2012 – JULY 2019

Registered Nurse --- Intensive Care Services

48 Hours worked a week

Prince Sultan Military Medical City

Riyadh, Saudi Arabia

<https://www.psmmc.med.sa/EN>

Prince Sultan Military Medical City (PSMMC) formerly known as Riyadh Military Hospital is located in Riyadh City, the capital of Saudi Arabia, is considered as one of the most advanced centers in the Middle East. PSMMC is the Medical Services Department (MSD) of the Ministry of Defense and Aviation (MODA). It now includes the main hospital, the southwest corner and the new southwest corner extension with a capacity of about 1200 beds and with ongoing expansion. PSMMC is a busy training government hospital and a Joint Commission International accredited. Being the largest military medical city in the Kingdom of Saudi Arabia, it caters all medical specialties and subspecialties and has become a center of excellence and the main referral center for all the hospitals under MODA. Several rare and complicated surgeries were performed in PSMMC, which includes cases ranged from adult liver transplantation, pediatric liver transplantation from living donors, open heart operations to bone marrow transplantation and other rare operations, some of which were performed for the first time at the level of the Middle East. PSMMC has achieved quantum and quality leaps in procuring the latest medical equipment from the United States of America or other European countries.

The Intensive Care Services (ICS) has an estimated 90 bed capacity that consists of two General Intensive Care Units, Stepdown High Dependency Unit, Trauma and Neurological ICU, Procedure Room, Emergency Department ICU, Obstetric and Gyne ICU, Burn ICU, Surgical and Fast Track ICU and Royal ICU. The two main GICUs has 20 and 25 beds respectively. It caters the needs of critically ill patients who required hemodynamic monitoring, ventilatory support or other specialized support such as continuous renal replace therapy (CRRT) and ECMO. This area is using an electronic documentation called IntelliSpace Critical Care and Anesthesia (ICCA). ICS provides intensive care management to the critically adult patients above the age of 14. On an average, it provides services to 475 to 525 patients per month and 5,462 annually. Nurses are being rotated to different areas regularly to allow maximum exposure to different cases.

APRIL 2011 – JUNE 2012

Registered Nurse --- Telemetry (Adult Cardiovascular Unit)

48 Hours worked a week

Asian Hospital and Medical Center

Muntinlupa City, Philippines

Asian Hospital and Medical Center (AHMC) is a tertiary hospital accredited by the Joint Commission International (JCI). The hospital with 289-bed capacity is the first private tertiary hospital built in southern part of Metro Manila. Specializations include hemodialysis for patients requiring routine and intensive care; diagnostic procedures for breast lesions; supportive home care, pain management, and palliative medicine; cardiovascular surgery; and intensive care for cardiovascular and neurosurgical patients.

The Telemetry Unit has 30 beds and divided into two areas: Wing A - mostly Cardiovascular cases which include Post CABG and PTCA, and Wing B - served as step down unit for other medical cases. All patients are hooked to telemetry and each station has a central monitor for continuous close hemodynamic monitoring. Nurse/Patient ratio ranges from 1:2 - 1:4 depending on the acuity of care needed.

MAY 2009 – DECEMBER 2010

Registered Nurse - Intensive Care Unit

48 hours worked a week

Quezon Medical Center

Lucena City, Philippines

Quezon Medical Center is tertiary government hospital. It is the main healthcare institution of Quezon Province. The facility is accredited by Philhealth and operating under the direct supervision of Department of Health. It caters a wide variety of cases from Medicine, Pediatric, Ob Gyne and Surgery. The ICU consists of 5 beds and equipped with ventilators and cardiac monitors. This unit has a 1:2 Nurse/Patient Ratio.

NOVEMBER 2008 – APRIL 2009

Registered Nurse - Delivery Room

48 hours worked a week

Quezon Medical Center

Lucena City, Philippines

The Delivery Room is one of the busiest units in this hospital It has an average of 20-30 cases each day. Patient who are only on active labor until delivery can stay on this area. They will be immediately transferred to OB Ward if there's no complication. Nurses are handling maximum of 2 assist deliveries and 5 patients for monitoring per shift.

Clinical Skills Summary

- Receive patients categorized as critical cases: assess and report abnormal symptoms to attending physician immediately, administer drug in any route with doctor's order, monitor vital signs, central venous pressure, intake and output accurately
- Perform cardiac assessment/ nursing management such as: apply chest/ cardiac monitor leads, recording 12 lead ECG, determine and initiate for life threatening arrhythmias and, close monitoring of patients receiving high alert medications.
- Perform respiratory assessment/ nursing management such as: administer oxygen inhalation and nebulization, mechanically remove secretions from oral, endotracheal and tracheostomy tube using suction machine, render tracheostomy care, coordinates with RT for facilitation of weaning of patient to mechanical ventilator
- Perform neurologic assessment/ nursing management such as: use and interpretation of Glasgow Coma Scale, recognize signs and symptoms of increased intracranial pressure and continuous monitoring of ICP if needed
- Adequately assess for Pain and provide nursing interventions and medical management according to the pain scale
- Carries out doctor's order promptly and intelligently
- Giving feeding of patient via NGT and gastrostomy and provide other Nutritional support such as TPN
- Insert intravenous line, straight and indwelling catheter aseptically
- Assist doctors in endotracheal intubations, tracheostomy, chest tube insertions and other related procedures
- Perform venipuncture for draining bloodsamples
- Monitoring of fluid status and medication management using Arterial and Central Venous Access
- Perform Continuous Renal replacement therapy
- Assist in insertion of ECMO line and closely monitor the initiation and maintenance
- Transfuse Blood and other Blood products as ordered
- Maintain skin integrity by using Braden scale and proper wound care management
- Providing hypothermia therapy if needed
- Function as member of the cardiac arrest team and helps in administering CPR
- Perform Point of Care Testing such as: blood glucose monitoring, pregnancy test, stool occult blood test and urine dipstick
- Prepare the patient prior to Diagnostics such as: CT Scan, MRI, Upper and Lower Endoscopy, 2D ECHO, Transesophageal ECHO, Holter monitoring, PET SCAN, XRAY, EEG, Angiography and Ultrasound
- Act as a coordinator to other member Multidisciplinary Team such as: Physical Therapist, Occupational Therapist, Home care Support Team, Social Worker, Speech Therapist, Dieticians and Nutritionist
- Perform other nursing assessments such as: initial nursing assessment, day to day nursing care plan, discharge plan, fall checklist and other bundles such as VAP, MDRO, CLABSI and others

Cases Handled:

- Acute Myocardial Infarction
- Cardiogenic Shock
- Acute Congestive Heart Failure
- Hypertensive Emergencies
- Unstable Angina
- Coronary Artery Disease
- Systemic and Pulmonary Hypertension
- Post Cardiac Arrest
- Acute Respiratory Failure
- MERSCOV cases
- Bronchial Asthma in Acute Exacerbation
- Pneumothorax
- Pleural Effusion
- Pulmonary Embolism
- Massive Hemoptysis
- Chronic Obstructive Pulmonary Disease
- Pneumonia
- Acute Stroke
- Coma: metabolic, toxic or anoxic
- Intracranial Hemorrhage
- Acute Subarachnoid Hemorrhage
- Meningitis
- Status Epilepticus
- Spinal cord injury
- Brain dead for Organ Donation
- Cerebral Vasospasm
- Severe Head Injuries
- Acute Renal Failure
- Chronic Renal Failure
- Liver Transplant
- Unstable Drug ingestion/intoxication
- Life threatening Gastrointestinal bleeding
- Hepatic Failure
- Severe Pancreatitis
- Diabetic Ketoacidosis
- Thyroid Storm or Myxedema Coma
- Hyperosmolar state with coma
- Adrenal Crisis
- Severe Hypercalcemia
- Other electrolyte imbalances with unstable hemodynamics and altered mental status
- Disseminated Intravascular Coagulopathy

- Post-operative patients requiring prolonged ventilator support and hemodynamic monitoring
- Septic Shock

- Environmental injuries such as Vehicular Accidents, Fire, Drowning and others

Equipment used:

- IV Pump for Large Volume and Syringe
- Ventilators
- CRRT machine
- Cardiac Monitor which includes CVP, ABP, ICP, pulse ox and etc monitoring
- Portable ECG machine
- Ambu-bag
- Vigileo
- Suction Machine
- VAC machine (Negative Pressure Wound Therapy)
- Defibrillator Machine
- Special ICU bed
- Thermometer
- Glucometer

- Blood and medication refrigerators
- EMG and EEG machines
- Hypothermal Machines
- Intermittent pneumatic compression mechanic
- Ultrasound machine
- Rotoprone beds
- CPR Trolley
- PYXIS Machine/Omicell
- ABG analysis machine
- Nebulizer
- electronic documentation
- ICCA (IntelliSpace Critical Care and Anesthesia)
- CERNER Powerchart
- EPIC

Educational Background

JUNE 2004 - MARCH 2008
 BS IN NURSING
 University of Santo Tomas
 Manila, Philippines

Licensure & Certificates

RN license: USA - Texas - issued June 2018 - expires August 2023 and License #948015
 RN License: USA - Illinois - issued January 2022 - expires May 2022 and License #041519678
 RN License: USA - Missouri - issued February 2021 - expires April 2023 and License #2021004688

BLS & ACLS - Issued February 2021, Expires February 2023
 NIH CERT