

AHRIEL FOREMAN

2110 East Aventura Way, #2215
St. Louis, MO 63146
(314) 498-8711
foremanahriel97@gmail.com
[LinkedIn](#)

Education

University of Missouri- Saint Louis

Bachelor of Science in Nursing, May 2020
GPA 3.369

CLINICAL NURSING EXPERIENCE

Fundamentals Clinical Nursing Student

October-November 2018

Mason Pointe, Chesterfield, MO

Performed a complete head to toe assessment on a geriatric patient. Practiced changing of an occupied and unoccupied bed. Checked blood sugars and gave insulin to diabetic patients. Understood how to do a safe patient transfer. Observed a wet to dry dressing change with a patient with pressure ulcers alongside a nurse.

Psychiatric Clinical Nursing Student

January-May 2019

SSM Health- St. Joseph Hospital Wentzville, MO

Completed a biopsychosocial assessment intake interview with a client experiencing a mental illness. Co-lead a group therapy session discussing coping mechanisms and anger management techniques. Assessed patient's coping skills & identified if they are adaptive or maladaptive. Executed CIWA and COWS on patients displaying active symptoms.

Adult Health I Clinical Nursing Student

January- May 2019

SSM Health- St. Clare Hospital Fenton, MO

Actively engaged in the care of patients in the cardiac unit. Passed medications via IV, IM, subcutaneous and oral route. Developed a care plan consisting of nursing diagnosis and recommendations of care. Observed in the PACU for patients post-operative surgery. Followed a registered nurse and their daily routine assisting in any help they need.

Pediatric Clinical Nursing Student

August-October 2019

Children's Hospital, St. Louis, MO

Developed care plans for patients with different respiratory medical diagnoses. Proficiently performed a head-to-toe assessment on a pediatric patient. Engaged in therapeutic communication with patients, parents, and nursing staff. Implemented new ways of developing rapport with a younger population of patients.

Adult Health II Clinical Nursing Student

August-December 2019

SSM Health- St. Joseph Hospital, Lake Saint Louis, MO

Performed a focused assessment on a general medicine floor under the supervision of clinical faculty. Monitored patients by assessing their CIWA and COWS scores based on their hospital problem. Interpreted labs and determined how certain values affected disease processes. Calculated IV drip therapies and set the monitors to be infused under the supervision of a nurse.

Certificates/Licenses

American Heart Association
Basic Life Support (CPR and
AED) Certificate Aug 2018

NIHSS Certified July 2020

Awards

Express Scripts Bridge Scholar
2016-2020

WORK EXPERIENCE

Graduate Nurse - Neurology Unit

July 2020- Current

Missouri Baptist Medical Center, Saint Louis, MO

Educated patients and their families on how to manage their illness or injury, including post treatment home care needs and medication administration as it relates to a stroke diagnosis, corresponding to their individualized risk factors and medical history. Used critical thinking skills to assess and evaluate a patient's physical, psychosocial and emotional needs as well as specific focused assessments to measure the progression or rehabilitation of the current illness. Developed and implemented individual plans of care in collaboration with other members of the healthcare team such as speech, physical therapy, and occupational therapy to ensure that the patient and family are equipped with resources that will aid in their recovery.

Patient Care Technician

January 2020- July 2020

Missouri Baptist Medical Center, Saint Louis, MO

Implements direct patient care under the supervision of the nurse, promoting patient and family centered care in a healing environment. Administers or assists patients with ADL, performs VS, I&O, fall and pressure ulcer prevention measures, foley care, or point of care testing as requested. Collects clinical data and information on patients, and reports changes in patient status to the nurse. Documents all patient care activities provided. Ensures availability of supplies and equipment to meet each patient's needs.

Pharmacy Technician

July 2015- February 2019

Walgreens, Saint Louis, MO

Processed and filled prescriptions. Reviewed medication orders, prescriptions and organized medications for dispensing. Prepared labels, and calculated dosages. Took inventory, placed orders and removed outdated drugs from stock.

Intern, Pharmacy Operations

May 2018- August 2019

Express Scripts Inc., Normandy, MO

Gathered and analyzed call center operational data. Used key performance indicators to create a post-call interaction survey that will improve call representative efficiency. Updated employee reference pages and standard of procedures so that will easily transfer to a new database. Constructed packaging for prescriptions within their specialty pharmacy.

Nursing Intern, Infusion Nurses

May 2019- August 2019

Express Scripts Inc., Normandy, MO

Developed a post-interaction virtual survey for their new telehealth delivery of care. Developed a tool to measure the success of each virtual visit and document the feedback. Shadowed an infusion nurse on a patient visit as they infused specialty medication in the comfort of the patient's home.

ORGANIZATIONS

Treasurer of Minority Student Nurses Association	2018-2019
Member of Minority of Student Nurses Association	2017-Current

VOLUNTEERING

UMSL University Tutoring Center	2017-2018
UMSL MLK Day of Service Volunteer	2017-2018
UMSL iMENTOR Program	2018
Sista Strut Volunteer	2018
Memory Care Solutions: Swing Into Spring Volunteer	2019
Memory Care Solutions: Fundraising Gala	2019