



NICHOLE
FRITTS

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PROFESSIONAL SUMMARY

Dependable and skilled Registered Nurse bringing proven clinical abilities, knowledge, and judgment. Delivers quality, cost-effective care with deep compassion and good understanding of nursing process. Quick learner with good computer skills and excellent team player.

SKILLS

- ADL assistance
- Team coordination
- Care planning
- Monitor vital signs
- Collaboration
- Task prioritization
- Documenting vitals
- Patient care
- Patient assessments
- Manage cases
- Motivation

EXPERIENCE

RN, Hamilton County Public Health, Jan 2021 - Oct 2021,
Webster City, IA

- Informed physicians of changes in patient conditions and nursing needs.
- Identified deviations and wellness changes and made recommendations, adjustments, and reports.
- Educated patients and families on conditions, treatments, and possible outcomes.
- Collaborated with other medical and social service organizations to coordinate continuum of care.
- Managed 5 cases per day.
- Consulted and coordinated with healthcare team members to assess, plan, implement, and evaluate patient care

plans.

Hospice Registered Nurse Case Manager, UnityPoint , Jan 2020 - Feb 2021, Fort Dodge , IA

- Proactively identifies and implemented interventions to stabilize patients and improve comfort.
- Evaluated physical, psychosocial, and environmental parameters affecting patient care and wellbeing.
- Delivered educational services to patients and families to improve care outcomes.
- Used model of shared governance to collaborate with health care team and promote evidence-based care.
- Monitored, recorded, and reported symptoms or changes in patients' conditions.
- Administered medications to patients and monitored patient vital signs.
- Consulted and coordinated with healthcare team members to assess, plan, implement, and evaluate patient care plans.
- Recorded patients' medical information and vital signs.

Palliative Care Nurse, UnityPoint , Jan 2015 - Jan 2020, Fort Dodge , IA

- Documented observations of patients, treatments delivered, and vitals in EMR system.
- Used model of shared governance to collaborate with health care team and promote evidence-based care.
- Delivered educational services to patients and families to improve care outcomes.
- Evaluated physical, psychosocial, and environmental parameters affecting patient care and wellbeing.
- Maintained accurate, detailed reports and records.
- Recorded patients' medical information and vital signs.
- Monitored, recorded, and reported symptoms or changes in patients' conditions.
- Educated patients, family members, and caregivers on conditions and treatment protocols to aid in compliance and improve outcomes.

Chemotherapy Infusion Nurse, UnityPoint , Jan 2010 - Jan

2015, Fort Dodge , IA

- Possessed excellent intravenous insertion skills including peripheral artery cut downs and central line access.
- Interpreted department-specific policies and related laboratory results to safely manage patient needs.
- Collaborated with other departments to establish patient and family treatment plans.
- Used point of care testing equipment and intravenous infusion pumps.
- Monitored and recorded patient care actions and communicated unanticipated changes in patient condition to physicians.
- Followed sterile procedures to insert IV catheters, locating good vein to insert IV and applying tourniquet for easier catheter insertion.
- Stabilized and treated IV complications such as infections, anaphylaxis, infiltration, extravasation, and phlebitis.
- Cared for patient PICC lines by replacing dressings and bandages and flushing catheters with fluids.
- Monitored patients closely to spot problems and reported serious concerns to treating physicians for timely interventions.
- Maintained accurate, detailed reports and records.

Registered Nurse, Same Day Surgery, UnityPoint , Jul 2007 - Jan 2010, Fort Dodge , IA

- Demonstrated timely pain assessment and reassessment.
- Administered medication, IV therapy, and treatments.
- Delivered direct patient care according to established standards.
- Collaborated with patients, families, and healthcare team to coordinate successful patient care.
- Taught patients appropriate and required care for at-home recovery after discharge.
- Assisted patients and families through pre- and post-operative teaching.
- Promoted comfort and prevented suffering through presence and attentiveness.

- Modified care to complex patients and coordinated care with interprofessional team based on accurate documentation, clinical judgement, and evidence-based analytical approaches.
- Maintained accurate, detailed reports and records.
- Used therapeutic communication, active listening, and teaching to establish relationships with patients, families, and interprofessional health care teams.
- Monitored patients closely to spot problems and reported serious concerns to treating physicians for timely interventions.
- Recorded patients' medical information and vital signs.

EDUCATION

Associates Degree in Nursing, Nursing

Jul 2007

Iowa Central Community College - Fort Dodge , IA

Associates Degree in Nursing