ANA HERNANDEZ

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I am a hardworking, reliable, honest, empathetic, compassionate individual aspiring to serve the community with my educational knowledge, experience, and skills. I am accountable, and I easily adapt to change. I can perform tasks and critically think under pressure. I work with a positive attitude and easily collaborate with the interdisciplinary team. I am Interested in gaining more knowledge, experience, and furthering my education in the future.

## EDUCATION

#### Fayetteville State University August 2017 - Present

Expected graduation Date- December 2021

Studies Bachelor of Science Nursing (BSN)

3.5 GPA

**Fayetteville Technical Community College September 2018 – November 2018**

Cardiovascular Monitor Technician Course

4.0 GPA

## Clinical Experience

**Fayetteville State University June 2021 – July 2021**

Maternity Series

* Learned essentials of maternal and newborn nursing assessment and care.
* Provided virtual simulation patient care for prenatal, labor and delivery, postpartum, and newborns.
* Practiced critical thinking skills in a simulated clinical scenario and formalized individual learning plans.

#### Cape Fear Valley Hospital January 2021 – May 2021

#### Cardiovascular Catheterization Unit

* Developed an extensive understanding of cardiac catherization, echocardiograms, electrocardiograms, and stress tests.
* Provided excellent patient care while upholding family centered care.
* Enhanced communication skills with patients and various healthcare professionals.
* Read and interpreted cardiac monitor and lab results.

#### Department of Veteran Affairs January 2021 – May 2021

#### Psychiatric Center

#### Improved knowledge and experience working with individuals with severe mental illness.

* Aimed to make patient feel comfortable and free from judgement.
* Provided safe, family centered care that promotes health and healing for the patient.
* Implemented and evaluated the patient’s response to the plan of care through repeated assessments

#### Cape Fear Valley Hospital August 2020 – November 2020

#### Medical Surgical Unit

* Provided safe, quality care through nursing assessments, interventions, evaluations, teaching, and documentation.
* Developed effective therapeutic communication with patients.
* Advocated for patients throughout their care.
* Collaborated with various health care professionals to provide the high-quality patient care.

## Work EXPERIENCE

**Ameritech Diagnostics Lab, PLLC September 2021 – Present**

COVID-19 Screener/Sample Collector

* Practice safe precautions using personal protective equipment.
* Collect and document client’s insurance and information.
* Inform and administer COVID-19 sample collections to the Fayetteville community.
* Provide quality control on the samples being collected.
* Receive medical supplies for testing purposes.

## Community Service Activities

* (2020) Volunteered in the Fayetteville State University Community Outreach. The outreach provides the Fayetteville Community education on available resources.
  + Took manual blood pressures.
  + Educated the community on how to prevent hypertension.
  + Counted and documented the number of visits.
* (2018) Volunteered in the research project called, “The Establishment of a Comprehensive Interprofessional Behavioral Center that Focuses on the Biopsychosocial Health of Military Personnel, Veterans and their Families”. The program offers military affiliated individuals, who suffer from chronic pain, other options besides strong medications to relieve their pain, such as counseling, support groups, psychiatric assessments, relaxation exercises, and health education.
  + Welcomed and checked the patients in the office.
  + Guided patients to the massaging therapist in the relaxation rooms.
  + Prepared the therapy/massaging rooms with clean sheets and pillows, and relaxing music.

## PROFESSIONAL SERVICE ACTIVITIES

* (2019 - Present) Member of the National Student Nurses’ Association

## **SKILLS**

* Bilingual- Speak fluent English and Spanish Language
* Able to utilize EPIC, Microsoft word, Excel, and various computer software.

## Certification

* (August 2021- August 2023) BLS Certificate (CPR, AED, Relief of choking)