

**SOPHIA YARIMA**

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# SUMMARY

Caring, hardworking and service-oriented Registered Nurse with more than 6 years of experience , primary focus in Med- ical Surgical/Telemetry . Well versed in offering evidence-based, therapeutic care for patients dealing with acute and chronic conditions. Proficient in working collaboratively to execute the unique plan of care for each patient. Passionate about delivering quality healthcare and educating patients and families. Offering caring bedside manner and patient-centric focus. Committed to effective post-discharge education to prevent future hospitalization.

# SKILLS

* Experience in Hospital Med-Surg, Telemetry, Neurology, Orthopedics and other various areas of nursing
* Strong patient assessment and clinical judgement skills
* Experience in lab collections, blood draws, pe- ripheral and IV lines
* Experience in wound and drainage tube care and management
* Experience in Custom and Immigration Detention Services
* Experience in medication administration through various methods of administration, including intra- venous drips, fluids, and antibiotics via

peripheral , central lines.

* Experience in starting and management Intra- venous Lines
* Electronic medical recording proficient with MEDITECH , eClinicalWork, EPIC and Amazing Chart
* Extensive medical terminology knowledge
* Cultural awareness and sensitivity
* Patient-oriented
* Colostomy care
* Diabetes management
* Medical coding capability
* Wound care expertise
* IV & Infusion therapy management

# EXPERIENCE

**Registered Nurse/Dentation Center** Immigration and Customs Enforcement (ICE),- Conroe, TX *02/2020 - Current*

* Provides assessment and treatment of residents during sick call utilizing the IHSC RN Guidelines and refersto mid-level provider and/or physician as appropriate.
* Provides screening of residents during intake processing per IHSC established policies and procedures.
* Obtains residents’ medical histories and appropriately refers abnormal findings or responses or stated medical problems to the physician and/ or mid-level provider.
* Draws labs as requested and collects laboratory specimens.
* Administers medications, immunizations, education or other needed treatments as ordered/recommended.
* Adheres to professional nursing principals, procedures and techniques for appropriate patient care and take direc- tion from onsite administrative personnel.
* Adheres to medication administration guidelines, understand pharmaceutical agents and their desired effects rec- ognize adverse effects and take appropriate corrective measures as needed.
* Maintains safety when dispensing medications and is continually cognizant of the potential hazards of drug hoard- ing and trafficking among residents.
* Provide patient/resident health education as appropriate
* Coordinates health care needs of residents with multidisciplinary team members and coordinates referrals to off- site providers as required.

Provides treatment of persons throughout the life span as appropriate to discipline and facility setting.

* Respond to and or coordinate response to medical emergencies and appropriately document patient/resident en- counters electronically according to current standards of care using electronic health records.
* Provides supervision of Licensed Vocational/Practical Nurses, as assigned.
* Evaluates health care needs of residents and develops nursing care plans to meet those needs.
* Participates as member of multidisciplinary team to ensure that equipment, supplies and logs are available, cor- rect and updated. Ensures all equipment is functional and appropriately maintained according to manufacturer’s requirements.
* Serve as clinic coordinator to ensure effective and efficient clinical operations.
* Participate in peer reviews, Quality Improvement/Quality Assurance activities, Infection
* Control activities, investigations or other clinically significant activities onsite.
* Performs record keeping functions in accordance with program policies and position.
* Maintains functional proficiency and ease of use utilizing electronic health records as required by, and appropriate to, position.
* Completes and passes all discipline specific competencies testing, initially and annually.

**Registered Nurse/ IV Therapy & Infusion Management** / Select Infusion- Woodland, TX *02/2019 - 1/30/2020*

* Effectively manage the complex care of the chronic adult patients starting with an accurate assessment of the pa- tient's condition prior to the administration of any IV or Infusion therapy.
* Responsible for the safe administration of various IV and Infusion Therapy treatments while providing quality and compassionate care including quick and accurate patient assessment.
* Inserting IV's and accessing medi-ports, caring and maintaining the patients IV access, and patient education.
* Performed complete and frequent patient assessments, recognizing changes in conditions, adjusting care, initiat- ing interventions and advocating for the patient when needed.
* Effectively communicate with patients, physicians, family members and co-workers in a manner consistent with a customer service focus and application of positive language principles..
* Documented patient assessments and medication using E-clinical work Charting system.
* Administered PO and IV medications per state and facility regulations.
* Team player that worked closely with physicians, clinical technicians, medical receptionists, managers, and admin- istrative staffs.
* Function independently and exercise judgment in interactions with physicians, inter-professional care team and patients and their families.
* Utilized critical thinking skills and clinical judgment to work autonomously as defined by the Nurse Practice Acts.
* Educated patients, caregivers and families on diagnoses, treatment options and disease prevention

HCA **Registered Nurse/Med-Surg/Telemetry** / Clear Lake Regional Medical Center - Webster, TX *07/2018 - 1/30/2020*

* Utilized critical thinking and time management skills while providing proficient nursing care for up to five acutely ill patients with a wide variety of diagnoses on a 16-bed meg-surg/telemetry unit.
* Monitored and recognized patients vital signs, symptoms, telemetry readings and EKG for abnormal heart rhythms or changes such as Afib, heart blocks, Vtach/fib notify physicians for immediate treatment.
* Providing nursing care to surgical patients, completing pre-operative and post-operative care. Performed physical assessment , administered medications, I.V fluids and monitored recovery progress.
* Direct bedside nursing care for patients on Telemetry/Cardiac step down unit.
* Performed complete and frequent patient assessments, recognizing changes in conditions, adjusting care, initiat- ing interventions and advocating for the patient when needed.
* Evaluated patient's pain status and facilitated effective pain management techniques.
* Accurate and timely medication administration from Pyxis med delivery system, treatment and procedures as or- dered by MD
* Documented patient assessments and medication using One Chart.
* Administered PO, NGT, GT, SQ, IM and IV medications per state and facility regulations.
* Worked with diverse medical tools such as feeding pumps, IV pumps, PCA pumps, telemetry monitors, chest tubes, Rectal tube and suction devices.
* Team player that worked closely with physicians, clinical technicians, medical receptionists, case managers, phys- ical, occupational and respiratory therapist to deliver client focused care.
* Assisted patients with multiple chronic diagnoses including COPD and asthma.
* Assessed patients in active withdrawal and provided interventions to manage physical and psychological with- drawal symptoms.
* Educated patients, caregivers and families on diagnoses, treatment options and disease prevention.

HCA **Registered Nurse/Med-Surg/Telemetry** / Methodist Specialty Transplant Hospital - San Antonio, TX *02/2018 - 05/2018*

* Primary nursing care for 5- 6 Medical Surgical / Telemetry patients with cardiac/surgical post-operative procedures such as GI, GU, barbaric, vascular , Gyn, surgeries .
* Utilized multiple wound care products in order to perform complex wound care on various types of wounds includ- ing pressure ulcers, skin tears, surgical wounds, colostomies, urostomies and Jackson-Pratt drains.
* Monitored patient progress , laboratory values and test results.
* Performed frequent patient and family teaching about operative procedures, wound care, drain, treatment plan, medical devices, diet, medications and activities.
* Administered PO, NGT, GT, SQ, IM and IV medications per state and facility regulations.
* Worked with diverse medical tools such as feeding pumps, IV pumps, PCA pumps, telemetry monitors, chest tubes and suction devices.
* Team player that worked closely with physicians, clinical technicians, medical receptionists, case managers, phys- ical, occupational and respiratory therapist to deliver client focused care.
* Handled telemetry monitoring of patients cardiac rhythms.
* Administered medications in the proper dosages as detailed by physicians on patient charts.
* Performed lab tests and communicated results.
* Tested glucose and administered injections.

HCA **Telemetry Registered Nurse/Med-Surg** / Round Rock Medical Center - Round Rock, TX *08/2017 - 11/2017*

* Handled telemetry monitoring of patients cardiac rhythms.
* Prepared specimens for analysis and established proper chronological priorities in testing.
* Took and recorded patients' temperature, pulse and blood pressure.
* Performed all tasks with a patient-centered focus while seeking opportunities for improvement of processes and treatments.
* Provided diagnoses and treated patients with chronic and acute health problems, including MI, arrhythmias, asth- ma, COPD, pneumonia.
* Evaluated health education needs of patients and provided necessary training and instruction.
* Recorded patients' medical history, vital statistics and test results in medical records.
* Assisted patients with healing and recovery after surgery.
* Monitored post-op vitals, set up PCA, fluids, reviewed post-op orders and assimilated patients to unit.
* Evaluated patients presenting with acute conditions such as asthma, appendicitis and hernia.
* Coordinated and interpreted radiological scans, EKGs and other diagnostic screenings to diagnose patient condi- tions.
* Provided key information regarding diseases, medications and course of treatment to patients and caregivers.
* Carried out nursing tasks in the safest possible manner to ensure a high level of care that complied with the orga- nization's procedures and regulations.
* Educated patients and families on diseases, medical and surgical procedures, medication regimens and pain self- management.
* Performed comprehensive patient assessments to identify patient needs, devise individualized plans of care, mod- ify care solutions and ensure patients' rights.
* Provide post-surgery treatment for patients with ostomies and chest tubes, rectal tubes, Hemovac and JP drains.
* Treated and managed complex wounds, including diabetic ulcers, vascular wounds and wounds resulting from traumas.
* Cared for patients with various wounds caused by injuries, medical treatments and diseases.

**Registered Nurse/Med-Surg** / Liquid Agent Healthcare East Texas Medical Center - Tyler, TX *01/2017 - 04/2017*

* Providing nursing care to surgical patients, completing pre-operative and post-operative care. Performed physical assessment , administered medications, I.V fluids and monitored recovery progress.
* Direct bedside nursing care for patients on Telemetry/Cardiac step down unit.
* Monitored and recognized patients vital signs, symptoms, telemetry readings and EKG for abnormal heart rhythms or changes such as Afib, heart blocks, Vtach/fib notify physicians for immediate treatment.
* Utilized critical thinking and time management skills while providing proficient nursing care for up to six acutely ill patients with a wide variety of diagnoses on a 16-bed meg-surg/telemetry unit.
* Performed complete and frequent patient assessments, recognizing changes in conditions, adjusting care, initiat- ing interventions and advocating for the patient when needed.
* Evaluated patient's pain status and facilitated effective pain management techniques.
* Accurate and timely medication administration from Pyxis med delivery system, treatment and procedures as or- dered by MD
* Documented patient assessments and medication using One Chart.
* Performed frequent patient and family teaching about operative procedures, wound care, drain, treatment plan, medical devices, diet, medications and activities.
* Utilized multiple wound care products in order to perform complex wound care on various types of wounds includ- ing pressure ulcers, skin tears, surgical wounds, colostomies, colostomies and Jackson-Pratt drains.
* Administered PO, NGT, GT, SQ, IM and IV medications per state and facility regulations.
* Worked with diverse medical tools such as feeding pumps, IV pumps, PCA pumps, telemetry monitors, chest tubes, Rectal tube and suction devices.
* Team player that worked closely with physicians, clinical technicians, medical receptionists, case managers, phys- ical, occupational and respiratory therapist to deliver client focused care.

**Registered Nurse/Med-Surg/Telemetry** / Memorial Herman Northeast Hospital - Humble, TX *05/2014 - 01/2017*

* Utilized critical thinking and time management skills while providing proficient nursing care for up to six acutely ill patients with a wide variety of diagnoses on a 35-bed meg-surg/telemetry floor.
* Performed complete and frequent patient assessments, recognizing changes in conditions, adjusting care, initiat- ing interventions and advocating for the patient when needed.
* Evaluated patient's pain status and facilitated effective pain management techniques.
* Documented patient assessments and medication using Epic.
* Performed frequent patient and family teaching about operative procedures, wound care, drain, treatment plan, medical devices, diet, medications and activities.
* Utilized multiple wound care products in order to perform complex wound care on various types of wounds includ- ing pressure ulcers, skin tears, surgical wounds, colostomies, urostomies and Jackson-Pratt drains.
* Administered PO, NGT, GT, SQ, IM and IV medications per state and facility regulations.
* Worked with diverse medical tools such as feeding pumps, IV pumps, PCA pumps, telemetry monitors, chest tubes and suction devices.
* Team player that worked closely with physicians, clinical technicians, medical receptionists, case managers, phys- ical, occupational and respiratory therapist to deliver client focused care.
* Handled telemetry monitoring of patients cardiac rhythms.
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* Tested glucose and administered injections.

# EDUCATION AND TRAINING

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| CHAMBERLAIN UNIVERSITY COLLEGE OF NURSING - Houston, TX  **Nursing BSN Program** | *2013* |
| LONE STAR COLLEGE - Houston, TX  **Associate of Science** | *2010* |
| HOUSTON COMMUNITY COLLEGE - Houston, TX  **Associate**: Liberal Arts | *2000* |
| Chamberlain University College of Nursing - Houston  **Certificate**: Chronic Disease Management |  |

* Deliver the evidence-based program to persons whom have chronic conditions and to their caregivers to help them achieve better management of their health and reach successful outcomes.
* Conduct a class room of a minimum of 12 participants for 2.5 hours per week for 6 weeks in the community set- tings such as senior centers, churches, libraries, hospitals, and at various locations in the city of Houston.
* Teach participants on how to deal with symptoms, frustration, and how to design their own self-management pro- gram.
* Completed professional development in Chronic Disease Management

# ACTIVITIES AND HONORS

* Member of PHI PI Chapter Sigma Theta Tau International Honor Society of Nursing
* Member of the National Student Nurse Association