

Lydia Paulson

RN Manager - Sauer Health Care

Winona, MN 55987

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Current RN license in the state of Minnesota and Wisconsin, in good standing.

Work Experience

RN Manager

Sauer Health Care - Winona, MN

June 2011 to Present

I manage a 41 bed unit at a skilled nursing facility, overseeing and coordinating all patient care. I manage a team of LPNs, TMAs, and CNAs within the unit. I have extensive experience with insurance coordination for admissions as well as prior authorizations for medications. My skills include but are not limited to: vital sign monitoring, diabetes management including blood glucose testing, insulin administration, and diabetes education, venipuncture, post-op surgical site care, suture/staple removal, G-tube care, feeding tube management, wound care, clean & aseptic dressing changes, wound-vac management, urinary catheterization, medication administration, PICC line care, Central Line care, Dialysis coordination, oropharyngeal suction, tracheostomy care, infection control practice and implementation, skilled head to toe nursing assessment, Intradermal, subcutaneous, and intramuscular injections, patient care coordination, pharmacological and non-pharmacological behavioral intervention, non-pharmacological pain management, implementing palliative and hospice care, staff development, management of both unlicensed and licensed staff, staff mentoring, coaching, and discipline, telemedicine visits, doctors' rounds and preparation, communication with providers, staffing, and staff mentoring, communication with family/support system, advanced care-planning, discharge planning, patient teaching

Licensed Practical Nurse

Sauer Health Care - Winona, MN

September 2009 to June 2011

I was responsible for medication administration, and treatments to patients on assigned unit, and for reporting to RN manager, as well as data collection and skills including: vital sign monitoring, diabetes management including blood glucose testing and insulin administration, intradermal, subcutaneous, and intramuscular injections, feeding tube care/administration, sterile wound dressing changes, catheterization, patient data collection, non-pharmacological intervention and implementation (ex-warm/cold therapy, guided imagery, etc for pain and/or behavior management), overseeing patient care delivered by unlicensed staff, basic patient care including providing ADLs, and restorative services. Communication with families/patient supports, provide insight to patient plan of care

Unlicensed Work History

Trained Medical Assistant

Sauer Health Care - Winona, MN

May 2009 to September 2009

Certified Nursing Assistant

Sauer Health Care - Winona, MN
December 2008 to September 2009

Health Care Technician

ALTERRA STERLING HOUSE - Winona, MN
October 2007 to January 2009

Certified Nursing Assistant

Lake Winona Manor - Winona, MN
September 2007 to December 2008

Certified Nursing Assistant

Tri-County Memorial Hospital - Whitehall, WI
May 2007 to September 2007

Certified Nursing Assistant

Gundersen Tri-County Memorial Hospital - Whitehall, WI
May 2007 to August 2007

Certified Nursing Assistant

Grand View Care Center - Blair, WI
July 2004 to August 2007

Education

Master's Degree in Nursing, FNP specialty

Walden University - Minneapolis, MN
October 2020 to October 2021

Bachelor's degree-BSN in Nursing

Chamberlain College of Nursing - Addison, IL
February 2019 to September 2020

Associates Degree in Registered Nursing in RN

MINNESOTA STATE COLLEGE SOUTHEAST TECHNICAL
2011

Diploma in Practical Nursing in LPN

MINNESOTA STATE COLLEGE SOUTHEAST TECHNICAL
September 2007 to August 2009

Music Therapy

AUGSBURG COLLEGE
September 2006 to May 2007

High School Diploma

WHITEHALL MEMORIAL HIGH SCHOOL
September 2002 to May 2006

Skills

- Customer Service (10+ years)
- EMR (10+ years)
- Excel (10+ years)
- Mentoring (10+ years)
- Telemedicine (10+ years)
- Med Surg
- RN
- Nursing
- Nurse Management
- Medication Administration
- Hospice Care
- Venipuncture (10+ years)
- EPIC EMR System (5 years)
- Phlebotomy
- Teaching
- Case management (10+ years)
- Vital signs (10+ years)
- Pain Management
- Wound Care (10+ years)
- Microsoft Office
- Medical billing

Languages

- English - Expert

Awards

The Heart of Healthcare

May 2020

I received this award through a coworker nomination for the Heart of Healthcare that recognizes outstanding nurses in the tri-state (MN, WI, & IA) area. A panel for the award voted my nomination into the top 10 recipients.

Certifications and Licenses

RN

BLS Certification

Advanced Trauma Nursing Certification

June 2019 to June 2023

Additional Information

Skills Summary

- Excellent Communication Skills
- Excellent Customer Service Skills
- Strong Mentoring & Teaching Skills
- Strong Leadership Skills
- Utilize the Nursing Process Effectively to Meet Patient Needs
- Strong Patient Advocate
- Strong Organizational Skills
- Work Well With A Team
- Mission Driven
- Dedicated & Committed
- Empathetic
- Responsible
- Function well in a fast-paced environment
- Strong Work Ethic
- Provide Individualized Care
- Strong Nursing Skill Set

Other Skills

- Proficient in electronic medical record use (I have experience with 3 different EMR systems)
- Proficient with Microsoft Excel, & Word
- Interested in utilizing non-traditional therapies (pet, music) to promote overall health