

# Kayla Gosman

Chesapeake, VA 23322

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## Work Experience

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### **Registered Nurse (RN)**

Sentara Healthcare - Norfolk, VA

August 2020 to Present

- Working on a high-risk 17 bed labor and delivery unit with over 300 deliveries a month in a teaching facility. This unit consists of 11 labor rooms, 3 triage rooms, 3 PACU beds, and 2 operating rooms.
- External fetal monitoring
- Assessment of uterine activity via external toco transducer, intrauterine pressure catheter, and palpation
- Collaborating with physicians, nurses, and other members of the patient care team
- Triageing patients
- Caring for high-risk mothers
- Medication administration including PCA, epidural infusions, and titratable medications
- IV medication administration via Alaris pumps and ICU medical pumps
- EPIC charting
- Management of diabetes in pregnancy; including subcutaneous insulin, IV insulin, insulin pump management, and carbohydrate counting
- Management hypertension in pregnancy along with other complications of pregnancy
- Circulating the operating room
- PACU
- Neonatal/Fetal demise care and family support and counseling
- Management and assessment of antepartum, intrapartum, and postpartum patients
- Non-pharmacological interventions for pain management and labor progression
- Placement of fetal spiral electrodes and performing digital cervical exams
- Perform neonatal resuscitation
- Identify and communicate abnormal lab values, vital signs, fetal heart rates, and clinical picture to doctors
- Interpretation of fetal presentation by cervical exam and Leopold's maneuver
- Advocating for patients
- Recognizing the need for and establishing interdisciplinary consults
- Breastfeeding and feeding cues assessment
- Promotion of parent/child attachment
- PIV and foley catheter insertion
- Wound care
- VTE prevention and management
- Blood product administration
- Identifying and management of postpartum hemorrhage
- Provided nursing care for up to 4 patients per shift
- Admitted patients

- Collected and interpreted patient data
- Facilitated the plan of care
- Delivered patient education
- Formulated and evaluated health care plans
- Precepting nursing students and newly hired employees

## Education

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### **Bachelor's degree in Nursing**

Sentar - Chesapeake, VA

January 2018 to April 2020

## Nursing Licenses

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### **RN**

Expires: December 2022

State: VA

## Skills

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- Nursing
- Medication Administration
- EMR Systems
- Basic IV
- Vital Signs
- Triage
- Hospital Experience
- Case Management
- Catheterization
- Catheter care
- Acute Care
- Patient Care
- Caregiving
- Epic

## Certifications and Licenses

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### **BLS for Healthcare Providers**

January 2021 to January 2022

### **Advanced Cardiovascular Life Support (ACLS)**

January 2021 to January 2022

# **Neonatal Resuscitation Program (NRP)**

January 2021 to January 2022