**Kelsey Parkins**

 **112 E Payton, Des Moines, IA 50315**

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 **(515) 321-4075**

**Summary**

I received my CNA and Advanced CNA as a high School student. I have always loved helping other people. I started working in a long-term care facility in 2012. I have worked in long term facilities and hospital settings with a variety of different specialties (wound care, telemetry, skilled nursing, Dementia/Alzheimer’s, Trachs/Vents, Hospice Care, ect) I enjoyed travel nursing as a CNA in different facilities and as a float in the hospital setting. In 2020 I received my LPN and have enjoyed expanding my skills. I am very reliable and committed to the work I do. I am very dedicated and enjoy communicating with others to accomplish tasks. I take pride in my work, I am always willing to go the extra mile while helping my employer achieve company goals.

**Practices/Skills**

* Medication administration
* Tube feedings
* Glucose monitoring
* Electronic charting
* INR/Coumadin orders
* Admission/Discharges
* Budgeting
* Patient/Family Education
* Wound care
* SNF/LTC
* Hospice
* Decision making
* Leadership/Teamwork skills
* Great observational skills
* Written and Verbal communication
* Interpersonal skills
* Stress management
* Time management
* Empathy
* Adaptable

 **Experience**

 **2020-Current LPN**

 **Urbandale Healthcare**

 **4614 84th St, Urbandale, IA**

 **(515) 270-6838 Amanda Melton (ADON)**

* Assessments, Electronic charting, SNF and LTC.
* Proper observation and reporting, plan/manage patient care based on needs.
* Admissions/Discharges, Routine care, Review medical charts.
* Covid-19 unit, 24 hour report with patient comfort, and Catheters/Colostomies.
* Feeding Tubes, Detail oriented, managing multiple Patients/Residents.
* Medication Administration, Treatments/Wound care and Interprofessional Collaboration.

**2016-2020 CNA**

**Jewish Life Center**

**900 Polk BLVD, Des Moines, IA**

**(515) 255-5433 Supervisor: Joy T Director of Nursing**

* Rotated units (Dementia/Alzheimer’s, Long term care, Skilled nursing).
* Worked under a RN, assisted in ADL’s ( Denture care, Showers, Bed baths, Dressing).
* Communicated with families while also reporting to a Nurse.
* Documented I&O, Assisted in wound care/Treatments.
* Collected samples, Point click care system.

**2015-2016 Patient Care Tech/Telemetry Monitor**

**Select Specialty Hospital**

**1111 6th Ave 4th floor, Des Moines, IA**

**(515) 246-4400 Supervisor: Jesse Nurse Manager**

* Assisted in bed baths- daily hygiene, and filled out markerboards/assignments.
* Passed trays and patient feeding, as well as assisted in wound cares.
* Walked patients, worked on a team with other aids, respiratory therapy, wound nurses.
* Trachs, ventilator, dialysis patients, and assisted RN as needed.
* Documented paper charting, and sanitation protocols.
* Communicated with speech, occupational, and physical therapists.

**2013-2014 PCT**

**Methodist Hospital North 3 Cardiology**

**1200 Pleasant St, Des Moines, IA**

**(515) 241-6212**

* Assisted RN, wound vacs, chest tubes, and helped with vitals hourly.
* Phlebotomy, telemetry tech, bed baths/showers dental care, and repositioning.
* Maintained sanitation protocols, as well as walking patients.
* Room trays and patient feeding.

**2012-2015 CNA**

**Regency Care Center**

**815 High Rd, Norwalk, IA**

**(515) 981-4269 Victoria Lehman (ADON)**

* Assisted with ADL’s and worked all shifts and was familiar with all shift schedules and duties.
* Positioning, bathing, feeding, and helping residents in any way needed or asked.
* Worked as a float covering multiple halls and did paper charting.
* Maintained cleanliness of rooms/ patient belongings.

**Education**

**2013 Carlisle High School, High School Diploma**

**2012-2013 DMACC CNA- Advanced CNA Phlebotomy**

**2013-2014 DMACC Pre Nursing**

**2019-2020 DMACC Practical Nursing Program**

**Multi-State Licensed Practical Nurse**

**License Number: P64297**

**LPN Supervisor Course 2021**

**Current CPR, Dependent Adult Abuse**