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# SARAH E. ANDERSON

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## PROFESSIONAL SUMMARY

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Highly skilled Intensive Care Nurse with 10 years of nursing experience and a dedication to best-in-class patient services through effective critical care planning and management. Trained in critical care and trauma and designing individualized care plans for patient success. Proven leader with great multitasking skills and a fantastic eye for detail.

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## SKILLS

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- Advanced Cardial Life Support
- Continuous Renal Replacement Therapy
- Research data collection
- Woundcare proficient
- Vigileo
- Invasive lines
- Respiratory maintenance
- Documentation
- Leadership
- Patient Advocacy
- Nursing
- Safety
- Education
- Hemodynamics monitoring
- Thermoregulation

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## WORK HISTORY

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**Registered Nurse- Burn Intensive Care Unit, 08/2017 to Current**

**MedTrust LLC – Fort Sam Houston, TX**

- Charge nurse role including patient/staff assignment, ER evaluations, and coordination with multidisciplinary team for optimal patient interventions
- Member of Rapid Response Team of nurses providing emergent care, critical thinking, and education for step down PCU patients and nursing staff.
- Expert wound care nurse and educator involving management of burns, including donor sites and grafted areas, skin disorders such as, necrotizing fasciitis, TENS, fungus, and other dermatologic skin conditions.
- Continuous Renal Replacement Therapy Super user and educator.
- Monitored patient condition, including interpreting and tracking EKG readings, identifying irregular telemetry readings and updating team members on changes in stability or acuit.
- Concious sedation and pain management certified.
- Complete PACU recoveries of ICU/PCU patients.
- Burn Navigator Decision Support super user and educator for resuscitation utlizing rule of nines.
- CoreTrack certified for the placement, management, and administration of feedings/medication through

NGT or Dobhoff tube.

- Member of Unit Practice Council responsible for unit driven and focused initiative to better ward and patient outcomes.
- Provide quarterly staff development education to refresh and validate required skills.
- Member of the Vermont Nursing Initiative Program that trains new staff members, and utilizes periodic survey tools to ensure a tailored preceptorship is met. This initiative is meant to decrease staff turnover and burnout.
- Assist in ongoing research through accurate data collection and participation (Nexibrid, Medihoney, etc.).
- Providing patient/family continued education about burn care for the trauma patient, including outpatient consults and care for ER visits.
- Effectively titrates drips according to burn ICU protocol including sedation, cardiac medications, insulin, etc.
- Coordination with multidisciplinary staff including rehab therapy, respiratory therapy, and social workers to complete plan of care.
- Administrative functions to include experience in Essentris electronic documentation system, microsoft office products, outlook.

#### **Licensed Practical Nurs-Burn Progressive Care Unit, 01/2013 to 08/2017**

##### **Professional Performance Development Group – Fort Sam Houston, TX**

- Monitored patient condition, including interpreting and tracking EKG readings, identifying irregular telemetry readings and updating team members on changes in stability or acuity.
- Member of the Unit Practice Council.
- Member of the Vermont Nursing Initiative Program as a preceptor.
- Assist in ongoing research through accurate data collection and participation.
- Providing patient/family with continued education about burn care for the home management, in addition to providing outpatient consults and care for ER visits.
- Administrative functions to include experience with Essentris EMR systems, microsoft office, and outlook.
- Administered medications and treatment to patients and monitored responses while working with healthcare teams to adjust care plans.
- Facilitated therapeutic communication, conflict resolution and crisis intervention by redirecting negative behaviors and helping patients regain or improve coping abilities to prevent further disability.
- Led nursing teams of 6 patients in driving successful patient outcomes by prioritizing standard of care and best practices.
- Partnered with physicians, social workers, activity therapists, nutritionists and case managers to develop and implement individualized care plans and documented all patient interactions and interventions in electronic charting systems.
- Advocated for patients by communicating care preferences to practitioners, verifying interventions met treatment goals and identifying insurance coverage limitations.

**Licensed Vocational Nurse- Pediatric Home Health, 12/2010 to 12/2012**

**Epic Healthcare Solutions – San Antonio, TX**

- Provide long term care for pediatrics in patient home which includes all of the following but is not limited to: Administering prescribed medications, noting times and amounts on patients' charts.
- Observing patients, charting and reporting changes in patients' trending, such as adverse reactions to medication or treatment, and taking any necessary action to ensure patient comfort and safety.
- Providing basic patient care and treatments, such as measuring and recording patients' vital signs, including height, weight, temperature, blood pressure, blood sugars, pulse and respirations; Assisting or managing activities of daily living, such as bathing, brushing teeth/hair, shaving, hand washing, using the restroom or changing and feeding.
- Other skills include cleaning and dressing wounds/burns, documentation of I/O, treating bedsores via rotation q 2hrs, administering enemas or douches, or performing and maintaining catheterizations.
- Assembly and use of equipment, such as G-tube supplies, suction, and oxygen supplies; to collect samples such as blood, urine and sputum from patients, and performing routine laboratory tests on samples.
- Sterilizing equipment and supplies, by using germicides or a sterilizer.
- Working as part of a health care team to consistently assess patient needs, plan and modify care and implement interventions to always improve the continuum of care.
- Prepare patients for examinations, tests or treatments and explain procedures, as well as commute with patient to necessary appointments/procedures.
- Follow thru with prescribed treatments and therapy deemed necessary from providers.
- And subsequently provide accurate and honest documentation of all procedures and prescribed treatments.

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**EDUCATION**

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05/2017

**Texas A&M University of Corpus Christi BSN**

08/2015

**San Antonio College Undergraduate**

**AMEDD Center and School LVN; BLS: 12/2010**

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**CERTIFICATIONS**

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Registered Nurse licensure, Texas Board of Nurse Examiners, EXP: August 2023 ACLS certified, American Heart Association, EXP: May 2023 BCLS certified, American Heart Association, EXP: April 2023