Savanna Wingate

Birmingham, AL

(229) 449- 3054

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Education

**Bachelor of Science in Nursing**, May 2019

*Samford University*, Birmingham, AL

**Bachelor of Science in Exercise Science**, May 2018

*University of Mississippi*, Oxford MS

Chancellor’s Honor Roll 2017-2018

Dean’s Honor Roll 2016

Certification

Basic Life Support, American Heart Association

Advanced Cardiac Life Support, American Heart Association

Pediatric Advanced Life Support, American Heart association

Experience

*Kettering Medical Center* // Dayton, OH// November 2021- December 2021

Surgical Intensive Care Unit

Travel Registered Nurse- Managed and cared for the critically ill patients that experienced neurology, trauma, and surgical emergencies.

New Traveler Preceptor- Oriented new traveling nurses to the unit

Level II Trauma Center

*Asante Rogue Regional Medical Center* // Medford, OR// August 2021-October 2021

Cardiac Care Unit/Intensive Care Unit

Travel Registered Nurse- Provided patient care to the patients with multiple heart conditions as well as the critically ill COVID patients in the ICU

Level II Trauma Center

*Princeton Baptist Medical Cente*r // Birmingham, AL // August 2019- August 2021

Cardiac Intensive Care Unit

Registered Nurse- Managing and caring for critically ill patients

Relief Charge Nurse- Acting in position of charge nurse when hired charge nurse is unable

Nurse Preceptor- Teaching and precepting students in their last semester of nursing school

New Hire Preceptor- orienting new nurses to the unit to ensure their success

Research Assistant // Oxford, MS // January 2017- May 2018

Spearheaded a research project with the assistance of a graduate student looking at the effect exercise has on memory

Experiment investigation of the effects of acute exercise on memory influence

Independent research project evaluating bias associated with physical activity

Potential concerns of common method bias

Leadership and Community Involvement:

Ronald McDonald House Volunteer- Birmingham, AL

Shepard’s Fold Volunteer- Birmingham, AL

Assisted in health assessments and health care teaching for men who lack the ability to proper health care shortly after getting out of prison

Delta Delta Delta Sorority- University of Mississippi

Risk Management Committee

St. Jude Children’s Research Hospital

Sincerely Yours- Letter writing campaign

Big Event- Oxford, MS

Community wide outreach event

Leap Frog Tutor

Mentored a group of students in 2nd-4th grade to with reading and math skills

Assisted in organizing after school activities

Oxford Humane Society Volunteer

Fed, bathed, and cared for animals in the shelter

Donated and organized food and toys for the facility

Skills and Abilities:

*Specially trained and competent in implementing care to patients undergoing critical interventions including:*

Extra Corporeal membrane Oxygenation, Intra-Aortic Balloon Pump, Impella Left ventricular Assist Device, Continuous Renal Replacement Therapy, Targeted Temperature Management, Swan-Ganz Catheter, temporary transthoracic epicardial pacing wires, mechanical ventilation. Moderate sedation, vasopressor support, and blood administration.

*Trained and Competent in monitoring and providing care and interventions to patients in the immediate post-operative phase of the following surgeries:*

Coronary Artery Bypass Graft, Trans Aortic Valve Replacement, Mitral Valve Replacement, Thoracic Endovascular Aortic Repair, Aortic Root Repair, heart valve replacement and repair, thoracotomy, carotid stent, Percutaneous Coronary Intervention, Craniotomy, and Exploratory Laparotomy.

*Proficient at utilizing high level critical thinking skills with the ability to flexibly adapt to changing environment and patient condition while being a strong patient advocate*