

# Regina Kamrud

Taylorsville, KY 40071

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Attentive, independently motivated, and focused Healthcare professional offering 1222 hours of hands-on experience in hospital environments, 5 years in long-term facilities, 1 year in mental health, and 7 years in high stress non-medical related fields. Successful in quickly building rapport with patients and families. Highly proficient in all areas of patient care, including assessments, medication administration and health education. Eager to contribute to team and patient success through hard work, attention to detail, and excellent organizational skills.

## Relevant Coursework

- Medical Surgical Nursing \* Anatomy and Physiology \* Leadership and Management
- Medical Ethics \* General Psychology \* Human Growth and Development
- Critical Care \* Interpersonal Relations \* Fundamentals of Nursing

Authorized to work in the US for any employer

## Work Experience

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### **Director of Nursing**

Bluegrass Consulting Group - Louisville, KY

August 2021 to Present

- Oversee nursing staff at 107-bed skilled nursing facility
- Monitor the accuracy of nursing staff charting through daily clinical meetings
- Follow up with missing or lacking charting through educating staff
- Act as liaison between staff and residents/families
- Act as ADON and continue duties of previous position
- Act as IPSD and ensure education, orientation, and infection control duties are completed
- Assist floor staff as either nurse or aide when short staffed

### **Assistant Director of Nursing (ADON)**

Bluegrass Consulting Group - Louisville, KY

June 2021 to August 2021

- Completed weekly rounding with wound care doctor
- Kept wound documentation updated and accurate
- Assisted floor staff where needed
- Maintained prior authorizations and formulary
- Assisted IPSD in staff education and COVID testing
- Evaluated resident skins upon admission
- Conducted clinical and followed up on missing/lacking information

### **Staff Development Coordinator**

Signature Healthcare - Louisville, KY

January 2021 to June 2021

- Manage education of staff, and ensured they remain up to date on all policies and procedures.

- Ensure employee health records remain up-to-date and filed accurately.
- Facilitate staff appreciation and moral in building
- Maintain educational material and monitor the needs of an average of 110 employees.
- Teach PCA and CPR classes to ensure staff remain certified

### **Registered Nurse**

Signature Healthcare - Louisville, KY

May 2020 to January 2021

- Provided direct care to residents in both skilled and rehabilitation units for 22 plus residents a day.
- Administered medications, both scheduled and as needed, in a timely and concise manner.
- Maintained accurate and up-to-date medical records for an average caseload of 22 patients, while keeping physicians and other specialists current on any changes in resident health.

### **Registered Nurse-ICU**

University of Louisville - Jewish Hospital - Louisville, KY

July 2020 to October 2020

- Assessed patients and presented any changes to intensivist in order to provide most relevant care possible.
- Administered medications, as ordered, while ensuring applicability based on patient status and diagnosis.
- Communicated with patient, when able, and their families on any changes in patient status and plan of care

### **Certified Nursing Assistant**

Signature Healthcare - Louisville, KY

March 2019 to May 2020

- Assisted patients with mobility needs, including moving to and from beds, organizing wheelchairs and preparing assistive devices.
- Facilitated activities of daily living, including personal hygiene management, feeding and ambulation.
- Gathered dietary information, assisted with feeding and monitored intake to help patients achieve nutritional objectives and support wellness goals.

### **In-home Caregiver**

Case Management Caregiving - Missoula, MT

August 2017 to January 2019

- \* Helped clients maintain quality of life by assisting clients perform activities of daily living including light-housing cleaning, bathing, grooming, transferring, and meal prep.
- \* Ensured clients received medication and physical therapy in a timely manner as prescribed by medical professionals.
- \* Supported clients emotionally through chats, activities, and movie nights.

### **Weapons Load Crew Member**

US Air Force - Ellsworth AFB, SD

January 2009 to February 2014

- \* Arranged, transferred, and maintained 63 training records, 25 work instructions, and other department procedures while ensuring all paperwork was processed in a timely manner.

\* Supported Shift Lead in preparing daily and weekly reports, employee communications, in and out-processing of personnel, office supply inventory, and daily inspection of all assigned buildings for quality appearance.

\* Awarded Quality Assurance (QA) Honor Roll for five consecutive years and maintained 100% QA pass rates by conducting, implementing, and enforcing all policies and procedures as outlined in the company's policy and procedures manuals.

## Education

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### **Bachelor of Science in Nursing**

Bellarmine University - Louisville, KY

May 2020

### **Bachelor of Arts in Psychology**

South University-Savannah - Savannah, GA

February 2014 to December 2015

### **Associate of Applied Science in Aircraft Armament Systems Technology**

Community College of the Air Force

February 2014

## Nursing Licenses

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### **RN**

Expires: October 2021

State: KY

## Skills

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- Microsoft Office
- Data Management
- Infection Control/Aseptic Procedures
- BLS CPR Certified
- Time-Management
- Strong Verbal Communicator
- Crisis Intervention
- Educator
- Strong Management Skills
- Anatomy Knowledge
- ICU Experience
- Medication Administration
- Vital Signs
- Nursing

- Critical Care Experience
- Physiology Knowledge
- Hospital Experience
- Meal Preparation
- Hospice care
- EMR systems
- Caregiving
- Acute care

## Links

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<http://linkedin.com/in/ginak91>

## Military Service

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**Branch: United States Air Force**

Service Country: United States

Rank: E4

January 2009 to February 2014

## Certifications and Licenses

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**CPR/BLS**

February 2021 to February 2023

**CPR Instructor**

February 2021 to February 2023

## Assessments

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**Clinical judgment — Highly Proficient**

September 2021

Assessing a patient's condition and implementing the appropriate medical intervention

Full results: [Highly Proficient](#)

Indeed Assessments provides skills tests that are not indicative of a license or certification, or continued development in any professional field.