

Kari Kytola

Medford, OR 97504

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Compassionate and caring Registered Nurse seeking a job in a team environment. Outstanding work ethic providing and advocating for safe patient care.

Authorized to work in the US for any employer

Work Experience

Registered Nurse

MEDICAL EYE CENTER - Medford, OR

October 2021 to Present

- Assessed patient physical, social, language or mental needs
- Continuously monitored patients' conditions
- Start IV's
- Discharge instructions
- Verify patients understand procedure and surgeon
- Discharge patients after surgery based on stable condition
- Monitor vital signs
- Administer eye drops
- Charting using Nextech

Postpartum and Labor and Delivery Registered Nurse

Rehoboth McKinley Christian Health Care Services - Gallup, NM

May 2020 to May 2021

- Knowledge of postpartum evaluation, anticipatory guidance, and preventative health measures
- Ability to assess and care for the normal newborn
- Understanding of physiology and techniques of breastfeeding
- Knowledge of medications
- Discharge planning for mother and newborn
- Principles of communication and history taking
- Thorough understanding of the mechanisms and processes of labor and childbirth
- A good understanding of the normal physical and emotional changes that occur as labor progresses
- Knowledge of labor coaching and support principles
- Ability to care for newborn during cesarean sections

Registered Nurse

Slocum Orthopedics Ambulatory Surgery Center - Eugene, OR

July 2013 to October 2019

Worked my way to become Charge RN in January 2017.

- Ability to think quickly, handle day to day operations as well as emergencies
- Up to 30 surgical cases per day

- Managed four operating rooms daily including managing up to 10 staff members
- Handled equipment needs with vendors and sterile processing department
- Created staffing schedule
- Worked with 17 orthopedic surgeons including Sports Medicine physicians and Total Joint physicians
- Ability to circulate all orthopedic cases including total knee and total hip procedures

Circulating Nurse, Operating Room

McKenzie Willamette Medical Center - Springfield, OR

February 2015 to February 2016

- Circulated Orthopedic, General, Urology and Neurology cases
- Ability to work independently and within a team environment
- Turn over rooms for surgery practicing safe guidelines
- Picked surgical cases for the following day

Birth Attendant

Birth Design Doula Services - Eugene, OR

2003 to 2015

- Supported women and family through the entire childbirth process at birth centers, hospitals and private homes
- Created birth plans based on clients wishes for birth experience
- Offered lactation support and newborn teaching
- Successful VBAC support, emergency caesarean sections and offered support for patients whose infants went to NICU
- Postpartum doula care provided on case by case basis

Education

Associate in Nursing

Lane Community College - Eugene, OR

September 2008 to June 2010

Nursing Licenses

RN

Expires: December 2021

State: OR

RN

Expires: January 2022

State: NM

Skills

- Charge Nurse (2 years)
- Vital Signs

- EMR Systems
- Critical Care Experience
- Anatomy Knowledge
- Triage
- Hospital Experience
- Medical Terminology
- Physiology Knowledge
- Laboratory Experience
- Patient Care
- Medication Administration
- Phlebotomy
- Experience Administering Injections
- Acute care
- Epic

Awards

Safety Award for Labor and Delivery

June 2020

Quick thinking for a precipitous birth

Certifications and Licenses

S.T.A.B.L.E.

November 2020 to November 2022

Fetal Heart Monitoring

December 2020 to Present

NRP

August 2020 to August 2022

BLS Certification

July 2020 to July 2022