**Kara Strack, BSN, RN**

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C: (443)324-4915 email: kas013@lvc.edu

**QUALIFICATIONS PROFILE:** Ambitious, energetic, and team-oriented young healthcare professional with a strong desire to succeed and an exceptional demeanor in high-demand environments. Clinical experience in skilled nursing, medical surgical, telemetry, and intermediate care with the desire to thrive and learn daily.

**EDUCATION:**

**Stevenson University**  **Owings Mills, MD 21117**

*Major: Bachelor of Science in Nursing (GPA: 3.34)* Graduation: May 2020

**Carroll Community College** **Westminster, MD 21158**

*Major: Registered Nursing (GPA: 3.43)* Graduation: May 2019

**Lebanon Valley College**  **Annville, PA 17003**

*Major: Bachelor of Science in Biology (GPA: 3.13)* Graduation: May 2017

*Minor: Chemistry*

**LICENSURES:**

Registered Nurse, State of Maryland, compact license: 2019-present

First Aid, CPR, BLS, and AED certified by the American Heart Association: January 2021-present

ACLS certified by the American Heart Association: March 2021-present

**WORK EXPERIENCE:**

**RN Network Travel Nurse - Adventist White Oak Medical Center Silver Spring, MD**

Cardiac Stepdown Unit August 2021-December 2021

* 18 week assignment
* Pre and post-CABG patients, valve replacements, cardiac catheterization, AAA repair, pacemaker placement, and various medical surgical overflow patients
* Titration of critical medications vasopressors, sedatives, antihypertensives, insulin, inotropes, etc.
* Experience orienting new to specialty nurses and nursing students
* Cerner charting system
* 1:4-5 patient ratio

**University of Maryland Baltimore Washington Medical Center Glen Burnie, MD 21061**

Clinical Nurse II – Intermediate Care October 2020-September 2021

* Constant monitoring of acutely ill patients requiring frequent interventions and assessments
* Titration of critical medications including vasopressors, sedatives, antihypertensives, insulin, inotropes, etc.
* Stable ventilated patients via tracheostomy site, in addition to managing patients on room air to high flow nasal cannula
* Timely interventions and communication on the rapidly decompensating patient, escalating care through immediate communication with provider
* Epic charting system
* 1:3-4 patient ratio

**University of Maryland Medical Center – Downtown Campus Baltimore, MD 21201**

Clinical Nurse I – Medical Acute Care, Telemetry September 2019-September 2020

* Mild to moderate acuity of patients requiring medical interventions
* Experience with PCA pumps, IV and oral medication administration
* Delegation to nursing support staff
* IV and phlebotomy certification obtained
* NGT insertion, PEG tube maintenance including tube feeds
* Admitting and discharging patients
* Q4 interventions and vital signs, patient focused assessments
* Rapid response initiation at signs of patient decline
* Epic charting system
* 1:4-5 patient ratio

**Lorien Healthcare Systems Taneytown, MD 21787**

Registered Nurse July 2019-November 2019

* Stable geriatric population requiring consistent, routine care
* Medicare assessment completion daily
* Vital signs, blood glucose checks, medication administration
* Wound care, wound vac experience
* Paper charting and order translation and transcription
* Delegation to nursing support staff
* POC charting system
* 1:20-45 patient ratio

**REFERENCES:** Available upon request