

# MARY ALABAOWO

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## Professional Summary

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Enthusiastic Registered Nurse, State board certified eager to contribute to team success through hard work, attention to detail and excellent organizational skills. Motivated to learn, grow and excel in healthcare. Compassionate, caring and comfortable working with people of all backgrounds. Focused on continuously advancing expertise in nursing patient care being the driving innovation.

## Skills

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- Patient Care
- Medication Administration
- Patient management and treatment including IV Therapy
- Teaching
- Infection Control Measures
- Preventative Health skills

## Work History

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### Clinical Experience

#### **Sinai Health System (Psychiatric and Pediatric)** – Baltimore, MD

- Worked to maintain outstanding attendance record, consistently arriving to work ready to start immediately.
- Provided care to patients and families under preceptor supervision.

### Clinical Experience

#### **University of Maryland Baltimore UMB- Med Surge** – Baltimore, MD

- Patients care and administering medication and performing nursing care, documenting procedures as performed.
- Explained side effects from medications and provided in-depth education to patient

### Clinical Experience

#### **St. Joseph's Hospital Health Center -Maternity** – Baltimore, MD

- Assessed patient conditions by performing thorough examinations and asking appropriate medical questions.

### Clinical Experience

#### **Medstar**

**Practicum: Ability to care for six patients completing assessment, patient care, medication administration and patient teaching.**

## WORK HISTORY:

**Sheppard Pratt - Residential Counselor** 2010 to Current

**Sheppard Pratt Health System** – Baltimore, MD

- Developed rapport to create safe and trusting environment for care and supporting residents while coping
- Assisted residents in adhering to treatment plans.
- Addressed behavioral and emotional needs of residents through activities and interventions, increasing resident socialization, interpersonal and social skills and using intervention techniques to deescalate aggressive behavior of residents.

**Sheppard Pratt-Registered Nurse** 2020

**Sinai Hospital-Registered Nurse** 2021

## Education

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**Bachelor of Science:** Nursing 2020

**University of Maryland - Baltimore, MD**

**Associate of Science:** General Studies 2016

**Baltimore City Community College - Baltimore, MD**

## Accomplishments

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- Successfully provided quality care to six patients in hospital environment.
- Proven leader effective at uniting and guiding nursing teams toward achieving patient care goals, improving satisfaction and continuously driving widespread healthcare system initiatives.
- Patient Advocacy - Successfully advocate for an omitted client need.
- Charting - Developed and organized charts for all new and current patients, routinely.

## Additional Information

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New graduate Nurse with clinical experiences during nursing school as a background to excellent problems solving and improving patient care and satisfaction.

Looking forward to developing my skills, I am excited and willing to learn and grow.

**Reference upon request**