

# Amy Anspach

## **RN, BSN- Charge Nurse - West County Care Center**

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I seek a position as a Registered Nurse, where I can use my exceptional communication and interpersonal skills, my deep commitment to caring for the sick and strong knowledge of new nursing methodologies in being a valuable asset to your health care team.

- Ability to function as part of a highly effective team and communicate with all care partners
- Proficient in Microsoft Word, Excel, and PowerPoint
- Strong ability to adapt to changing environments and learn quickly
- CPR and AED certification May 2013- May 2015
- SSM IV monitor and glucose monitor training Oct 2011
- EPIC training January 2011
- Tennen system training Aug 2011
- Experience with paper charting at WCCC, Des Peres hospital, and SLUH
- Clinical experiences, opportunities and observations at a variety of locations ranging from St. Joes Psychiatric unit, Cardiac Cath lab and PACU at Des Peres Hospital, St. Mary's high risk clinic for OB GYN, and Nursing home care; just to name a few

Willing to relocate: Anywhere

## Work Experience

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### **RN, BSN- Charge Nurse**

West County Care Center

July 2012 to Present

West County Care Center is a skilled care facility. The facility provides long term care, rehabilitation, Hospice care, Med A and locked separate wings for post op care patients from the St. Louis Spine and Orthopedic Center and a wing for patients with Alzheimer's or other related diseases.

- Full time charge nurse; primarily surgery/recovery/post op.
- Work primarily with patients immediately recovering from orthopedic surgery from St. Louis Spine and Orthopedic Center. Patients recovering from surgeries pertaining primarily with the spine
- Post op assessment, neuro assessments, care plans, charting, hourly VS, IV care, IV push medications, administration of IV antibiotics
- Post op and long term care admissions
- Critical thinking and nursing judgment for post op patients
- The surgery/recovery wing can have as many as 5 surgery patients and may contain private pay or rehab patients as well
- I am responsible for the care for every patient on my wing
- When in charge of the other wings associated with WCCC, I am the charge nurse for up to 30-40 patients at any given time and am responsible for delegating and overseeing the task of 1-4 CNAS
- I provide G-Tube care and administration of g-tube feedings, bolus', and medications
- Trach care and suctioning
- TPN administration and port care

- IV starts and IVF administration
- Accuchecks and insulin administration
- Administration of any and all types of medications, using all different routes
- Time management
- Paper charting
- Recognizing quickly when someone is declining and taking appropriate action
- Working closely with Hospice, Nurse Practitioners, and Physicians as needed
- Check offs for CNAs quarterly as needed
- Being aware of state and federal regulations
- Since I began at WCCC, I have received numerous thank you cards, letters and phone calls. I have increased the number of positive surveys filled out by patients and have been told that my care is exceptional.

Relevant Clinical Experience

### **Student Nurse**

SLUH and Cardinal Glennon

October 2011 to December 2011

October 2011- December 2011

- Worked closely with preceptor to improve skills revolving around time management
- Performed patient care tasks and procedures
- Acted as Student Nurse to multiple patients, provided full care to each and completed the charting on/for each patient
- Charted on Epic system
- Administered medications, IV's, Feeds

Neuro ICU and ED Critical Care Critical Care (5 ICU and ED)

St. Joes Psychiatric Clinical Rotation

May 2011 to July 2011

Worked closely with staff to provide medical and therapeutic intervention and education in order to help care for those with mental illness

- Led educational and therapeutic groups for patients
- Performed one-on-one assessments while providing individual therapeutic and educational care
- Focus on safety and mental well being
- Was able to sit in on court hearings for patients at the hospital

Cardinal Glennon Medical Center unit 3S

Management Preceptorship

February 2011 to April 2011

Worked with and under individual RN's to provide care to patients in the ICU and ED

- Performed neurological assessments
- Monitored and performed tasks related to external ventricular drains
- Administered frequent assessments and took patient vitals
- Prepared and monitored patients receiving or had received TPA
- NG suctioning, cleaning, replacement, total care
- Participated and provided care, monitored and administered medications to stroke patients and patients with MI's or angina
- During ED rotation, I assisted with ED traumas; patient's receiving Narcan, and patients who had been abused.

- The Nurse in Charge requested that I apply on the Neuro ICU floor, due to my hard work and respect toward staff and patients.

Pediatrics Oncology and PICU Cardinal Glennon Medical Center

### **Pediatric Clinical Rotation**

Cardinal Glennon

October 2010 to December 2010

Worked individually, with and under license RN's supervision on the oncology floor and in the PICU

- learning/ practicing and evaluating lab values related to oncology or immunosuppression
- Worked with children who were immunocompromised and chemotherapy
- Performed daily and hourly Assessments and Vitals
- Worked closely with patients, families and child life involved with Footprints
- Worked with and monitored children and infants who have been abused
- Monitored and provided care to patients in the PICU

### **Labor and Delivery Clinical Rotation**

St. Clare Hospital

August 2010 to October 2010

August to October, 2010

- Performed assessments and care for pre and post-delivery patients
- Performed care and assessments for pre and post C-section patients
- Observed and assisted in C-section and vaginal births
- Provided NICU care, assessments, vitals, feeding, care, IV starts, medications, newborn screenings, and immunizations for newborns

## Education

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### **Bachelor of Science**

Chamberlain College of Nursing - St. Louis, MO

2012

### **High School Diploma**

American School

2004

## Nursing Licenses

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### **RN**

State: MO

## Skills

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- Critical Care Experience
- Tube Feeding
- Infant Care
- ICU Experience

- Hospice Care
- Alzheimer's Care
- Nannying
- Laboratory Experience
- Nursing
- Medication Administration
- Toddler Care
- Babysitting
- Meal Preparation
- Experience with Children
- EMR Systems
- Medical Records
- Hospital Experience

## Additional Information

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Other Related Clinical Experience From July of 2009 until April 2012

- Provided patient care and had clinical rotations in areas involving:
- Community Health in Nursing Homes
- Medical Surgical rotaion(s):
- Adult Medical Surgical floor,
- Cardiac floor and multiple experiences in the Cardiac Cath lab during Med/ Surg rotation.
- School Lab Simulations
- Practiced skills in the skills lab at university
- Practiced numerous Simulations during my rotations.

Other Work Experience

Nanny

Andrew and Elisha Chambers

St. Louis Mo July 2005 to Aug 2008

- Provided care and companionship to a toddler and newborn baby
- Feeding, changing and play time
- Managing child/infant care and household chores
- Provided a schedule and planned activities for both children
- Assisted in the development of the children by facilitating educational activities and a nurturing environment for learning and growth
- Changed diapers and performed other hygiene tasks as needed
- Communicated with parents on each child's progress and daily activities