
TAMMIE BARROS R.N.

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PROFESSIONAL SUMMARY

Registered Nurse with over 29 years of experience delivering high-quality care to patients in acute and diverse care units. Proven leader effective at uniting and guiding nursing teams toward achieving patient care goals, improving satisfaction and continuously driving widespread healthcare system initiatives.

Seasoned nursing professional offering proven clinical knowledge, natural interpersonal strengths and technical abilities. Knowledgeable about EMR charting, medication administration and interdisciplinary collaboration focused on optimizing patient care and support. Quality-focused and efficiency-driven leader. Focused on continuously advancing expertise in nursing while driving innovation. Agile and responsive to dynamic patient needs and environmental conditions. Team-oriented and reliable with expert healthcare knowledge, clear verbal and written communication skills and sound clinical judgment.

SKILLS

- Charge Nurse Responsibilities
- Department Staff Scheduling
- Department Flow Management
- Excellent Communication Skills
- Intravenous therapy
- Acute care expertise
- Strong clinical judgment
- Basic Life Support, AHA 07/2020
- Advanced Cardiac Life Support, AHA 7/2020
- Telemetry

WORK HISTORY

Urgent Care Registered Nurse, 10/1999 to Current

Boston Medical Center – Boston , MA

- Implemented care plan, coordinated delivery and employed strategies to promote health and safe environment.
- Managed patients with multiple chronic health conditions, acute episodes of care and behavioral health challenges while promoting and supporting prevention and wellness.
- Executed nursing interventions by collaborating with interprofessional team to incorporate standards of care, practice and patient outcomes.
- Liaised with physicians on discharge plans and created outpatient instructions for patients not admitted to hospital.
- Educated patients and answered questions about health condition, prognosis and treatment.
- Observed and reported patient condition, progress and medication side effects to accurately document updates.
- Delivered outstanding care to patients with various diagnoses and managed care from treatment

initiation through to completion.

- Monitored patient condition, including interpreting and tracking EKG readings, identifying irregular telemetry readings and updating team members on changes in stability or acuity.
- Provided skilled, timely and level-headed emergency response to critically-ill patients.
- Collaborated with physicians to quickly assess patients and deliver appropriate treatment while managing rapidly changing conditions.
- Audited charts and reviewed clinical documents to verify accuracy.
- Performed triage on all incoming patients and determined severity of injuries and illnesses.
- Participated in education activities, including evidence-based practice project implementation, nursing competency development and nursing simulation activities.
- Delivered medications via oral, IV and intramuscular injections, monitoring responses to address new concerns.
- Facilitated therapeutic communication, conflict resolution and crisis intervention by redirecting negative behaviors and helping patients regain or improve coping abilities to prevent further disability.
- Adhered to strict safety measures by carefully determining proper dosages before administering medications.
- Collected blood, tissue and other laboratory specimens and prepared for lab testing.
- Used first-hand knowledge and clinical expertise to advocate for patients under care and enacted prescribed treatment strategies.
- Delivered high level of quality care to diverse populations while overseeing patient admission and triaging based on acuity and appropriate department admission.
- Monitored patient reactions after administering medications and IV therapies.
- Updated patient charts using Epic and Ibex with data such as medications to keep records current and support accurate treatments.

Emergency Department Staff Registered Nurse, 04/2009 to 06/2011

Boston Medical Center East Newton Campus – Boston , MA

Intensive Care Registered Nurse, 03/1995 to 02/2000

Norwood Hospital – Norwood , MA

International Medical Missions Volunteer, 01/1996 to 11/1999

Healing The Children Northeast – New Milford, CT

Volunteered and traveled to third world countries to care for children and infants through school ages for cleft lip and cleft palate, head and neck cancer, and various head and neck abnormalities.

Quayaquil, Ecuador; Guatemala City, Guatemala; Arusha, Tanzania; Thimphu, Bhutan; Agra, Uttaranchal

Medical Intensive Care Unit Registered Nurse, 01/1999 to 09/1999

Brigham And Woman's Hospital – Boston , MA

Staff Development Nurse, Telemetry, 06/1998 to 08/1998

Norwood Hospital – Norwood , MA

Emergency Room Registered Nurse, 05/1994 to 05/1995

Norwood Hospital – Norwood , MA

Day Surgery Registered Nurse, 05/1994 to 05/1995

Norwood Hospital – Norwood , MA

Cardiac ICU & Cardiac Step-down Registered Nurse, 01/1994 to 05/1994

American Mobile Nurses – Burbank, CA

Telemetry Registered Nurse, 06/1992 to 12/1993

Norwood Hospital – Norwood , MA

Medical Surgical Registered Nurse, 07/1991 to 06/1992

Norwood Hospital – Norwood , MA

EDUCATION

Associate of Science: Nursing, 05/1991

Massachusetts Bay Community College - Wellesley Hills, MA

Bachelor of Science: Nursing , 12/1999

University of Massachusetts - Boston - Boston, MA

No Degree: Public Health

Boston University - Boston, MA

CERTIFICATIONS

CCRN Alumnus