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Work Experience

LPN - Home Health Nurse

WHITE GLOVE AGENCY - Brooklyn, NY

August 2020 to Present

- Pediatric: Nursing Care for client with Fetal Alcohol Syndrome and a Pediatric hospice case.
 - Fetal Alcohol Syndrome - with complications; failure to thrive, congenital hypotonia, Otitis media and continental blindness.
 - Maintenance of G-J tube; continuous venting of G tube for GI gas pain. Administration of continuous dense caloric feeding via J tube to facilitate weight gain.
 - Care of eustachian tube in left ear.
 - Implementation of physical therapy exercises to improve muscle tone.

- Pediatric Hospice - progression of Niemann Pick disease and complications; epilepsy/seizure disorder and Respiratory decline.
 - Aspiration and Seizure precautions implemented with bed in low position, padded side rails and HOB elevation at 450.
 - Respiratory function maintained via use of cough assist, chest vest machine, administration of nebulizer treatments and suctioning. Oxygen provided via Bipap/Cpap
 - Use of G-J tube for medication administration and daily tube feeding.
- Adult Spinal Muscular Atrophy with decompensation
 - Decubitus prevention via turning and repositioning. ROM exercises for contractures, safety provided via bed rails and HOB at 450
 - Care of tracheostomy for aspiration precautions and G tube for continuous feeding and medication administration

- Advanced AIDS disease with chronic Respiratory Failure
 - Maintenance of lung function with oxygen administration via ventilator and airway suctioning via tracheostomy.
 - Antiretroviral medications administered via G tube.

President and Founder of the Psychology Club

YORK COLLEGE - Jamaica, NY

February 2018 to Present

Established to unite students who are drawn to Psychology and to provide opportunities for students who wish to partake in community involvement and academic achievement.

- Appointed club officers, Vice President, Treasurer and Secretary to fulfill their assigned roles to plan club events and meetings.

- Scheduled and lead meetings to discuss plans and club events.
- Opportunity of the day: Daily announcements for research, extracurricular activities, scholarships and other educational advancements done twice a week for each club meeting.
- Coordinated and had meetings with the SGA and other clubs to collaborate on campus events.

LPN - Travel Nurse

San Diego, CA

June 2020 to August 2020

- Worked on the COVID unit at the height of the global pandemic, to fulfill nursing shortage, while following facility and state policy.
- Maintained infection control practices and isolation with droplet/contact precautions to diminish the transmission of COVID virus.
- Maintained airway function via administration of oxygen, use of Bipap/ Cpap machine and implementation of Turn, Cough and Deep breathing exercises.
- Provided hydration through administration of fluids and antipyretics. Monitoring daily output, and serum electrolytes. All while reporting abnormalities to MD.

LPN - Charge Nurse

BETH ABRAHAM CENTER - Bronx, NY

September 2019 to January 2020

- Administered medication prescribed by MD for various pathophysiological and psychiatric conditions and performed routine narcotic count at the change of each shift.
- Organized the Admission and discharge of residents. Entering orders for Therapy, medications, labs and other diagnostic tests.
- Collaborated with CNAs, MD, NP, Social services, Physical and occupational therapists to achieve an improvement in residents' physical mobility and cognition.
- Worked on Rehab unit and planned and managed care for dialysis patients before and after Renal Therapy.

LPN - Staff Nurse

TRIBORO CENTER - Bronx, NY

June 2019 to September 2019

- Administered medication prescribed by MD for various pathophysiological and psychiatric conditions and performed routine narcotic count at the change of each shift.
- Maintained infection control protocol through administration of annual vaccination and PPDs for new and readmitted residents.
- Rehab Unit: monitored pain and maintained pain management for post op patients.
 - administered IV antibiotic medications for post op patients
- Dialysis Unit: Organized care for a 23 bed unit of residents on Dialysis Unit
 - Monitored vital signs, weights, lab values, physical and mental condition of dialysis residents and administered medications before and after Renal Dialysis treatment.
- Vent Unit: cared for a 17 bed unit for respiratory residents with tracheostomies and ventilators.

- Performed tracheostomy care and suctioning every 4 hours to maintain a patent and clean airway.
- Monitored respiratory function of residents by tracking the pleural pressure and oxygen flow via ventilator.
- Administered bronchodilators and other COPD medication nebulizer treatments as ordered by MD.
- Cardiac Unit: maintained care for a unit of 15 cardiac residents with pacemakers.
- Performed stress tests and documented results shown on ECG.
- Monitored routine lab values.
- Monitored resident heart patterns via ECG

LPN - Charge Nurse

PARK NURSING HOME - Far Rockaway, NY
January 2017 to May 2019

- Planning and managing patient care according to patient's needs
- Delegate assignments to CNAs and other unlicensed personnel
- Performed treatments, wound care, changing dressings and bandages
- Performing ongoing assessments and reporting abnormalities to doctor

MENTAL HEALTH AWARENESS EVENT
May 2018 to November 2018

A green themed event hosted by the Psychology Club. Green decorations were used to promote mental health awareness and to draw the attraction of students who may be in need of emotional support.

- Collaborated with professors and Organized a group of students for an exhibition to demonstrate and to teach about psychological disorders, in exchange for extra credit from their designated professors.
- Collaborated with NAMI and the York College Counseling Center to reach out to students battling depression, anxiety etc.
- Provided incoming students with materials to make personalized stress balls.
- Provided students with trivia games to test their knowledge on mental health.
- Directed students to the "write and release" area to sit down and write their feelings down on sticky notes as a form of therapy.

Team Leader

MENTAL HEALTH AWARENESS EVENT
May 2018 to May 2018

- YORK college 5/18

- Using our club budget to fund a yoga instructor by booking an outside vender.
- Using funds from club budget purchased yoga mats, smoothies and vegan snacks for 30 students.

TEAM LEADER - New York Cares 8/17

Volunteer services

Math Games at Salvation Army

July 2017 to July 2017

Played board games with school aged children while helping build their math skills.

New York Cares Volunteer

July 2014 to July 2017

Revitalize Macintosh Garden - July 2014

Planted, weeded and cleaned a community garden in Elmhurst queens full of herbs, fruits and exotic flowers.

LPN - Staff Nurse

FAR ROCKAWAY NURSING HOME - Far Rockaway, NY

January 2016 to March 2017

- Administered medication prescribed by MD for various physiological and psychiatric conditions in the elderly and performed routine narcotic count at the change of each shift.
- Monitored weights of residents with dysphagia and poor appetite and implemented interventions for weight management.
- Administered G tube feeding formula via gastrostomy pump and administered fluids for adequate hydration.
- Performed routine behavioral monitoring and documentation for psychiatric residents as protocol for psychotropic medications.

LPN - Staff Nurse

KOMANOFF CENTER - Long Beach, NY

September 2015 to November 2015

- Administered medication prescribed by MD for various physiological and psychiatric conditions in the elderly and performed routine narcotic count at the change of each shift.
- Monitored blood glucose levels and administered insulin dosage to diabetic patients.

- Administered bronchodilators and other inhalation solutions via oxygen face mask to patients with COPD
- Administered medications and fluids via G tub

LEADERSHIP SERVICES

MARGARET TIETZ NURSING and REHABILITATION CENTER

July 2014 to December 2014

Set up the dining room tables for residents with utensils and trays in preparation for dinner time

- > Set up trays with utensils on cart and transported meals to residents rooms.
- > Assisted CNAs with tasks in dining room and also feeding residents during dinner time recreation.
- > Interacted with residents and Transported residents to entertainment events

Saturday Morning Social at Rivington House

July 2014 to July 2014

Interacted with HIV/AIDS residents at Rivington house long term care facility for adults with AIDS.

- > Dance Explorers at Bronx works - July 2014

Learned new dance steps with children at a battered family shelter.

> TASC Tutoring at NMIC - July 2017

Tutored young adults working towards their GED in math and writing.

COMMUNITY HEALTH FAIR at the BROOKLYN ADULT LEARNING CENTER

April 2014 to April 2014

Managed Breast cancer screening area, and teaching about the prevention of breast cancer.

> Educated incoming visitors (community members) about risk factors and ways to prevent breast cancer; foods to avoid as well as community centers for breast cancer screening.

RICHMOND HILL HIGH SCHOOL KEY CLUB

January 2006 to December 2007

RICHMOND HILL HIGH SCHOOL TRACK AND FIELD

January 2006 to December 2007

Competed with students from various high schools around NYC at the Armory at Fort Washington.

> Ran 200 meters, and played shot put.

AIDS Walk

2007 to 2007

Breast cancer walk and fundraising - 2006

Walked 5 miles for breasts cancer walk

Raised \$300 in selling pink ribbons for breasts cancer awareness

Education

Bachelor of Arts in Psychology

CUNY YORK COLLEGE - Jamaica, NY

September 2022

Master of Science in Nursing

ALVERNO COLLEGE - Milwaukee, WI

February 2021

Practical Nursing

BROOKLYN ADULT LEARNING CENTER - Brooklyn, NY

December 2020

Skills

- Able to multitask
- Team Oriented Worker
- Empathetic and caring
- Therapeutic communication skills
- Good organizational skills
- Flexible/Reliable

- Nursing
- Nursing
- Tube Feeding
- Medication Administration

Certifications and Licenses

LPN

BLS Certification

LVN