**Katrina Reggio**

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**Employment History**

*Frederick Health Hospital*

* **Intensive Care Unit RN** (2020- present)
  + Responsible for intensive care for critically ill/ unstable patients
  + Provided top-level assessment, advanced life-saving measures, multi-disciplinary collaboration, participation in differential diagnosis discussions, medication administration and management, interpretation of labs
  + Coordinated the collection of vital signs, imaging studies, and facilitated support for communication with patient relatives.
  + Managed time spent caring for patients diagnosed with Sars-CoV-2.
* **Progressive Cardiac Care RN/ Relief Charge Nurse** (2018-2020)
  + Responsible for care of acutely ill cardiac patients.
  + Appointed a leadership and mentoring role for training staff (both new grads and experienced nurses).
  + Managed all staff and patient assignments on the unit.
  + Acting lead of clinical resource for less-experienced nurses.
* **Home Health RN** (2017-2018)
  + Responsible forin-home care of chronically ill patients,
    - including but not limited to: medication management, home safety, wound care, case management needs, social work concerns, and patient education, to improve patient autonomy and decrease hospitalizations.
* **Medical/Surgical/Neuro/Ortho RN** (2013-2017)
  + Responsible for a vast range of patients diagnosed with but not limited to
    - stroke, seizure, sepsis, joint replacement, neurosurgery, gastric bypass, community-acquired infections, viral illnesses, minor trauma, psychiatric disorders, substance overdose and/or withdrawal, and acute coronary syndrome.
  + Managed detailed assessment, treatment, monitoring, and medication supervision.
* **Certified Nurse Assistant** (2012-2013)
  + Supported senior RN with patient vital sign assessments range of motion activities, maintaining safety/ preventing falls, and ADLs such as bathing, eating, and ambulating.

*Sport and Health/ Gold’s Gym*

* Personal Trainer, Fitness Instructor (2005-2012)

*Frederick Nissan*

* Salesperson (2007-2008)

**Education**

* **Hood College** – *Bachelor of Science in Nursing* (2018); focus on community health, research, and evidence-based practice.
* **Frederick Community College** – *Associate Degree in Nursing* (2013)
* **Clinical Rotations** – *Med/Surg, Pediatrics, OB/GYN, L&D, Critical Care, Advanced Practice, Outpatient services, Community Health* (2011-2017). Combined lecture and hands-on patient care to acquire skill in caring for different patient populations, including assessment, disease processes/ treatment, equipment and supply requirements, and special challenges faced.

**Research/ Presentations/ Projects**

* **Bachelor capstone:**Reggio K, Cooper J. *Increasing APHN commitment to Million Hearts 2022 through an academic nursing project.*

Identified lack of public health nurse involvement in American Heart Association Million Hearts project; designed multi-media call to action/request for success stories presented to APHN members; stories published in APHN quarterly publication. Results presented at APHN annual conference, 2018.

* **Clinical research project:** Reggio K,Fraley R, Madrake N. *Will improving staff education related to ambulatory assist devices result in less patient falls per quarter in an acute care setting?*

Collected four quarters of patient fall data; causal analysis to determine precipitating factors; designed staff education presentation re: precipitating factors and ambulatory assist devices with pre- and post-test analysis of knowledge; collected one quarter of patient fall data after education. Presented findings to Evidence-Based Practice Committee and Unit Practice Counsel at Frederick Health Hospital, 2018.

* **Clinical improvement project:** Reggio K. *Preventing adverse patient events by building system screens and warnings into eMAR for incompatible intravenous medications.* Identified safety issue within hospital eMAR that allowed incompatible IV medications to be prescribed simultaneously to one patient; collaborated with IT and Pharmacy to design a warning protocol to be imbedded in system which would alert bedside nurses when administering said medications; compiled a cross-checked exhaustive list of all incompatible IV medications offered in the hospital. Presented to ClinTech committee Chief Officer, ultimately not implemented into use, 2016.
* **Poster presentation:** Reggio K, Mascarello P. *Elective surgery as an opportunity for smoking cessation.*

Performed quantitative literature review regarding smoking cessation success in relation to emergent vs. elective surgeries; performed qualitative and quantitative analysis of effectiveness of varying types of smoking cessation programs; designed complete smoking cessation program to be implemented specifically for elective surgery patients, encompassing pre-, intra-, and post-operative periods. Presented at Hood College, 2016.

* **Evidence-Based Practice Committee:** Unit representative for PCCU, Frederick Health Hospital, 2018-2019.

**Awards**

*Nurse of the Year Nominee* – Frederick Health Hospital, 2020

*Dean’s List* – Hood College, 2016, 2017

*Dean’s List* – Frederick Community College, 2010, 2011, 2012, 2013

**Professional Certifications/ Licensure**

* *Registered Nurse* (License #R206765) Exp. 11/22
* *Certified Medical/Surgical RN* (Medical-Surgical Nursing Certification Board)
* *Basic Life Support* (Health Care Provider, American Heart Association)
* *Advanced Cardiac Life Support* (Health Care Provider, American Heart Association)

**Teaching/ Tutoring Experience**

*Nurse Preceptor* – Frederick Health Hospital (2016-2020) Trained new grads one on one over a 12-week period on how to bring their nursing education to the bedside, including skills, critical thinking, time management, case management, social concerns, collaboration, teamwork, medication administration, and patient assessment. Also oriented newly hired seasoned nurses to their units, including protocols, hospital policies, and special needs required by specific patient populations.

*Elementary Art* – Private Tutoring (2001-2004)

**Volunteer Work**

*Homewood Assisted Living Facility* – senior exercise classes and group activities (2012).

*Community Improvement/Missions trip* – school construction, remote village outside of Tegucigalpa, Honduras (2001).