**RACHEL FROMAN, RN**

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**Professional Summary**

Enthusiastic experienced RN interested in continuing my nursing adventure. Responsible with twenty years of healthcare experience with seventeen of those at Banner Thunderbird Medical Center. Dedicated and reliable employee. Proficient in Cerner Millenium documentation and dedicated to continuing education.

**Skills**

• Strong critical thinking

• Patient/family focused

• Patient evaluation/intervention

• Professional bedside manner

• Patient and family advocacy

• Leadership skills

• Proficient in Cerner Millenium Charting as well as Allscripts bed management system, McKesson,

 Allscripts patient documentation and MS4 program

• Focused on communication and rapport with family and patients

**Work History**

**Banner Travel 05/2020-current**

**Summit Regional Medical Center**

Registered Nurse-Progressive Care Unit (5/2017-3/2019) and Cardiac Cath Lab (3/2019-currrent)

 \*Assess patients and formulate a plan of care utilizing assessment data and patient, family, and health team input. Initiate plan of care. Create goals and interventions to assist patients in meeting their goals. Consistently reviews and revises plans of care based on patient need.

\* Provide care based on physician orders and the nursing plan of care, in compliance with policies and procedures, standards of care, and regulatory agency requirements. Delegate appropriately, and provide nursing supervision in the provision of care to patients by other licensed nurses and other personnel. Promote continuity of care by accurately and completely communicating to other caregivers the status of patients for whom care is provided.

\*Document assessment, planning, implementation and evaluation in the patient record. Documentation is legible, timely and in accordance with policy. Documentation reflects objective/subjective data, nursing interventions and patient’s response to treatment. Note physician orders accurately and in a timely manner.

**Banner Thunderbird Medical center**

Registered Nurse-Progressive Care Unit/Intermediate Care Unit/Cardiology and Radiology services 02/2012-05/2017 (3West, IMCU and CARS units)

 \*Assess patients and formulate a plan of care utilizing assessment data and patient, family, and health team input. Initiate plan of care. Create goals and interventions to assist patients in meeting their goals. Consistently reviews and revises plans of care based on patient need.

\* Provide care based on physician orders and the nursing plan of care, in compliance with policies and procedures, standards of care, and regulatory agency requirements. Delegate appropriately, and provide nursing supervision in the provision of care to patients by other licensed nurses and other personnel. Promote continuity of care by accurately and completely communicating to other caregivers the status of patients for whom care is provided.

\*Document assessment, planning, implementation and evaluation in the patient record. Documentation is legible, timely and in accordance with policy. Documentation reflects objective/subjective data, nursing interventions and patient’s response to treatment. Note physician orders accurately and in a timely manner.

\*Provide care based on the best evidence available. Interact and participate in the education, role development, and orientation of facility personnel, patients, students, families and visitors. Promote/support growth of others through precepting and mentoring when appropriate.

**Banner Thunderbird Medical Center**

Patient Care Tech-observation unit 07/2011 to 02/2012

 \*Perform Activities of daily living which included but are not limited to bathing, ambulation, positioning, assistance with eating, etc.

\* Enter orders, answered phones, communicated with the doctors and ancillary departments and answered call lights ensuring the patient’s needs were communicated

\*Measured and recorded vital signs in Cerner computerized charting

\*Serve as a preceptor for new employees

\*Serve as a Super-user for Cerner electronic charting

\*Participate on Shared Leadership

\*Serve on the Fall Committee

**Banner Thunderbird Medical Center/ Banner Corporate**

Staffing Specialist, scheduling coordinator and Kronos Trainer 10/2008 to 07/2011

\*Coordinated efforts with Banner Thunderbird's leadership as well as Banner Staffing Services to ensure that staffing needs were balanced throughout the facility.

\*Assigned staff to work in different areas of the hospital and served as the "pre-booking" coordinator.

\*Created a process for the 1:1 management which proved to be an immense cost-saving measure as evidence by the budget reports following the implementation.

\*Worked closely with leaders of several of the Arizona region Banner facilities to ensure that the meal production modification process was understood.

\*Led training sessions as needed for leaders of each facility to help manage timecard editing, schedule entering and PTO requests in Kronos. Also led training per leadership requests for employees on the use of Kronos and their expectations of its use.

**Banner Thunderbird Medical Center**

Patient Care Tech-PCU and resource team 06/2002 to 08/2008

\*Performed Activities of daily living which included but are not limited to bathing, ambulation, positioning, assistance with eating, etc.

\*Monitored and interpreted cardiac rhythms and notified appropriate health care team member of any changes

\*Entered orders, answered phones, communicated with the doctors and ancillary departments and answered call lights ensuring the patient’s needs were communicated

\*Measured and recorded vital signs in Cerner computerized charting

\*Served as a preceptor for new employees

\*Served as a Super-user for Cerner electronic charting **Community Involvement**

\*Participated on Shared Leadership Girl Scout Leader

\*Served as a member of the Fall Team. Komen Race for the Cure Captain X6yrs

\*Assisted in lift training for the facility Heart Walk Captain

 MDA Walk Participant

**Education** United Way Champion

Western Governor’s University Mud Run Participant

Bachelor’s degree in Nursing with emphasis on Education