

Kara Hyden

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Demonstrated strong knowledge, judgment, and expertise in hospital setting. Driven RN with 2-year background in healthcare. Expert in all areas of patient care with success in improving delivery and quality of care through clinical quality improvement projects.

Work Experience

RN Case Manager

Team Select Home Care - Pueblo, CO

August 2021 to Present

1. Educated patients on diabetes management
2. Educated parents on G-Tube management
3. Managed patients plan of cares
4. Coordinated with MDS on patients plan of care

Registered Nurse

University Hospital - Augusta, GA

December 2019 to Present

- Initiated IV therapy to include: antibiotic therapy, cardiac drips (e.g. amiodarone, caramelize, dopamine, dobutrex, milrinone, nitroglycerin, cardene), hydration therapy, blood transfusions, fluid overload (bum ex), and heparin therapy
- Conducted Roy time checks on standard patient vitals, including blood pressure, blood sugar, and heart rate
- Proper patient and family education
- Administrated medications and provided treatments
- Determined clinical needs for diverse patients
- Monitor cardiac and physical status
- Developed plan of care that included education

Registered Nurse

UCHealth - Colorado Springs, CO

January 2021 to August 2021

- Carried out the care plan planning
- Provided education on labor and delivery
- Monitored and documented patient's vitals

Certified Nursing Assistant

Baptist health Lexington - Lexington, KY

August 2015 to July 2018

- Documented patient intake and dietary requirements and assisted with feeding
- Responded to patient alarms and needs

- Preserved patient dignity and minimized discomfort by carrying out duties such as bedpan changes, diapering and bathing
- Provided hands-on nursing care under direct RN supervision, adhering to medical center policies and procedures
- Collected specimens, monitored vitals and maximized patient comfort
- Fostered relationships with patients, caregivers and healthcare teams to achieve individual care plan targets
- Cleaned and sanitized rooms and equipment using aseptic technique to prevent infection and cross-contamination
- Volunteered to work additional shifts and overtime during busy periods to maintain proper staffing and floor coverage
- Facilitated activities of daily living, including personal hygiene management, feeding and ambulation
- Documented information in patient charts and communicated status updates to interdisciplinary care team
- Provided personal nursing assistance in pre- and post-operative situations
- Assisted patients with shaving, bathing and oral hygiene to promote healthy habits and overall wellness
- Conducted routine checks on standard patient vitals, including blood pressure, blood sugar and heart rate

Mechanic

Army National Guard - Morehead, KY

July 2014 to January 2018

- Properly adjusted counterweights, door mechanisms, and safety controls
- Assisted drivers by safely directing the vehicle backward to position correctly
- Assessed all necessary shop equipment to promote proper and safe working condition
- Monitored shop equipment to maintain safe working condition
- Attended all safety and training meetings to learn techniques to avoid injuries and mishaps
- Attention to detail
- BLS certified

Certified Nursing Assistant

Johnson Mathers Nursing Home - Carlisle, KY

December 2014 to August 2015

- Documented patient intake and dietary requirements and assisted with feeding
- Preserved patient dignity and minimized discomfort by carrying out duties such as bedpan changes, diapering and bathing
- Provided hands-on nursing care under direct RN and LPN supervision, adhering to medical center policies and procedure
- Fostered relationships with patients, caregivers and healthcare teams to achieve individual care plan targets
- Volunteered to work additional shifts and overtime during busy periods to maintain proper staffing and floor coverage
- Facilitated activities of daily living, including personal hygiene management, feeding and ambulation
- Assisted patients with shaving, bathing and oral hygiene to promote healthy habits and overall wellness

Certified Nursing Assistant

North Point - Lexington, KY

July 2014 to December 2014

- Documented patient intake and dietary requirements and assisted with feeding
- Preserved patient dignity and minimized discomfort by carrying out duties such as bedpan changes, diapering and bathing
- Provided hands-on nursing care under direct RN and LPN supervision, adhering to medical center policies and procedure
- Fostered relationships with patients, caregivers and healthcare teams to achieve individual care plan targets
- Volunteered to work additional shifts and overtime during busy periods to maintain proper staffing and floor coverage

Certified Nursing Assistant

Johnson Mathers Nursing Home - Carlisle, KY

December 2013 to July 2014

- Documented patient intake and dietary requirements and assisted with feeding
- Preserved patient dignity and minimized discomfort by carrying out duties such as bedpan changes, diapering and bathing
- Provided hands-on nursing care under direct RN and LPN supervision, adhering to medical center policies and procedure
- Fostered relationships with patients, caregivers and healthcare teams to achieve individual care plan targets
- Volunteered to work additional shifts and overtime during busy periods to maintain proper staffing and floor coverage

Certified Nursing Assistant

Dover Manor - Georgetown, KY

July 2013 to December 2013

- Fostered relationships with patients, caregivers and healthcare teams to achieve individual care plan targets
- Preserved patient dignity and minimized discomfort by carrying out duties such as bedpan changes, diapering and bathing
- Provided hands-on nursing care under direct RN supervision, adhering to medical center policies and procedures
- Maximized patient comfort
- Volunteered to work additional shifts and overtime during busy periods to maintain proper staffing and floor coverage
- Documented patient intake and dietary requirements and assisted with feeding

Education

Bachelor's in Nursing

Beckfield College-Florence - Florence, KY

January 2020 to June 2021

Associate of Applied Science in Nursing

Beckfield College - Florence, KY

January 2017 to March 2019

Nursing Licenses

RN

Expires: October 2021

State: KY

Skills

- Self-motivation
- Time management
- Adaptability
- Decision making
- Teamwork and Team building
- Decision making
- Patient relations
- Quick problem solver
- Calm and level-headed under duress
- Detail-oriented
- Organizational ability
- Strong communication skills
- Nursing
- Medication Administration
- Vital Signs
- Hospital Experience

Military Service

Branch: United States Army

Rank: E4

Certifications and Licenses

BLS, ACLS

CNA

CPR Certification

NRP

May 2021 to May 2023