

LYDIA THEOCHARIDES RN, BSN

Sacramento, CA

☎ 916-960-9576 | ✉ Lyds1982@gmail.com

Newly graduated Registered Nurse looking for the opportunity to build upon my professional development. Highly motivated, bringing a diverse skillset to the workplace.

NURSING EDUCATION

Samuel Merritt University, Sacramento, CA

Accelerated Bachelor of Science – Nursing (2022)

- 270 hrs. Med Surgical Patient Care, Mercy San Juan
- 135 hrs. Critical Care ICU/ER, Mercy San Juan
- 135 hrs. NICU/OB/Mommy-Baby, Mercy San Juan
- 135 hrs. Telemetry Floor Preceptor, Mercy Folsom
- 135 hrs. Pediatrics, Kaiser Roseville
- 135 hrs. Hospice Care/Community Health, RC Hosp

SELECTED HIGHLIGHTS

February 2022 Licensed Registered Nurse, California Board of Registered Nursing

- ❖ AHA ACLS (2022)
- ❖ AHA CPR/BLS (2021)
- ❖ National Telemetry Certification (In Progress)
- Complete head-to-toe patient assessment including vital signs
- Ensure absolute patient safety protocol
- Medication Administration, IV/SQ/IM
- Ostomy care and dressing change
- Tube feeding and care
- Experience with central lines including medication administration and dressing changes
- Assist patient with ADL's
- Extensive telemetry patient care
- Surgical drain management and care
- Chest tube monitoring and knowledge of care
- Extensive CERNER charting experience including shift screening, patient education, new admissions, complete discharge processing

OTHER PROFESSIONAL EXPERIENCE

LYDIA MARIE ESTHETICS | SACRAMENTO, CA | 2018 – 2021

Esthetician & Owner/General Manager

- Successfully cultivated a wide-ranging client base while managing all day-to-day operations of the skin care treatment and consulting business.
- Treat more than 20 clients every week, providing custom masks and facials, enzyme treatments, LED light therapy, advanced IMAGE facials, lactic acid peels, and salicylic acid 20% peels.
- Provide numerous body treatments, such as spray/airbrush tanning using Solar Bronzing knowledge and radio frequency and body wraps with the M'Lis Body Contouring System.
- Skillfully evaluate each client's skin type and issues and develop personalized treatments for sun damage, hyperpigmentation, melasma, severe acne, rosacea, dry/dehydrated skin, oily/congested skin, and more.
- Perform cosmetic and application services, including Lavish Lashes and special occasion makeup application.
- Apply comprehensive industry knowledge and skills, including advanced massage techniques, Vichy Showers, Spa Capsules, and ultrasonic, to optimize the client experience and boost retention and retail sales.
- Maintain detailed records and regular communication with clients to ensure their progress is monitored and future treatments are adjusted accordingly.

CALIFORNIA PUBLIC EMPLOYEES’ RETIREMENT SYSTEM | SACRAMENTO, CA | 2002 – 2016

Pension System Project Analyst | Health Benefits Branch

- Independently conducted the most sensitive and complex analyses on the current business environment and on existing strategies and business requirements.
- Guided subject matter experts in identifying, gathering, analyzing and ensuring current business requirements from all areas of the Health Branch were identified and addressed in system design, implementation, and deployment.
- Designed, developed, implemented, tested, and modified future business requirements as they are incorporated into the project.
- Established priorities and program goals, ensured Health business, functional, and system interface requirements were identified, designed, and implemented.
- Coordinated and facilitated workgroup meetings, materials and tasks, and ensured completion of multiple assignments.
- Provided management briefings and acted as branch contact with project leads and other CalPERS divisions to communicate issues or concerns of management and executive staff regarding business requirements, system replacement and implementation.

OTHER EDUCATION

Federico Beauty Institute, Sacramento, CA: 2018

Esthetician Program – 600 Hours

- California Licensed Esthetician (2018)

Sacramento State University, Sacramento, CA

Bachelor of Arts – Sociology (2005)

ADDITIONAL CREDENTIALS

TECHNICAL SKILLS	Microsoft Office (Word, Excel, PowerPoint, Outlook, Access, Publisher) / Peoplesoft / Microsoft SharePoint / Adobe Photoshop / Google Docs / Google Drive / Google Calendar
HONORS & AWARDS	<ul style="list-style-type: none"> ▪ Apex Recipient – California Public Employees’ Retirement System

DETAILED REFERENCES AVAILABLE ON REQUEST