

# Karina Dela Cruz

La Mirada, CA 90638  
[yayen2001@gmail.com](mailto:yayen2001@gmail.com)  
+1 310 347 2220

Authorized to work in the US for any employer

## Work Experience

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### **Registered Nurse**

Barlow Respiratory Hospital - Whittier, CA  
March 2022 to Present

- Perform initial and continuous physical assessment.
- Provide and ensure patient safety.
- Provide pertinent patient care interventions.
- Monitor and communicate any changes in patient's condition.
- Manage communication between all care providers and responsible parties.
- Expedite all new and existing orders.
- Update family and responsible parties regarding patient status.
- Coordinate with the interdisciplinary party regarding current and future care plans.
- Communicate any new updated care, current care, condition and plan upon endorsement for proper continuity of care.

### **OR Nurse**

Downey Surgery Center - Downey, CA  
August 2021 to March 2022

- Admitting/Pre Op Nurse
- Admit patient and ensure all documents are completed and signed.
- Explain procedure and answer any questions or concerns by the patient.
- Perform physical assessment and collect baseline vitals.
- Obtain IV access if necessary for procedure.
- Assist anesthetist in any necessary intervention.
- Monitor patient status and ensure safety while patient is waiting for the procedure.
- Endorse patient to the circulatory nurse upon transfer.

### **Circulating Nurse**

- Prepare the operating room to accommodate the patient, the OR team, the surgeon and the procedure while maintaining safety and sterility.
- Interview the patient and communicate to the team information necessary to perform the surgery successfully.
- Receive the endorsement from the Pre Op nurse and safely transfer the patient to the procedure bed.
- Prepare the patient and members of the team ensuring safety and sterility is maintained. Collect baseline vital signs and LOC prior to administration of anesthesia.
- Perform equipment count.

- Perform time out prior to surger, note the beginning of surgery time, the activation of tourniquet and anesthesia administration while monitoring the patient status, at the same time assisting the team while ensuring safety and sterility.
- Depending on the surgery, mid surgery equipment count is necessary.
- Before closing equipment count is performed.
- Note the time anesthesia ended, ending surgery time and the time of tourniquet removal.
- Note the amount and type of anesthesia that was administered.
- Assist the anesthetist with preparing the patient for transfer to the PACU.
- Once safety and stability is ensured, endorse patient to PACU nurse.

#### PACU Nurse

- Prepare the PACU bed for the patient pre-endorsement.
- Receive endorsement from the circulating nurse, while receiving the patient ensure their safety, collecting vital signs and monitoring for any reaction due to the anesthesia, or any sign of instability or any acute change of condition.
- Communicate the patient condition to the responsible party and the anticipated flow of recovery and estimated discharge time.
- Prepare all the needed documentation for discharge including continuity of care plan / instruction, medication ordered and treatments, follow up appointments, while continuously monitoring the patient recovery.
- Discharge the patient once the patient safety is secured and guaranteed.
- Clear and prepare the PACU for the next patient.

### **Registered Nurse Supervisor**

Norwalk Meadows Nursing Center - Norwalk, CA

March 2021 to August 2021

- Supervise a staff of 4 LVN's and 10 CNA's
- Responsible for the care of 69 residents.
- Assess and communicate to physician any changes or need resident's may require.
- Triage patient's care according to their priority of need.
- Responsible for admissions, discharges, transfers and any change of orders.
- Carry out doctor's orders including labs, medications, referrals and any plan of care.
- Delegate task and evaluate performance of staff according to their job tittle.
- Ensures that the resident is receiving appropriate care according to the plan of care.
- Ensures that the facility protocol and safety measures are being followed at all given times.
- Collaborate with physicians to create care plan specific to each resident.
- Performs health teaching to resident's and responsible parties to ensure understanding and cooperation regarding resident's condition and care plan.

### **Registered Nurse Supervisor**

Marycrest Manor - Culver City, CA

March 2020 to March 2021

- Supervise a staff of 2 LVN's and 8 CNA's
- Responsible for the care of 56 residents.
- Assess and communicate to physician any changes or need resident's may require.
- Triage patient's care according to their priority of need.
- Responsible for admissions, discharges, transfers and any change of orders.
- Carry out doctor's orders including labs, medications, referrals and any plan of care.

- Delegate task and evaluate performance of staff according to their job title.
- Ensures that the resident is receiving appropriate care according to the plan of care.
- Ensures that the facility protocol and safety measures are being followed at all given times.
- Collaborate with physicians to create care plan specific to each resident.
- Performs health teaching to resident's and responsible parties to ensure understanding and cooperation regarding resident's condition and care plan.

### **Registered Nurse**

Los Angeles Center for Oral and Maxillofacial Surgery - Los Angeles, CA

May 2020 to October 2020

- Perform Pre-Op evaluation and ensures all consents have been explained and signed.
- Provide any clarifications information patient or family member may require prior to procedure.
- Prepare the patient for the procedure and ensure the safety post administration of the initial anesthesia.
- Perform Circulating nurse task once the procedure starts, including assisting with any needs the surgeon, tech and the anesthesiologist may need; ensure sterility is maintained, inventory monitoring, time monitoring and provide updates to family.
- Perform Post-Op task including pos-op care, monitoring patient post anesthesia, ensure patient's safety is maintained as the patient of recovering from anesthesia. Report to surgeon any sign of instability was noted in recovery. Administer any medication as prescribe that would aid with patient's recovery.
- Provide post-op health teaching and instructions to patient and responsible party regarding care, information regarding expected outcome, contact information if any question arise and follow-up appointments.

## Education

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### **Pulmonary Nursing Training Program**

Lung Center of the Philippines - Quezon City

March 2016 to June 2016

### **Bachelors of Science in Nursing in Nursing**

Our Lady of Fatima University

2012 to 2015

### **Medical Assistant**

So. California Regional Occupational Center - Torrance, CA

1998 to 1999

## Skills

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- Microsoft Office
- Nurse Management
- Medication Administration
- Excel
- Ms word
- Word

- Multitasking
- Ms access
- Managerial
- Outlook
- Microsoft Excel
- Physiology Knowledge
- Pain Management
- Anatomy Knowledge
- Nursing
- Organizational skills

## Certifications and Licenses

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### **Registered Nurse (RN)**

January 2020 to August 2021

### **EKG**

October 2020 to October 2024

### **PALS**

October 2020 to October 2022

### **Driver's License**

### **BLS, ACLS**

January 2022 to January 2024

## Assessments

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### **Work style: Conscientiousness — Highly Proficient**

February 2020

Tendency to be well-organized, rule-abiding, and hard-working.

Full results: [Highly Proficient](#)

### **Electronic health records: Best practices — Highly Proficient**

December 2020

Knowledge of EHR data, associated privacy regulations, and best practices for EHR use

Full results: [Highly Proficient](#)

### **Patient-focused care — Proficient**

June 2021

Addressing concerns and using sensitivity when responding to needs and feelings of patients

Full results: [Proficient](#)

### **Medical terminology — Expert**

June 2021

Understanding and using medical terminology

Full results: [Expert](#)

### **First aid — Highly Proficient**

June 2021

Treating common medical emergencies

Full results: [Highly Proficient](#)

Indeed Assessments provides skills tests that are not indicative of a license or certification, or continued development in any professional field.