

Belen Mesele

Hi, thanks for checking out my profile! I'm a multilingual registered nurse.

Seattle, WA

belebami@gmail.com

+1 206 226 8910

Work Experience

Registered Nurse

Bayview Retirement Community - Seattle, WA

February 2020 to Present

- Obtain blood samples, either via a venous stick or from a PICC or Midline
- Administer scheduled medication and contribute to a culture of safety by monitoring for adverse events
- Assess all body systems after resident has a fall event and report unusual findings to primary care provider
- Interact with resident families and report changes in care plan
- Document data related to patients' care including assessment results, interventions, medications, patient responses, or treatment changes

Community Advocate

Ethnomed

January 2019 to Present

Create and review Amharic culturally competent educational videos and brochures for Metronome's website as part of a project for Eileen Ridgway 10k scholarship

- Projects focus on diseases such as diabetes, asthma, and common cold

Clinical Rotation Student

Seattle University - Seattle, WA

June 2018 to Present

- Swedish First Hill Birth Center, Swedish Medical (60 hours)

Completed 60 hours of comprehensive nursing care under the supervision of an RN, including medication administration, discharge planning and collaborative care on the mother and baby unit. Provided postpartum care as well as labor and delivery care.

- Fairfax Hospital (60 hours)

Observed and actively participated in the development and implementation of individual treatment plans for patients with a broad range of mental health illnesses.

- Swedish First Hill, NICU (56 hours)

Provided patient care under the supervision of an RN, including discharge planning, patient education and collaborative care.

- Harborview Medical Center, Medical/Surgical (100 hours)

- Dressed wounds, performed tracheotomy care and created care plans for stroke, SCI, and TBI patients
- Performed digital stimulation and bowel programs
- Evaluated care plans and modified it to meet patient goals
- Initiated foley catheters and nasogastric tubes
- Actively listened and motivated patients to achieve maximal independence

- Assisted patients in exercising and improving muscle strength
- Used therapeutic communication to enhance the quality of patient care
- Administered prescribed medication intravenously, subcutaneously, or orally; as prescribed

Registered Nurse

Seattle Post Acute Care - Seattle, WA

November 2019 to August 2020

- Responsible for continuous monitoring and assessment of 14+ patients with mechanical ventilators and tracheostomies
- Coordinate with respiratory therapists to assess, plan, implement and evaluate patient care plans in a post-acute care environment
- Order, perform, or interpret the results of chest x-rays and screening procedures based on assessment results; differential diagnoses
- Document data related to patients' care including assessment results, interventions, medications, patient responses, or treatment changes.
- Administer intravenous drips and medications via peg tube, PO, or Midline--as prescribed
- Educate patients and families in areas of medication, safety, prevention, and symptom management

Clinical Research Coordinator

Harborview Medical Center

January 2015 to July 2018

Monitored enrolled patients in the ER and OR as they receive study drug to ensure there are no adverse events

- Communicated patient status with an interdisciplinary team of nurses and health care professionals
- Presented in-service training to nurses in ICU and ER units about treatment drugs for NSTI patients
- Implemented accuryn urinary drainage monitoring system to urinary catheters for patients in ICU units
- Updated patient charts and ensure participants receive the correct dose of treatment drugs
- Interacted confidently with multidisciplinary teams and critically-ill patients explaining study procedures as well as inclusion and exclusion criteria for a study
- Provided patient education about how our investigational products compare to the standard of care

On Call Medical Interpreter

September 2013 to June 2018

Accompanied Amharic-speaking men, women, and children to their doctor's visits in different care clinics (independent field work)

- Listened to patient's symptoms and express their concerns as if they were my own
- Interpreted medical care instructions and drug information
- Followed strict HIPPA compliance when discussing sensitive personal information

Waitress

Portage Bay Cafe

June 2008 to March 2017

Learned the core values of kindness and patience in handling unhappy customers and diverse personalities

Account Payables Manager National Truck Dispatch

NTD

June 2006 to March 2017

Monitored and administered carrier and expense accounts to ensure accurate processing and timely payment of invoices and expense reports

- Oversee the company's cash flow and ensure that proper information is maintained for historical purposes

Community Outreach Intern

Hepatitis B

May 2012 to May 2014

Educated East African community and other populations disproportionately affected by Hepatitis B in Seattle

- Delivered culturally competent health education leaders within the Ethiopian, Somali, and Kenyan communities
- Attended health fairs to provide Hepatitis B education and direct attendees to available community clinics

Education

Clinical Rotations

Harborview Medical Center

2018 to Present

Doctor of Nursing Practice in Nursing Practice

Seattle University - Seattle, WA

2022

Associate Degree in Nursing in Nursing

Seattle University - Seattle, WA

2019

Bachelor of Science in Biology

University of Washington - Seattle, WA

2013

Nursing Licenses

RN

Skills

- Therapy
- Charting
- Registered nurse
- Satisfaction
- Epic
- Clinical documentation
- Documentation

- Documenting
- Mental Health Counseling
- Nursing
- Amharic
- Clinical Research
- Medication Administration
- Vital Signs
- Hospital Experience
- Translation

Certifications and Licenses

BLS, ACLS

Additional Information

Skills

- Registered Nurse
- Native in Amharic
- Charting and clinical documentation
- Preventative health
- Patient satisfaction
- Practicing medical Spanish
- Intravenous therapy
- Medication administration
- Insulin medication assistance
- Patient and family advocacy
- Women's health screenings
- Documenting on ORCA and EPIC
- Creating culturally competent educational resources
- De-escalation techniques for agitated patient