

Hi, I'm Rhea Allen.

Registered Nurse

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SUMMARY

I have been a OB RN for over 25 years at a level 3 perinatal center. Versatile in several roles on the floor. Currently a Charge , scrub and flight nurse for OB. Able to jump in at any time to assist with all types of emergencies and crisis that arrive in the hospital. Keep current in several departments to maintain skills and proficiency and follow hospital policies. Also work closely with leaders and managers when working as a House Supervisor.

SKILLS

- Employee training
- Case management understanding
- Crisis response
- Medication administration
- OB/GYN procedures First Assist
- Aircraft safety adherence
- Medication oversight
- Patient care administration
- Critical care
- Medication and IV administration
- ACLS
- BLS
- NRP
- AWHONN Advanced Fetal EFM

EXPERIENCE

Nursing House Supervisor 02/2018 - Current
HSHS St. Mary's Hospital *Decatur, IL*

- Completed daily rounds of nursing department to verify nursing service personnel performance alignment acceptable nursing standards.
- Provided patients with direct nursing care during periods of department short-staffing.
- Maintained correct number of staffers to meet budget parameters while promoting high levels of patient care.
- Answered questions and addressed concerns from employees promptly through email, phone and in person.

Labor and Delivery Registered Nurse 06/1993 - Current
HSHS St. Johns Hospital *Springfield, IL*

- Reviewed and tracked progress of mothers in labor, interpreted fetal heart monitor and informed delivering physician of status.
- Cared for pregnant women expecting imminent birth and for babies immediately after birth in hospitals.
- Assessed and documented physical condition of mothers and babies and assisted doctors in identifying and treating preeclampsia.
- Discharged mothers and babies after patiently guiding parents through at-home care and follow-up medical care.
- First Assist and Surgical RN for c/s.
- Currently work at a level III Perinatal Woman and Infants Center
- Flight nurse for the Maternal Perinatal team.
- Charge Nurse for L and D and Mother/baby

- Member of the collaboration for IDPH Hypertensive Protocol
- Review and update protocols according to Awhonn, AORN and Perinatal care guidelines

Registered Nurse Level 3, NICU
 HSHS St Johns Hospital *Springfield, IL*

01/2000 - 01/2019

- Managed day-to-day routines for newborn babies by administering medication and fluids and checking vital signs regularly.
- Utilized valuable communication skills to deliver information to family members regarding patient treatment, care and medical options.
- Formulated care plans for every individual neonatal intensive care patient, reviewing on daily basis to determine effectiveness.
- Evaluated patient vital signs and laboratory data to assess needs and provide emergency interventions.
- Kept track of patients' changing pain levels and proactively worked to minimize excess pain or discomfort.
- Checked on patients regularly to track progress with treatments, changes in symptoms and need for emergency interventions.
- Administered medications by diverse means and tracked responses.
- Detected emerging problems by monitoring patients' behavior, vital signs and fluid intake and output.
- Identified abnormal and critical respiratory patterns through direct pulmonary assessments.
- Worked in the registry pool for over 10 years between NICU, L and D, Mother Baby, Antenatal and Pediatrics.

Hospital Corpsman

08/1988 - 06/1993

United States Navy(Enlisted), National Naval Medical Center *Charleston, SC*

- Administered medications and immunizations.
- Performed both emergency and routine medical procedures in high-pressure environments.
- Trained in combat, life savings techniques and conducting physical exams.
- Maintained functionality and organization of medical treatment areas and provisions, including equipment maintenance and team leadership.
- Instructed sailors and marines in first aid, self-aid and personal hygiene procedures.
- Maintained health records for marine platoons.
- Performed medical duties for preventive and unscheduled care by conducting lab work, x-rays, phlebotomy and IV fluid administration.
- Performed preliminary exams to determine diagnosis and provide medical treatment.
- Monitored and replenished ambulance supplies, maintaining well-stocked inventory and properly functioning equipment.

EDUCATION AND
 TRAINING

Associate of Science: Nursing
Lincoln Land Community College, Springfield, IL