Sara Ramirez-polinsky BSN, RN

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# Objective

| To use evidenced based practice to safely manage and treat patients in a critical setting |
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# Certifications

| Basic Life Support (BLS)Advanced Cardiac Life Support (ACLS)Trauma Nurse Critical Care (TNCC)Pediatric Advanced Life Support (PALS)Stroke (NIHSS)CPIEducation

| Jan 2015 until Aug 2016-Jan 2013 until Nov 2014 | BSN,  St. Louis MO,  Central Methodist UniversityRegistered Nurse-Diploma, St. Louis MO, Lutheran School of Nursing |
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| December 2021untilFebruary 2022November 2020 until October 2021 | Medical Solutions Travel Agency*Sharp Grossmont Hospital Emergency Department*Provide initial assessments and determine triage acuity. Care for ICU holds as well as emergent EMS that came in. Caring for critical COVID pts. Administering high risk medications. Taking care of CVA, MI, and everything in between.Aya Healthcare Travel Agency **Staff Nurse** *Christian North East Hospital Emergency Department**Vista Medical Center East Emergency Department*Provide initial assessments and administer life saving interventions to patients in a critical setting. Provide thorough stroke assessments and tPA administration, as well as management of patients until they have a bed in a higher level of care. Provide ACLS to patients who come in with cardiac arrest, assist with RSI, use sedation and high risk medications in a safe manner to stabilize patients until they are able to transfer to an ICU bed. Assess and manage fast track patients and give thorough discharge education teaching to ensure they understand how to manage their disease process at home. As well as give them an understanding of the importance of following up with their PCP. Provide therapeutic communication to psychiatric patients who present with a crisis. Safely care for Covid positive patients who are not stable enough to quarantine at home. |
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| January 2018 until August 2020 | **Staff Nurse**,  Barnes-Jewish Hospital, Emergency Department* Provide initial assessments and safe care to stabilize patients at a fast pace, 60+ rooms at a level 1 trauma center, stroke certified, STEMI certified. Assisted with multiple critical level 1’s, cardiac arrests, conscious sedations, arterial line insertions and management, tPA administration and management, RSI assistance and management of ventilators, management of patients on critical care drips and medications. Mental health management of acutely ill psychiatric patients. Constant communication between the multi-disciplinary teams to ensure exceptional care was given to the patient in a timely manner
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| March 2015 until January 2018 | **Staff Nurse**,  Barnes-Jewish Hospital, Acute care medicine* Provided thorough assessments of patients as well as administering scheduled medications as well as PRN’s, wound care, assisting with hygiene. Using therapeutic communication to help patients heal during difficult times. Providing end-of-life care for patients on their death beds, as well as supporting the family during their time of need. Post-mortem care. My relief charge responsibilities included making staff assignments, counting the pyxis, going over staffing numbers with the house supervisor, assisting with difficult patient situations.
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