

# **ANA ROSE CUBAR MAYO**

## **BSN - PHRN, USRN**

cubaranarose@gmail.com | C: 575-312-6621 | Tijeras, NM 87059

### **Summary**

Caring, dedicated, hardworking, and service-oriented Registered Nurse. Offering proven skills in patient care, medication administration, treatment implementation and Nursing procedures. Detail-oriented, responsive and experienced in routine care as well as emergency response. Proficient in updating charts, monitoring medications and working with multidisciplinary teams to optimize patient care. Quality-driven and efficient with strong interpersonal abilities.

### **Skills**

- Compassionate Patient Confidentiality                                  Dependable and Ethical Decision Making
- Efficient task management    Interpersonal Communication
- Adaptability    Problem Solving
- Team and Patient Communication    Teamwork and creativity
- Dependable attitude and focus    Versatile Patient Care planning
- Constant Critical Thinking    Triaging patient concerns
- Customer Service    RN Nursing Skills

### Character References

**Jessika Hall, RN – Supervisor**  
**(575) 571-7206**

**Mountainview Regional Hospital**

**Vernon Arrington, RN**  
**(575) 936-1093**

**Mountainview Regional Hospital**

**Priscilla Loya, RN**  
**(915) 867-8766**

**Mountainview Regional Hospital**  
**priscillaloya@yahoo.com**

### Previous Experience Below

**Registered Nurse, Telemetry**  
**Nurse Assistant, Telemetry**  
**Staff Nurse, General Ward**  
**Company Nurse**

**Mountainview Regional Hospital**  
**Mountainview Regional Hospital**  
**Medical Mission Group Hospital**  
**Marcela Farms Incorporated**

## **Mountainview Regional Hospital**

Las Cruces, NM

### **Registered Nurse, Telemetry**

2/2021 - 11/2021

#### Broadened RN skills, overseeing 6 Telemetry ward patients per shift.

- Obtained history and physical assessments on patient admissions.
- Monitored and recording patient condition, vital signs, recovery progress, and treatment side effects.
- Monitored heart rhythms. Identifying irregular heart rhythms and notifying the appropriate medical team members. Made sure cardiac monitors are properly placed.
- Monitored patients with heart failure, especially I&O's. Educating patients and families on Fluid volume management, low sodium diet, smoking cessation and recognizing the signs and symptoms of worsening Heart Failure.
- Pre-op patient for surgery (CABG, Heart valve repair or replacement, Insertion of a pacemaker or an implantable cardioverter defibrillator (ICD) and others.) And monitoring patients, post-surgery.
- Treated patients by administering various types of medications and therapies as per Doctor's order. Administered oral, intramuscular and IV medications to patients and monitored responses.
- Developed and adapted individualized treatment plans according to patient recovery goals.
- Developed care plans complete with effective nursing measures to improve patients' mental and physical health.
- Conducted patient assessments and diagnostic tests to provide physician with important patient health information used to create focused treatment plans and manage ongoing care.
- Addressed rapid response and code situations by strategically organizing and delegating tasks.
- Applied extensive nursing expertise in management of patient care elements from admission to discharge, delivering emergency interventions when needed.
- Communicated effectively with physicians and provided support during procedures.
- Evaluated patients to develop and update treatment plans while anticipating day-to-day needs.
- Facilitated transition to at-home care by providing patients with continued care information and discharge instructions.
- Promoted healthy lifestyle choices to reduce re-emergence of painful or dangerous symptoms.
- Answered patient questions and provided take-home materials for further information.

## **Mountainview Regional Hospital**

Las Cruces, NM

### **Nurse Assistant, Telemetry**

06/2020 - 2/2021

#### My duties included Recording vital signs and assisting RNs on duty.

- Aiding patients with personal hygiene, mobility, and other basic needs.
- Helping patient with meals and documenting their food and liquid intake.
- Ensure the client's environment is clean and organized for safety measures and efficiency of care.
- Turn, reposition and move patient between beds, chairs, and wheelchair.
- Documenting patient health concerns and ensuring the RNs are informed
- Over watch of Patients during periods of poor mental health or suicidal ideation
- Mentoring Student Nurses and Nurse Assistants

## **MEDICAL MISSION GROUP HOSPITAL AND HEALTH SERVICES**

Bohol, Philippines

### **STAFF NURSE, GENERAL WARD AREA**

11/2018 - 08/2019

#### Established RN skills by overseeing the varied care of 10-15 Patients per RN on Shift

- Treated patients by administering various types of medications and therapies as per Doctor's order.
- Developed and adapted individualized treatment plans according to patient recovery goals.
- Monitored patient vitals post-surgery, managed medical equipment and administered medications and IVs.
- Monitored and recorded patient condition, vital signs, recovery progress, and treatment side effects.

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- Recorded patients' medical history, vital statistics and test results in electronic medical records.
- Inserted and managed central, arterial and PICC lines and do Nursing Procedures.
- Administered medications, tracked dosages and documented patient conditions.
- Administered oral, intramuscular and IV medications to patients and monitored responses.
- Developed care plans complete with effective nursing measures to improve patients' mental and physical health.
- Conducted patient assessments and diagnostic tests to provide physician with important patient health information used to create focused treatment plans and manage ongoing care.
- Immunized patients against diseases such as influenza and pneumonia to protect vulnerable populations from serious illnesses.
- Addressed rapid response and code situations by strategically organizing and delegating tasks.
- Coordinated care with physicians and other clinical staff to prepare for treatment, carry out interventions and enhance continuum of care to deliver comprehensive services.
- Applied extensive nursing expertise in management of patient care elements from admission to discharge, delivering emergency interventions when needed.
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- Communicated effectively with physicians and provided support during surgical procedures.
- Evaluated patients to develop and update treatment plans while anticipating day-to-day needs.
- Facilitated transition to at-home care by providing patients with continued care information and discharge instructions.
- Promoted healthy lifestyle choices to reduce re-emergence of painful or dangerous symptoms.
- Answered patient questions and provided take-home materials for further information.
- Educated patients and families on treatment strategies and at-home care.

## **Marcela Farms Incorporated**

Bohol, Philippines

### **Company Nurse**

07/2018 - 11/2018

- Monitored and recorded client Vital Signs twice a month, and daily to those who exhibited hypertension and other health abnormalities
- Developed and implement health and safety programs.
- Provided emergency injury treatment in the workplace.
- Administer over-the-counter medication to employees.
- Maintained a clean, and comfortable sickbay area.
- Promoted healthy eating and wellness programs.
- Confidentially documented all employee injuries and illnesses.
- Improved the health of employees through on-going programs and health checks.
- Developed strategies to ensure maximum employee Health Ratings
- Negotiated with management on behalf of employee health and wellness

## **Education**

**University of Bohol, College of Nursing**

**Bachelor of Science in Nursing**

Tagbilaran City, Bohol Philippines

2014-2018