

Beth Braley

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Enthusiastic and empathetic recent graduate nurse, seeking to become an integral member of a long term healthcare facility, working both independently and collaboratively while employing excellent problem solving and critical thinking skills to provide the best comprehensive care to patients.

Work Experience

Registered Nurse (RN)

Texas Emergency Hospital - Humble, TX
April 2021 to Present

- Accessing care plans and adjusting accordingly while coordinating with the hospitalist or specialist.
- Interpreted test results and reported to the patient's hospitalist.
- Provided bedside care for patients for pre-and post-procedures, including stress tests, CT scans.
- Prepared medications for each patient on time as prescribed by the hospitalist.
- Started intravenous drips, catheter insertion, nasogastric tubes, ACHS monitoring and infection control.
- Collaborated with healthcare professionals during admission and discharges.
- Interpreted telemetry monitors looking for arrhythmias, cardiac baseline changes, and abnormalities.
- Lead RN for the COVID clinic. Maintained
- Monitored reactions to the medications prescribed and promptly informing the physician.
- Educated the patient and family members about prescribed medications, side effects, and physician follow up during discharge.

Receptionist

Nexus Specialty Hospital - The Woodlands, TX
May 2019 to August 2020

- Planned, organized, and executed work activities in a timely manner.
- Established fulfilling relationships with supervisors, coworkers, and family members.
- Multi-tasked front office duties while providing personalized service to family members and employees.
- Planned deliveries of packages, and supplies to appropriate departments.

Home (Caregiver)

Right at Home
May 2017 to August 2018

- Monitored patient condition by observing physical and mental condition, intake and output, and exercise.
- Supported patients by providing housekeeping and laundry services, shopping for food and other household requirements, preparing and serving meals and snacks, and running errands.
- Assisted patients by providing personal services, such as, bathing, dressing, and grooming.
- Helped patients care for themselves with use of cane or walker, special utensils to eat, and equipment for personal hygiene.

- Maintained a safe, secure, and healthy patient environment by following asepsis standards and procedures, maintaining security precautions.
- Enhanced service reputation by accepting ownership for accomplishing new and different requests, and exploring opportunities to add value to job accomplishments.

Personal Trainer

YMCA - Kingwood, TX
2009 to 2014

- Designed and implemented enjoyable and innovative customized training programs based upon individual fitness goals.
- Conducted fitness assessments which included the seven-point skin-fold body fat measurements, blood pressure, and treadmill tests.
- Developed teaching strategies about correct use of weight resistance and cardiovascular equipment.
- Collaborated with Yoga instructors, swim instructors, and cycling instructors to help integrate the client's overall endurance, strength, flexibility, and balance.
- Encourage and educated clients about the relationship between nutrition and fitness.

Pricing Specialist

LPB Energy Management - Houston, TX
2004 to 2008

- Negotiated price and contract terms between clients and suppliers to achieve client objectives.
- Provide insight regarding energy and utility market developments across active deregulated power and gas markets in North America.
- Produce detailed pricing and budget reports for clients, highlighting any potential differences between the various pricing received from energy supply companies.

Inside Sales Representative

Avnet, Inc - Dallas, TX
1997 to 2003

- Proactively identified, located, and qualified new business leads.
- Established and maintained long term relationships with clientele.
- Provided clients with an individualized network infrastructure and data center solutions targeting small to medium size corporations.

Education

Bachelor of Science in Nursing

Lone Star College - Kingwood, TX
December 2022

Associate Degree of Applied Science in Applied Science

Lone Star College - Kingwood, TX
December 2020

Bachelor of Business Administration in Marketing

University of North Texas - Denton, TX
1993 to 1995

Skills

- Vitals Monitoring
- Patient Education
- Cultural Sensitivity
- Organization and Prioritization
- Professional Bedside Manners
- Patient Safety
- Teamwork
- Problem-solving
- Assessment
- Nursing

Certifications and Licenses

CPR Certification

First Aid Certification

BLS Certification

RN

Advanced Cardiovascular Life Support (ACLS)

April 2021 to April 2023