

CINDY ALEJANDRA GARZA

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PROFESSIONAL SUMMARY

Dependable registered nurse with experience in telemetry, surgical, and medical floors seeking opportunity to expand skills and contribute to company success. Considered hardworking, ethical, and detail-oriented.

Dedicated professional with demonstrated strengths in customer service, time management, and trend tracking. Hardworking registered nurse trained in monitoring and caring for patients with diverse needs. Adaptable nursing professional skilled at responding to all types of routine and emergency situations. Reliable candidate ready to take on challenges in a position using problem-solving and task prioritization skills to help team succeed.

EDUCATION

Bachelor in science of Nursing June 2020

University of Texas Rio Grande Valley , Edinburg , Texas

High School Diploma June 2014

Edinburg North High School, Edinburg, TX

Certified Nursing Assitance July 2018

Six RN's Institue, Edinburg, TX

LICENSES

Registered Nurse License #1005257

CERTIFICATIONS

BLS- Basic Life Support- American Heart Association- 2021-2023

ACLS- Advanced Cardiac Life Support,American Heart Association - 2021-2023

EXPERIENCE

Medical Surgical Registered Nurse January 2022 - March 2022

AMITA Health Saint Joseph Hopaital Chicago | Chicago, Illinios

- As a medical surgical registered nurse I was responsible for coordinating with health care team members to assess, plan, implement and evaluate patient care plans.
- Prepares and administers (orally, subcutaneously, through an IV) and records prescribed medications.
- Educates patients on surgical procedures.
- Records patients' medical information and vital signs.

- Monitors and adjusts specialized equipment used on patients, and interprets and records electronic displays.
- Provides bedside care for a wide variety of medical patients, including pre- and postsurgery patients. Initiates patient education plan, as prescribed by physician.
- Teaches patients and significant others how to manage their illness/injury, by explaining: post-treatment home care needs.
- Changes dressings, inserts catheters, starts IVs.
Prepares equipment and aids physician during examination and treatment of patient.

Telemetry Registered Nurse

August 2020 - January 2022

Doctor Hospital at Renaissance | Edinburg , Texas

- As a Registered Nurse I am responsible for patient care in the critical care settings.
- Managed direct care of patients, conducted assessments, and documented care activities.
- Administered oral, IV, and intramuscular medications as part of patient treatments.
- Skills ranging from a basic head to toe assessment.
- Collaborated with a various health care professionals to manage a patients care and treatment plan during their critical state.
Also, I have had the opportunity to float to Rehab, 2nd floor surgical, and 3rd/4th floor Medical Surgical/Telemetry floors during my nursing career.
- Coordinated care with physicians and other clinical staff to prepare for treatment, carry out interventions and enhance continuum of care to deliver comprehensive services.
- Monitored and recorded patient condition, vital signs, recovery progress and medication side effects.
- Improved patient outcomes and quality of care by determining and suggesting changes to processes.
- Trained and mentored student nurses, interns, and new graduates in proper procedures and care techniques.
- Educated patients on preventive care and lifestyle choices to improve overall health.
- Managed patient flows for unit, handled admissions, and processed discharge paperwork.
- Collected patient data and biological samples for testing and procedures.
- Educated patients and caregivers on proper at-home care and treatment regimens.
- Worked closely with physicians, surgeons, and nursing staff as part of unit team.
- Monitored consistent use of aseptic techniques to protect against infection.
- Resolved or reduced patient symptoms with intramuscular, intravenous and oral medicines.
- Stabilized patients during emergencies with first aid and life support care.
- Modified patients' treatment plans as indicated by patients' responses and new physician orders.

Certified Nursing Assistant

July 2018 - August 2020

Arbor View Rehabilitation and Nursing Health | Edinburg, TX

SKILLS

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| • Medication administration | • Patient assessment | • Treatment planning |
| • Chart updating | • IV management | • Direct nursing care |

- Telemetry monitoring

- Emergency response

- Complex problem-solving

- Wound care

- Family education

- EPIC and CERNER