





Valerie Salem RN,BSN

REGISTERED CHARGE NURSE PRN STAFF LDRP

703.743.4478 

valerieowenssalem@gmail.com 

5797 Gilesburg Dr. 
Haymarket VA, 20169

EDUCATION

BSN Nursing
University of South Carolina
Aiken, SC
2006

Continuing Education:
Applying for NP program

LICENSES & CERTIFICATIONS

RN
Registered Nurse
Commonwealth of VA
Expires February 2019
License #0001208206

NRP
Neonatal Resuscitation Program
7th Edition
American Academy of Pediatrics
American Heart Association
Expires October 2019

BLS
Basic Life Support
American Heart Association
Expires September 2019

ACLS
Advanced Cardiac Life Support
American Heart Association
Expires September 2019

PROFESSIONAL PROFILE

Highly skilled nurse with vast hospital experience, providing excellent direct patient care since 2005. As an experienced charge nurse and mentor to other nurses, I will continue to provide safe and effective medical care with compassion and respect to every patient, nurse and ancillary staff I have the privilege to work with. Ability to perform and give care to emergent high acuity patients when time care is critical. Patient assignments are given fairly and equally based on the patient acuity level and skill experience of the nurse. Supervision, support and mentoring with patience and respect. Remain positive under stress.

EXPERIENCE

Registered Nurse/Charge Nurse
Reston Hospital Center - Reston, VA - August 2016 - Present

Provides safe effective care to as many as 6 patients on labor and delivery with minimal staffing. Able to manage a small team of nurses as charge nurse with large number of patients and small number of nurses (15:3 patient to nurse ratio under inclement weather). Continue to readily display excellent customer service to our patients and staff from patient to physician, nurse to ancillary staff, everyone plays a crucial role in providing excellent and safe healthcare to our community.

- 100% adaptive to changes within the unit and throughout the hospital. Safety of care and meeting compliance standards are priority. Ensuring properly working equipment in each labor room, promptly reporting/replacing/repairing equipment and supplies.
- Boosting staff morale with a positive attitude, listening to their needs and complaints, validating their concerns with reassurance followed by taking action to ensure those needs are met, then following up. Being part of the change to better the unit.
- Liaison between physicians and nurses, nurses and techs, patients and staff, etc. Communication is key to reducing patient fear, showing compassion when providing care is of daily importance as it develops the trust and bond between patient and LD team. Reporting staff needs to nursing supervisor to replace sick call, requesting staff from mother baby or tech from OR.
- Mentor to new graduate nurses, student nurses from our local colleges and travel nurses. Welcoming new members to our team with a positive view of RHC and gratitude they've chosen to work with us.
- Consistently devote time and effort to the RHC LD team to maintain safety of patients and staff. Ready and willingly stay past scheduled shift when short staffed. Always flexible and willing to reschedule and swap shifts for the better of the team and the unit.

Registered Nurse/Charge Nurse
Bellevue Women's Hospital - Niskayuna, NY - September 2012/2013

Assisted designated patients with medication and supervised care by nurses when in charge. Performed patient rounds ensuring all needs of each patient were met. Excellent customer service and quality medical healthcare is crucial. Ability to manage high couplet to nurse ratio and more than 20 bed unit in charge. Part of a select team that spearheaded the transition to couplet care successfully merging two separate units.

- Trained more than 20 post partum nurses to care for moms and their babies as couplets.
- Had the pleasure of rounding on over 20 patients a day to learn how we as a hospital could provide better care of our patients, families and community we served.



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AREAS OF EXPERTISE

Charge Nurse

High Risk Perinatal

Pregnancy

Advanced Fetal Monitoring

OR Circulator

Newborn Nursery

PACU Nursing

Pre-Op Nursing

OR Scrub Nurse

Labor, Delivery, Recovery

Special Care Nursery

OTHER SKILLS

Nurse Mentor

Detail-Oriented

Organized

Extremely fast learner

Excel under pressure

People person

Customer Service Specialist

Expert in creating custom Medical
Administration Records

EXPERIENCE continued

Registered Nurse/ Preceptor
Glens Falls Hospital - January 2012-2013

Transitioned to LDRP unit from LD successfully. Voluntarily cross trained to related units such as PEDS and special care nursery. Well skilled and proficient in providing care to three new units and worked between them seamlessly. Continue to expand nursing knowledge and experience with excitement and perseverance. The constant theme throughout my nursing career has and continues to expand and explore nursing knowledge whenever possible.

- Provided exceptional safe care to both mother and baby throughout the labor, birthing and recovery process. Followed by post partum and newborn care through discharge and patient transition from hospital to home.
- 1:1 Nurse to patient ratio in the absence of central monitoring, water birthing and majority patients choosing natural childbirth. Labor coaching at the bedside, developing communication skills to assist the patient and family through a healthy delivery.
- Preceptor to 2 nurses at the start of their first experience as registered nurses. Preceptorship of one year to labor and delivery post nursing program successfully completed by both new grads.

Registered Nurse
Decatur, GA - July 2009/2011

Staff RN to a busy unit of 18LDR's, 6LD OR's, delivering over 5,000 babies annually. First hospital in Atlanta area to offer cord blood donation, first personal nursing experience involving collection of cord blood and its importance. Experience taking care of highly diverse population of women, increased language barrier and first experience battling H1N1 to a population of people flying into an international airport close by.

- Efficient in delivering precipitous deliveries daily.
- Maintaining two active laboring patients safely and effectively.
- Initiating STAT C/S's timely with good outcomes for both mom and baby.
- Managing the triage station fast and effectively.
- OR circulator every other week with minimum of 5C/S's daily.
- High risk antepartum unit, 1:5 nurse to patient ratio.

Registered Nurse/Charged Nurse
Prince William Hospital /June 2007-2009

- Transitioned from a BSN graduate to staff nurse on busy LD unit. FT RN from beginner to novice in less than 2 years, working charge shifts by 18months successfully and efficiently.
- Volunteered to be trained to scrub in OR cases as well as spearheaded and be the first on the unit to become ACLS certified. Opportunity to go to several AWHONN trainings, reproductivity seminars and began learning to first assist in C/S's.
- Expert in meditech and CPN systems for charting and placing orders for patients. Became proficient as unit secretary, OR tech, staff nurse and charge nurse.
- Positive attitude toward fellow staff members and patients. Morale booster during the most stressful shifts.