**Sarah Aldean RN**

Bristow, VA 20136

(651) 402-2284

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**Professional Summary**

Experienced Registered Nurse with five years of experience in Labor and Delivery. Compassionate patient advocate proficient in the *Ten Steps of Baby Friendly.* Additional nursing experience in orthopedics and trauma.

**Licenses**

Registered Nurse State Of Virginia (1277766) Registered Nurse State of California (842334) Registered Nurse State of Minnesota (R 161629-9) AWHONN Intermediiate Fetal Monitoring AHA Basic Life Support (2/2022) NRP (5/2022)

**Skill Highlights**

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| * Proficient time management skills * Develop trusting relationships with patients and their families * Enjoy teaching and providing education regarding the labor process, feeding choices, and newborn care * Helpful to other staff who need assistance as patient flow changes | * Maintain a non-judgmental attitude when caring for patients with different backgrounds and needs * Maintain a positive attitude regardless of circumstances * Skilled in conducting physical assessments of adults and newborns |

**Professional Experience**

Novant UVA Prince WIlliam Medical Center

Manassas, VA

Staff Nurse 04/2018 to 08/2021

Monitored and managed various treatment and care interventions for gravid patients. Updated physicians on patient test results and assisted in developing care plans. Collected lab specimens, ordering and interpreting diagnostic tests and lab results. Assisted anesthesiologist with epidural and spinal anesthesia. Acted as circulator for cesarean sections maintaining order and accurate counts in operating room. Educated families about feeding choices and techniques for safe feeding and infant sleep. Interpreted electronic fetal monitoring for singleton and twin deliveries, and updated physicians as needed.

Scripps Memorial Hospital

Encinitas, CA

Staff Nurse 09/2014 to 12/2015

Responsible for the direct care of gravid and/or labor patients, and newborns. Assessed labor status and effectively communicated with physicians and midwives.  Worked in collaboration with NICU nurses and neonatologists when appropriate.  Provided breastfeeding support and education regarding feeding preferences. Acted as circulator in the Operating Room during Cesarean Sections.

Fallbrook Hospital

Fallbrook, CA

Staff Nurse 10/2013 to 09/2014

Primary care nurse for labor patients and couplet care in small 47 bed hospital. Effectively managed emergency transfers of gravid and newborn patients requiring a higher level of care. Acted as "baby nurse" during unscheduled Cesarean Sections.

**Education and Training**

Bachelor of Science: Nursing 2003

University of Wisconsin , Eau Claire, WI