

Roxanne Tabamo

Registered Nurse

Skokie, IL 60076

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Skilled and highly trained Registered Nurse with over 7 years of experience in geriatrics and skilled nursing and 12 years' experience as a Hospital Corpsman; Combat Medic with the United States Navy. Exceptional health care management skills providing quality evidence-based patient care within dynamic and high-pressured environment. Exceptional organizational, communication, and writing skills with keen clinical assessment and independent problem-solving skills. Registered Nursing license in both Illinois and Wisconsin.

Authorized to work in the US for any employer

Work Experience

Director of Nursing

Citadel of Glenview - Glenview, IL

November 2020 to Present

Motivational leader with the ability to bring out staff members' strength

- Experienced in hiring, training, managing, and evaluating staff
- Manage and supervise a 135-bed skilled rehab facility with 70+ employees (including RNs, LPNs, and CNAs)
- Developed and delivered training materials for nurses on medication administration, infection control, and other safety procedures in order to ensure compliance with department policies.
- Improved efficiency in patient care by analyzing the utilization of nursing staff.
- Reviewed and revised 60+ department policies, protocols, and procedures to meet joint commissions standards.
- Participate in meetings (QAPI, safety committee, interdisciplinary team meetings) for building the center's policies and ensure implementation.
- Monitor medication passes and treatment schedules ensuring medications were administered as ordered and that treatments were provided as scheduled.
- Oversee psychotropic program ensuring the appropriate medication given to each resident
- Current Certification: Infection Control (CIC) overseeing overall program and identification of hospital acquired infections with both internal and external (CDC/NHSN) reporting as required.
- Above all, ensure that residents and families received the highest quality of service in a caring and compassionate atmosphere which recognized the individual's needs and rights.

Assistant Director of Nursing

Citadel of Skokie - Skokie, IL

August 2020 to October 2020

- Assisted nursing staff in observing for significant changes, documenting, and reporting as necessary.
- Maintained and directed facility's Restorative Nursing Program.
- Functioned as a fall preventionist which included assessing and evaluating fall incident reporting.

- Scheduled and performed rounds to monitor and evaluate the appropriateness and quality of nursing care.
- Wound care nurse assessing and evaluating patient's skin weekly and on an as needed basis ensuring prevention of pressure ulcers; providing and delegating direct patient care by managing care for draining wounds, fistulas, pressure ulcers, and skin breakdowns.
- Monitored results of care and reported performance rate for quality management using woundrounds.
- Ensured documentation supports level of care, MDS & RUG

Nurse Supervisor

Encore at The Lodge Assisted Living - Northbrook, IL
September 2019 to July 2020

- Records patient's vital signs (blood pressure, temperature, weight, etc.)
- Performs basic patient bedside care including administering patients for injections
- Administer medications at appropriate times
- Help patient change and get ready for activities of daily living
- Prepared all patient's meals through the shift

Restorative Nurse Director- Fall Nurse

The Grove at the Lake - Zion, IL
January 2019 to May 2019

- Maintained and directed facility's Restorative Nursing Program overseeing the care of over 130 residents.
- Provided supervision to all restorative nursing assistances ensuring competency of the restorative programs being provided; ADLs, proper hygiene and grooming
- Works in conjunction with the physical therapy department ensuring level of all resident's physical function stays consistent after physical therapy discharge.
- Meet and greet with every new resident by assessing, evaluating, and providing their restorative daily needs
- Regularly consulted with multidisciplinary team with regards to resident's restorative and fall care plans
- Completed charting, care plans, reports, and assigned daily MDS portions accurately and in a timely manner.
- Reports to IL Department of Public Health and corporate for reportable falls and injuries

Licensed Practical Nurse

Lake County Jail - Waukegan, IL
February 2015 to April 2019

- Administered medications and maintained EMR database of all patient's information ensuring information is up-to-date
- Administered intramuscular, intradermal, and subcutaneous injections
- Performed and educated coworkers on the use of EKG machines and lab draws
- Performed and recorded patient's vital signs and blood glucose levels daily
- Administered nebulizing treatments and performed wound care treatment
- Triage and responded to medical emergencies and monitored patient's progress to treatment plans
- Assisted Physician in minor exam room procedures

Psychotropic/Falls Nurse; Clinical Manager

Bella Terra - Morton Grove, IL
December 2017 to January 2019

- Coordinates with residents and their families assessing their mental health needs.
- Performed AIMS assessments and medication monitoring.
- Relayed all new and current resident's symptoms and reactions to new/old psychotropic medications to in-house psychiatrist.
- Implemented appropriate interventions to staff for all falls in the facility
- Meet with multidisciplinary team to seek ways to improve the process of the fall prevention program.
- Responsible for typing reports for all falls and reported to DON, administrator, and corporate

Hospital Corpsman

United States Navy - Great Lakes, IL

August 2006 to July 2018

- Ability to perform duties as a highly motivated and fast paced medic: Administered immunizations to patients ensuring medical readiness, performed phlebotomy, administered and discontinued intravenous lines and administer correct medications as directed by the physician.
- Trained in Tactical Combat Medical Training: transported and carried patients unable to ambulate on their own from medical vehicles and helicopters to the Forward Surgical Unit, triaged and treated injured patients, clean and stabilized wounds.
- Supported Naval Medical Center San Diego working on different departments: Pediatrics, Cardiology, Radiology, and Marine Corps Recruit Department triaging and aiding Marine recruits with medical issues, taught civilian medical assistant students' proper technique in giving immunizations and phlebotomy.
- Trained in the use of firearms

Licensed Practical Nurse

Warren Barr Gold Coast - Chicago, IL

October 2015 to March 2016

- Worked as a Floor Nurse floating to different floors providing skilled nursing care to post-acute medical and rehabilitation, assisted living, and long-term care patients.
- Assisted in the care of patients with Post-surgical procedures, orthopedic care, wound care, G-Tubes, J-Tubes, Ventilators, respiratory therapy, diabetes management, and palliative care.

Medical Assistant

Illinois Bone & Joint Institute - Morton Grove, IL

July 2012 to November 2013

Assistant to Spine specialist orthopedic surgeon with appointments, suture removals, Physician orders, and assisted with in office epidurals.

Education

Bachelor of Science in Nursing

Herzing University - Kenosha, WI

April 2020

Licensed Practical Nursing in Nursing

Northbrook College of Healthcare - Wheeling, IL

November 2013 to November 2014

Hospital Corpsman in Emergency Medical Services

United States Navy - Great Lakes, IL

August 2006 to February 2007

Nursing Licenses

RN

Expires: May 2022

State: IL

RN

Expires: May 2022

State: WI

Skills

- Nursing
- EMR Systems
- Triage
- Experience Administering Injections
- Medication Administration
- Phlebotomy
- Patient Care
- Critical Care Experience
- Acute Care
- Employee Evaluation
- Laboratory Experience
- Infection Control Training
- Vital Signs
- Supervising Experience
- Quality Assurance
- Management

Military Service

Branch: United States Navy

Rank: E4

Awards

Army Commendation Medal

Afghanistan Campaign Medal

Letter of Commendation

NATO medal

Certifications and Licenses

BLS for Healthcare Providers

Tactical Combat Casualty Course

Secret Clearance

Assessments

Special Nurses Wanted — Expert

October 2019

Assessing a patient's condition and implementing the appropriate medical intervention.

Full results: [Expert](#)

Indeed Assessments provides skills tests that are not indicative of a license or certification, or continued development in any professional field.