NIKITA AVES MEHROTRA

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# EDUCATION

**University of Illinois at Chicago** Anticipated May 2023

Doctorate in Nursing- Family Nursing Practitioner **University of Illinois at Chicago** December 2018

Master of Science in Nursing

**University of Illinois Urbana-Champaign**

Bachelor in Health Sciences May 2015

**Elgin Community College (ECC)**

Associates in Arts June 2012

# CERTIFICATIONS & LICENSES

* ACLS Certified January 2022-present
* BLS Certified June 2021- June 2023
* Illinois Certified Registered Nurse March 2019-present
* IRB Certified Professional May 2012- Aug 2016
* ICH GCP (Good Clinical Practice) Certified June 2013-Aug 2016

# PROFESSIONAL EXPERIENCE

 **Registered Nurse,** General Medicine, Northwestern Memorial HospitalJuly 2019-Present

* + - Charge-trained
* Oversee of the status of all patients on unit during shift
* Ensure proper RN and PCT staffing needs for unit
* Handle any medical emergencies and escalate patient care
* Manage all patient admissions, discharges and unit transfers
* Create and evenly assign RN and PCT assignment for morning shift
* Coach and guide floats RNs and new RNs precepting to the unit
* Act as a resource for unit policies, procedures and standards of care
* Practice in accordance with patient centered care model
* Build interpersonal relationships with patients & family from admission to discharge
* Treat patients (ages 20-90) with renal failure, heart failure, DKA, sepsis, and post-surgery
* Administer and monitor IVIG, blood, TPN and tube feeds
* Coordinate plan of care with physicians, pharmacists, dietitians, physical and occupational therapists
* Participant of Northwestern Medicine’s accredited Nurse Residency Program

 **Registered Nurse,** University of Illinois at Chicago January 2021-May 2021

* Member of the Covid Rapid Response Testing Team
* Collaborative public health program run by:
Chicago Department of Public Health, UIC and Rush University
* Performed rapid COVID tests, administered COVID vaccines and educated patients in congregate settings such as prisons, skilled nursing facilities and shelters

 **Clinical Study Coordinator,** John H. Stroger Hospital July 2015–August 2016

* Approached and enrolled T2DM patients
* Coached patients about lifestyle improvement and changes
* Monitored and assisted patients in improving their health during the study
* Discussed the importance of dietary control, blood sugar regulation, and their T2DM implications
* Helped decrease HbA1c by at least 1.5 mmol/L for all participants at the end of 9 months

**Physical Assistant,** Department of Human Services November 2014-May 2015

* Worked one-on-one with a student with Cerebral Palsy
* Administered tracheostomy suction and nebulizer treatments
* Specialized in the use of breathing and pulmonary equipment

# CLINICAL EXPERIENCE

 **NURSING ASSISTANT**

 **Presence Saint Joseph Hospital,** Physical Therapy and RehabilitationApril-May 2012

 **NURSING (1100 hours)**

 **OSF Heart of Mary Medical Center** & **Carle Foundation Hospital**

* Behavioral Health, Labor & Delivery, Medical-Surgical, Pediatrics & Community Health

**Danville VA Illiana Health Care System (150 hours)** August-December 2018

* Senior Capstone Clinical on an in-patient psychiatric unit
* Collaborated with the nursing supervisor, nurse manager, and nurse practitioner to design an evidence-based nursing group curriculum for veterans consisting of 5 mental health modules.
* Lead & evaluated all 5 nursing modules and presented findings at a poster presentation.
* Created and offered nursing staff handouts and training to 15 staff members on how to lead groups with evidenced based materials

# RESEARCH EXPERIENCE

 **Research Assistant,** Renal & Cardiovascular Research Jan 2014-May 2015

* Interacted with patients one-on-one
* Worked with Dialysis patients performing exercise
* Documented patient vitals, statistics, and data
* Discussed lifestyle changes to enhance QOL

 **Clinical Research Assistant,** John H. Stroger Hospital May 2012-August 2014

* Maintained patient schedule lists
* Screened for potential participants
* Organized and contacted patients to participate in specific clinical trials
* Researched medical background to ensure participants qualified
* Approached, screened, and enrolled patients for respective research clinical trials

# PRESENTATIONS

* *Facilitating Educational Groups on An Adult Inpatient Psychiatric Unit* 2018

Developed, lead, and evaluated 5 evidence-based groups and provided in-services for nurses on how to lead groups with veteran patients effectively.

# ORGANIZATIONS

**Member,** Sigma Theta Tau September 2021-current **Member,** American Association of Nurse Practitioners June 2021-current

**Vice President,** American Medical Women’s Association August 2013 –May 2015

* Helped co-found and start UIUC chapter
* Aimed to increase on-campus awareness of women in medicine
* Conducted diverse workshops educating pre-dental, pre-med and pre-nursing students

**Member,** Phi Theta Kappa Int'l Honor Society (ECC) December 2011 – May 2013

* Membership extended to those students with a 3.0 GPA or higher

**Member,** Amnesty International August 2010– May 2013

**Member,** Elgin Community College Student Council August 2010– Fall 2012

# SKILLS

* Experienced with patient contact, assessment, and culturally competent care
* Adept at planning and partnering for interdisciplinary collaboration
* Effective at applying Clinical Practice Guidelines and Evidence-Based Practice
* Proficient with Epic & Cerner EMR
* Bilingual (English/Hindi)
* Ability to excel in a diverse and challenging environment

# ACHIEVEMENTS

**Elgin Community College:**

* Dean’s List December 2010
* Pi Theta Kappa Honor Society Member January 2011
* Academic Honors List May 2011
* Academic Honors List December 2011

**University of Illinois Urbana-Champaign**

* Dean’s List December 2014
* Dean’s List May 2015