




Heather Benjaminson

REGISTERED NURSE

 301.717.3182

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 8291 Layton Court
Frederick, Maryland 21704

EDUCATION

Bachelor of Science in Nursing
Frostburg State University
Spring 2018

Associate Degree Science in Nursing
Frederick Community College
December 2009

Certified Nursing Assistant
Frederick Community College
May 2004

Bachelor of Science in Engineering
Pennsylvania State University
May 1999

Professional Credentials

Registered Nurse - Maryland
Expires: January 2024
License #: R189201

Basic Life Support
American Heart Association
Expires April 2023

Advance Cardiac Life Support
American Heart Association
Expires October 2023

Certified Medical Surgical RN
MSNCB
Expires May 2025

CAREER SUMMARY

I am a self-motivated, independent, and experienced nurse with excellent critical thinking skills. I have been working for 17 years in the local hospital and have risen from being a CNA to a Charge Nurse of my unit. Some of my skills are listed below. I enjoy educating patients and guiding fellow nurses to provide the best care. In 2020, I was selected by my peers to represent my unit for the hospital Nurse of the Year; while I did not win, it was a humbling experience to be nominated.

WORK EXPERIENCE

Telemetry Nurse, Charge Nurse – Cardiac Catheterization / Progressive Care
18 Bed Unit

Frederick Memorial Hospital / 2017 - Present

- Evaluate patient conditions and prevent patient decompensation.
- Assess and monitor pre- and and post- cardiac catheterization patients.
- Provide a leadership role and a resource for the nurses on the unit.
- Work with interdisciplinary team of healthcare providers discussing patient's conditions, medical needs, and discharge planning.
- Evaluate patient conditions and prevent patient decompensation.

Staff Nurse – Medical Surgical Unit

Frederick Memorial Hospital - 2010 - 2017

- Assess patients before and after various surgical interventions.
- Resource for coworkers on the unit.
- Maintain accuracy documenting patient information, charting and nursing notes.
- Provide nursing care for various patient conditions including respiratory failure, heart disease, sepsis, overdoses, infectious disease, orthopedic, COVID-19, and general surgery cases.

Certified Nursing Assistant

Frederick Memorial Hospital – 2005 - 2010

Proficiencies

- Start and maintain intravenous therapy
- Assessments
- Monitor Vital Signs
- Ostomy Care
- Administer vasoactive intravenous medications
- Insert/Maintain NG tubes
- Wound Care
- Chest Tubes
- Basic Telemetry
- Safe Medication Administration
- Patient/Family Education
- Would Vacs
- Feeding Tubes
- Perform EKG's
- Care Plan Administration