

# Sonya K. Parker, RN-BSN

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## Professional Summary

Dedicated and compassionate registered nurse with eleven years of experience in ER, med/surg, and long term care. Strong leadership and communication skills with experience as charge nurse and preceptor.

## Core Qualifications

- Licensed RN in Louisiana
- Patient and family focused
- Strong leadership and communication skills
- Reliable and performs beyond what is expected
- Proficient in Horizon Clinicals, CareView, CPSI EHR, EDIS
- Strong critical thinking skills
- Dependable, flexible, and team player
- Able to effectively multi-task, prioritize, and organize

## Experience

Oakdale Community Hospital (2019-present) Emergency Department Full time (40+ hours per week)

- **Allen Parish Community Healthcare (Acute unit/ER)**
- Responsible for managing and providing direct patient care for patients of various ages with a wide variety of diagnoses in a hospital environment including inpatient and outpatient services.
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- Directed and supervised staff nurses in the provision of care to patients. Provided necessary support, assistance, communication, and experience

- Acted as a patient care advocate and established rapport with patients, families, and other healthcare professionals.
- Very effective in ability to multi-task, prioritize, and organize.
- Acted in role of preceptor to help nurses develop skills, experience, leadership, communication, and confidence necessary to provide high quality, safe, and efficient care to patients and their families
- Performed assessments, interventions, and evaluations of diverse patients with various healthcare needs. Provided education and teaching appropriate for health maintenance and promotion.
- Reported any necessary changes, abnormalities, or concerns in the patients' conditions to physicians on a continuous basis to help provide appropriate interventions/actions .
- Collaborated with multiple healthcare professionals in various fields to accomplish tasks and provide any necessary education.
- Provided emotional and psychological support to patients and family members. Addressed any fears, concerns, misconceptions about procedures, medications, or diagnosis through written and verbal education.
- Carried out or ensured completion of physician orders including but not limited to, treatments, labs, diagnostic tests, medication administration and evaluation to achieve resolution of problems or needs.
- Manage outpatient care needs as required including telephone communication, triaging, evaluation of patient condition for provider intervention, screening the electronic health record chart, assisting providers with examinations and procedures, safe and effective administration of oral, subcutaneous, intramuscular, and intravenous medications as ordered by the healthcare provider, provide patient education regarding self care measures, chronic illnesses, preventative measures, and nutritional needs. Coordinate with quality improvement personnel to identify trends in patient care and consult or participate in the implementation of QI changes.

**Beauregard Memorial Hospital (Deridder, LA) from February 2011 to August 2017**

**Full time (40+ hours per week)**

**Emergency Room:**

- Responsible for managing and providing direct patient care for patients of various ages with a wide variety of diagnoses in a hospital environment.
- Directed and supervised staff nurses in the provision of care to patients. Provided necessary support, assistance, communication, and expertise in the field

- Acted as a patient care advocate and established rapport with patients, families, and other healthcare professionals.
- Very effective in ability to multi-task, prioritize, and organize.
- Acted in role of preceptor to help nurses develop skills, experience, leadership, communication, and confidence necessary to provide high quality, safe, and efficient care to patients and their families
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- Provided emotional and psychological support to patients and family members. Addressed any fears, concerns, misconceptions about procedures, medications, or diagnosis through written and verbal education.
- Carried out or ensured completion of physician orders including but not limited to, treatments, labs, diagnostic tests, medication administration and evaluation to achieve resolution of problems or needs.

**Missouri Baptist Sullivan Hospital (Sullivan, MO) from February 2010 to January 2011**

**Full time (40+ hours per week)**

Medical-surgical floor:

- Responsible for managing and providing direct patient care for patients of various ages with a wide variety of diagnoses in a clinical setting.
- Implemented care plans based on individual needs of the patient and established a safe and therapeutic environment to ensure completion of goals and plans.
- Acted as a patient care advocate and established rapport with patients, families, and other healthcare professionals.
- Very effective in ability to multi-task, prioritize, and organize.
- Monitored and recorded patient data including but not limited to, vital signs, assessments, medication administration and evaluation, allergies, and lab values.

- Reported any necessary changes, abnormalities, or concerns in the patients' conditions to physicians on a continuous basis to help provide appropriate interventions/actions .
- Collaborated with multiple healthcare professionals in various fields to accomplish tasks and provide any necessary education.
- Through efforts of co-workers, worked as a team to help achieve completion of ADLs and promote a sense of well-being.
- Provided emotional and psychological support to patients and family members. Addressed any fears, concerns, misconceptions about procedures, medications, or diagnosis through written and verbal education.
- Carried out or ensured completion of physician orders including but not limited to, treatments, labs, diagnostic tests, medication administration and evaluation to achieve resolution of problems or needs.

**Brooke Haven Healthcare (West Plains, MO) from June 2007 to January 2011**

**Full time (40+ hours per week)**

- Managed care of patients in a skilled nursing facility, primarily Alzheimer's/dementia patients.
- Anticipated needs/wants of dementia patients and provided direct patient care with the assistance of co-workers.
- Acted as a patient care advocate and demonstrated effective multi-tasking skills.
- Developed an individualized plan of care for numerous patients in the Alzheimer's unit through collaboration with team members in the facility and with input from family.
- Supervised co-workers to ensure completion of tasks in a timely manner in the four areas of the facility.
- Provided leadership and direction to co-workers and assisted co-workers to help accomplish objectives and provide a safe environment for our patients.
- Performed various treatments, administered medications, reviewed medication administrations records, performed assessments, monitored patients daily for changes and reported to physicians.
- Evaluated effectiveness of treatments and/or medications to obtain resolution or improvement in patient conditions.
- Provided guidance to employees to help achieve completion of tasks and assisted with any duties if needed.

**Ozarks Medical Center (West Plains, MO) from October 2007 to February 2008**

- Provided direct patient care to patients with a wide variety of diagnoses on the medical-surgical floor.
- Performed tasks including assessments, medication administration, various treatments, monitored lab values, telemetry, vital signs, intake and output, and monitored for any changes in condition.
- Reported any abnormalities, concerns, needs of the patient, changes in condition, or any other pertinent information to physicians to address appropriately.
- Carried out physician orders to help the patient regain optimum health/comfort.
- Educated patients in plan of care including diagnoses, medications, procedures, or any concerns and provided follow-up as needed.
- Evaluated and reviewed patient information in the admission process to ensure accuracy and promote safety.
- Performed multiple tasks successfully through ability to multi-task and prioritize.
- Instructed patients and family members on discharge care to regain/obtain maximum health benefits.

### **Education**

- Missouri State University, School of Nursing, West Plains, Missouri (May 2007)  
Associate of Science in Nursing
- Missouri State University, West Plains, Missouri (2005)  
Associate of General Studies
- Chamberlain College of Nursing, BSN in progress - expected completion 5/2018.

### **Licenses and Certifications (Current)**

- Louisiana Registered Nurse-active and unrestricted
- Basic Life Support for Healthcare Providers
- ACLS

- PALS

Professional References:

Patrisha Erwin -Oakdale Community Hospital ER Manager  
318-215-3083

Naomi Kesler-Oakdale community Hospital ICU/Med Surg Manager  
318-215-3064

Paul Slayter-Allen Parish Hospital House Supervisor  
337-738-3021