

# ABEL SEYOUM

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## Summary

Compassionate Clinical Nurse with 11 years of experience in various areas of nursing including Medical-Surgical, Telemetry, and CDU. Adept at providing comprehensive patient care and education with a talent for leading by example. Successful at supervising a floor while giving best-in-class patient care.

## Skills

- Computerized charting specialist
- Acute and rehabilitative care
- Skilled cardiac care nurse
- Bi-lingual in English and Amharic
- SBAR communication
- Infectious disease control
- Diabetes, Hospice and Stroke Patient Care
- Nursing care plans
- Psych and mental health care proficiency
- Administering medicines
- IV drug therapy management
- Patient discharging
- Skilled in conducting physical examinations
- Immunization skills
- Wound cleaning/care expertise
- Performing bladder scans
- Maintaining feeding pumps
- Drawing blood
- Familiarity with disease management programs
- Culturally sensitive care
- Flow sheet charting
- BLS/AED/ACLS

## Experience

### Registered Nurse

#### Lake Granbury Medical Center

08/2021 to 12/2021

- Demonstrated critical thought and judgment in delivery of care and management of acute and chronic pain.
- Changed bandages, catheters, and tracheotomies on a regular basis.
- Monitored, assessed and recorded patient condition and coordinated patient discharge planning.
- Monitored patient vitals and necessary signs.

### Registered Nurse

#### Howard Univ Hospital 20060

01/2021 to 08/24/2021  
Washington, DC,

- Coordinated with doctors and registered nurses to develop care plans for patients.
- Acted as patient advocate and implemented total patient care through a team nursing process covering 4-5 high acuity patients per shift.
- Assisted patients with healing and recovery after surgery.
- Demonstrated critical thought and judgment in delivery of care and management of acute and chronic pain.
- Changed bandages, catheters, and tracheotomies on a regular basis.
- Reached out to patients to convey lab results and provide care instructions.
- Assessed patients in active withdrawal and provided interventions to manage physical and psychological withdrawal symptoms.

### Charge Nurse

#### Suburban/John Hopkins Hospital.

12/2019 to 01/2021  
Bethesda, MD,20814

- Supervising nursing staff and monitoring their needs.
- Liaising with doctors and administrators and communicating any protocol changes to staff. Ensuring compliance with all health and safety regulations
- Identifying issues or emergencies and responding in a calm and efficient manner.
- Recording and maintaining accurate reports.

### Registered Nurse

#### Providence Hospital 20017

04/2013 to 12/2018  
Washington, DC ,

- Provided patients with information about reasons for using equipment like blood pressure monitors and the proper use of each machine.
- Developed and implemented successful patient care plans.
- Monitored, assessed and recorded patient condition and coordinated patient discharge planning.
- Monitored patient vitals and necessary signs.
- Administered medications and assisted in diagnostic testing for HIV-positive patients.

- Coordinated with doctors and registered nurses to develop care plans for patients.

**Registered Nurse**  
**United Medical Center**  
**20032**

**10/2016 to 03/2021**  
**Washington, DC**

- Coordinated with doctors and registered nurses to develop care plans for patients.
- Acted as patient advocate and implemented total patient care through a team nursing process covering 4-5 high acuity patients per shift.
- Assisted patients with healing and recovery after surgery.
- Demonstrated critical thought and judgment in delivery of care and management of acute and chronic pain.
- Changed bandages, catheters, and tracheotomies on a regular basis.
- Reached out to patients to convey lab results and provide care instructions.
- Assessed patients in active withdrawal and provided interventions to manage physical and psychological withdrawal symptoms.
- Controlled narcotics and administered medicines on a set schedule.
- Took and recorded patients' temperature, pulse and blood pressure.
- Utilized strong assessment skills to determine necessary patient care.
- Monitored post-op vitals, set up PCA, fluids, reviewed post-op orders and orient patients to unit.
- Administered medications and assisted in diagnostic testing for HIV-positive patients.

**Registered Nurse**  
**Washington Adventist Hospital**

**04/2014 to 12/2014**  
**Tacoma Park, MD 20912**

- Evaluated patient care needs, prioritized treatment and maintained patient flow.
- Entered patient information and parent concerns into the EH.
- Developed healthcare plans for individuals and families.
- Supported patients with customized patient teaching tools.
- Probed parents about living conditions and developmental changes.
- Took and recorded patients' temperature, pulse and blood pressure.
- Inform and counsel patients regarding matters pertaining to their mental health
- Provide and promote mental health education and advise on healthy lifestyle choices and the prevention of mental health

**Registered Nurse**  
**Howard University Hospital**

**12/2010 to 10/2014**  
**Washington, DC 20060**

- Notified appropriate individuals of changes in patient condition and utilized established chain of command to ensure confidentiality and HIPAA compliance.
- Promoted collaborative teamwork atmosphere by exhibiting professional behavior, which demonstrated commitment to providing quality patient care while fostering professional working environment.
- Developed and implemented successful patient care plans.
- Evaluated nursing notes to confirm that they accurately and completely described care provided and patient responses.
- Accurately documented all elements of nursing assessment, treatments, medications, discharge instructions and follow-up care.
- Provided thorough supervision for day-to-day operations of facility in accordance with set policies and guidelines.
- Monitored patients with acute conditions.
- Served as a liaison between patients and physicians to assist patients in understanding their treatment plans.

## Education and Training

**Bachelor of Science: Nursing**  
 Howard University  
 Completed coursework in Nursing  
 Obtained a Bachelor of Nursing  
 3.19 GPA  
 Dean's List Honoree 2006-2009

**2010**  
 Washington, DC, United States

**Medical Technology**  
 George Mason University  
 Major in Medical Technology  
 3.4 GPA

Fairfax, VA, United States **2006**

## Activities and Honors

American Nurses Association

Ceca Award Honoree  
Who is who in America?