**Lorah V. Pericles**

 7704 Loughborough Place, Beltsville, MD 20705│Lorah.Theodore@gmail.com│ 267-690-7353

**EDUCATION**

Bachelor of Science in Nursing, University of Maryland Baltimore, MD May 2015

**WORK EXPERIENCE**

**COVID Vaccine RN:** Kaiser Permanente**-**Gaithersburg, MD February 2021 - May 2021

* Administer Covid-19 vaccines to Kaiser and non-Kaiser members. Obtain consent to give vaccine. Explain possible side effects and monitor client for reaction post vaccine.

**ICU Registered Nurse:** Germantown Holy Cross Hospital, Germantown, MD Feb 2020- Oct 2020

* Using the Quality Caring Model, demonstrates acceptable performance and applies the nursing process to plan and manage the care of routine patients, including patient and family education and continuum of care planning. Effectively communicates fundamental patient/family information to health care team. Identifies and communicates variances from patient goals. Responsible for providing and coordinating interdisciplinary patient care utilizing the nursing process.

**ICU/Float Registered Nurse:** Sibley Memorial Hospital- D.C Dec 2018 - Present

* Identifies patient needs based on professional knowledge and medical plan of care. Establishes individualized outcome measures for each patient’s care. Delegates interventions based on critical thinking skills and knowledge of the competencies of each team member. Coordinates care to maximize desirable outcomes, patient satisfaction, and cost-effective utilization of available personnel and resources. Serves as a representative of the hospital and as a clinical role model in all interactions with patients, family, visitors, physicians, and other staff members.

**ICU Registered Nurse:** Holy Cross Hospital, Silver Spring, MD May 2018 – Dec 2019

* Constantly monitor patients with highly unstable conditions. Responsible for one or two patients at a time. Rapidly assess a patient's condition and intervene with immediate attention as needed. Responsible for managing various life-support systems including ventilation, heart monitoring, and precisely delivered medications. Demonstrate outstanding empathy and communication skills to gravely ill patients and their families. Assess telemetry rhythms on cardiac monitors and chose an appropriate course of action. Administer cardiac medications (i.e. anti-arrhythmia infusion, intravenous anti-coagulant, dobutamine/dopamine infusion). Problems are identified, prioritized, and communicated to Intensivist.

**Float-Pool Nurse, Per Diem:** Southern Maryland Hospital, Clinton, MD Jan 2018 -Dec 2018

* Assess, plan, implement, and evaluate patient care needs and revise the plan of care as needed. Demonstrates skill and knowledge to analyze and interpret basic to advanced cardiac rhythms. Administers medication per policy. Monitors the effects of medications and observe patient response; knowledgeable regarding actions and side effects. Function as a team member to organize and prioritize responsibilities to complete daily work requirements. Able to communicate and provide basic health care teachings/instructions for patients and family members.

**Med-Surge Registered Nurse:** Holy Cross Hospital, Silver Spring, MD Aug 2015- May 2018

* Using Quality Caring Model, demonstrate acceptable performance, and apply the nursing process, to plan and manage the care of routine patients, including patient and family education, and continuum of care planning. Effectively communicate fundamental patient and family information to the health care team. Identify and communicates variances from patient goals. Responsible for providing and coordinating interdisciplinary patient care, utilizing the nursing process. Provide care to patients with primary cardiac diagnoses, as well as to medical patients that require cardiac telemetry monitoring.

**Visiting Registered Nurse:** Absolute Care Home Health Care Agency Sept 2016 – Sept 2017

* Meet patients in their homes to provide nursing care including medication administration, treatment, patient assessment, assessment of the physical environment, assess the effectiveness of the interventions, assess the physical environment and identify any potential hazards for the patient, administer intravenous drugs, change dressings, and assess wound development or changes.

**CERTIFICATES AND LICENSURE**

* **CPR/BLS** American Heart Association Current
* **ACLS** American Heart Association Current
* **Registered Nurse** D.C. Board of Nursing Current
* **Geriatric (GAIT) Trained** University of Maryland Current
* **Registered Nurse** Maryland Board of Nursing Current

**COMPUTER SKILLS**

RUMBA, First NET, Power Chart, Kronos, EPIC, ROVER

**LANGUAGES**

English & Haitian Kreyol.