

# CRYSTAL PERALES

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Arlington, TX 76012

## PROFESSIONAL SUMMARY

Compassionate and exceptionally organized Registered Nurse with 3+ years of experience. Specialized in providing medically complex critical nursing care to adult patients in ICU. ACLS, BLS, and CCRN-CMC certified.

## SKILLS

- Shock Symptom Identification
- EPIC Software Super User
- Nursing Protocol Development
- Language: English and Spanish-Advanced
- HLPPE trainer

## WORK HISTORY

Charge/Staff Registered Nurse, MICU | Texas Health Dallas - Dallas , TX

- Collaborated with physicians to quickly assess patients and deliver appropriate treatment while managing rapidly changing conditions. *02/2019 - Current*
- Comfortable managing inotropic, vasoactive, and paralytic medications.
- Proficient in managing continuous renal replacement therapy (CRRT), target temperature management (TTM), IABP, and impella devices.
- Trained new nurses in proper techniques, care standards, operational procedures and safety protocols.
- Performed emergency medical procedures such as BLS, ACLS and other condition stabilizing interventions.
- Administered medications via oral, IV and intramuscular injections and monitored responses.
- Identified unit areas of inadequacy and adjusted procedures to close gaps and improve policies.
- Strengthened unit care standards and policies with focus on patient safety and dignity.
- Monitored patient vital signs to perform thorough condition assessments.
- Ordered and analyzed diagnostic tests to identify and assess patient conditions.
- Assisted critical care physicians/mid-levels with procedures such as

thoracentesis, intubation, arterial and venous catheter insertion, pericardiocentesis, DC cardioversion, chest drain insertion, lumbar puncture, and gastroesophageal balloon tube tamponade.

- Monitored hemodynamic variances to identify signs of life-threatening complications.
- Performed intravenous therapy procedures and monitored chest tubes.

Patient Care Technician | Texas Health Dallas - Dallas , TX      *10/2016 - 02/2019*

- Obtained patient vital signs and reported results to staff nurse or physician, noting changes from prior measurements.
- Monitored, tracked and conveyed important patient information to healthcare staff to help optimize treatment planning and care delivery.
- Delivered age-appropriate medical care for adult, adolescent and geriatric ICU patients.
- Collected and transported specimens to prepare for lab testing.
- Supported patient admissions, discharges and transfers to promote team productivity.
- Assisted nursing staff with respiratory, cardiopulmonary and physical therapies.

## EDUCATION

Tarleton State University - Stephenville, TX      *12/2018*  
Bachelor of Science: Nursing

Tarrant County College District - Fort Worth, TX      *06/2016*  
Associate of Arts