

Sheena B. Crosswhite

Permanent Address

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423-360-0181

EDUCATION

Happy Valley High School, Johnson City, Tennessee, May 2001

Northeast State Community College, Blountville, Tennessee May 2014

Tennessee of Applied Technology of Elizabethton, April 26, 2017

Walters State Community College, August 26, 2017 - December 2019

GPA: Cumulative 3.5

Walters State Community College Completed clinical hours in Medsurge 1 and 2, Mental health, OB/GYN, Pediatrics, ICU, and ED. Learned competencies with IV placement, chest tubes, and cardiac monitoring. We had to complete a code class through the program instructed by an ED nurse. We performed Moch codes and switched out roles between students (scribe, chest compressions, bag mask, defibrillator, etc.) Completed all courses without issue on December of 2019.

NorthEast State Community College completed May of 2014; General Education Associates Degree.

WORK EXPERIENCE

State of Franklin OB/GYN from May 2021-present. Staff RN that specializes in monitoring mother's expecting to yearly's and procedures. Perform NST's for decreased fetal movement and place IVs on dehydrated mother's. I give vaccines (Tdap,Rhogam, Gardasil etc.) Have assisted with Colposcopies,LEEP procedure,

biopsies, IUD placements, skin tag removal, endometrial biopsies and pain management for these procedures. Skilled with Allscripts charting. Work up patient's charts and suggest what is best for the patient depending on the situation. Test for UTI's, cultures, papsmears, Yeast infections, Protien creatnine ratios, blood pressure monitoring and pre-eclampsia in mother.

Franklin Woods Hospital (2019-2021) ICU/PCU from 2020 January to October of 2020. Was transferred to Johnson City Medical center the summer of 2020 to work the Covid Units (2600,2200 and IVH) Would monitor oxygen levels, prioritize patients and their needs based on their level of illness. Sufficient in IV's, continuous monitoring, and charting under EPIC. Dealt with more of the PCU side than the ICU side. I have dealth with anesthetic medication for sedation (propofol, fentanyl, versed, etc.) October of 2020 I transferred to Labor and Delivery at Franklin Woods and was there until May of 2021. I was a nursery nurse. I would help with infant care after delivery or Ceserean Sections (dry and stimulate the baby, suction and suction the stomach if needed d/t mechonium or fluid absorption not happening fast enough.) Would Assess infant and monitor for temperature, or any abnormalities that might be seen after the delivery. Would help mother and baby bonding and how to breast feed with continuous monitoring of the baby depending on the severity. I have placed IV's and transferred infants to Level 1 hospital for better montioring (Niswonger or Children's Hospital in Knoxville.)

Nurse Intern I, *Health Pro, Johnson City, Tennessee, start month January 2016 – May 26, 2017*

- Provide patient care to all in need. Worked At Johnston Memorial on the PACU; JCMC on floors 2400,2300,5500,6500,4500 consisting of oncology, dialysis floor, joint replacement floor, cardiac step down and ICU; worked at Franklin Woods on ICU and stepdown; Sycamore Shoals med surge floor
- Provide sitting care for those who are not mentally capable of caring for themselves or who have experienced tragedies during a particular time in their life.
- Capable of taking care of patients in most settings along with establishing trusting relationship and rapport.

English Tutor, *Holston View Elementary School, Bristol, Tennessee, January 2014- April 2014*

- Provided tutoring in the public school system once a week for fifth grade elementary students for observation.
- Worked on worksheet in specific areas of the English language, teaching proper punctuation, grammar, and reading.

- Helped students improve on English skills, but mostly in reading comprehension, and fluency

Patient Care Technician (PCT), *Holston Valley Medical Hospital, Kingsport, Tennessee,*
August – October 2014

- Worked nights with patients coming out of surgery
- Took vitals, changed beds, gave baths, cleaned Foleys and ports, took weights, and charted all patient activities
- Helped with at least thirteen patients a night
- Facilitated with the healing process and Nurses delegated tasks for me to assist with.

Customer Service, *Wal-Mart, Elizabethton, Tennessee,* August 2001- June 2006

- Worked the service desk, electronics, and was a comp-shopper
- Served the customer with returns and exchanges, drew up contracts and activated cell phones in the electronic department for Verizon, Sprint, and T-Mobile. Went to different retail stores and scanned prices of items to compare to Wal-Mart's prices, bringing the prices 5% below the competitor's price.

SPECIAL SKILLS

Computer: Proficient in EPIC, Allscripts, Microsoft Word, PowerPoint, and Excel,

Certifications: Certified in Phlebotomy through NHA April 26, 2017. CPR certified through American Heart Association, (CPR certification renewed 2021 of December). ACLS certification and renewal due in June 2022

Degrees: Associate of Science degree RN through Walters State Community College, Associate of Science degree from Northeast State Community College (General TBR) / and Certified Phlebotomy through Tennessee of Applied Technology in Elizabethton

Clinical: Had 3 days of clinical for phlebotomy and obtained 100 sticks. 40 sticks were performed at school on each individual student.

Future Goals: I would like to persue a career as a WH-FNP or Midwifery at some point in my career. As of right now I am going to persue my Bachelors Degree in Nursing come August.

Professional or personal references may be made available upon request.

References

Paul Cox (uncle) 423-543-5681

Kim Jessee (Manager of ICU/PCU FWCH) 423-383-6394

Ariel Denton WH-FNP at State of Franklin OB/GYN (currently her nurse) 423-833-5992

Taylor Hensley (Nurse manager at SOFHA OB/GYN) 423-794-1376