

# RACHELL HOLMES, RN

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## Professional Summary

Diligent Nursing professional with demonstrated success in emergency patient care. Agile and responsive to dynamic patient needs and environmental conditions. Team-oriented and reliable with expert healthcare knowledge, clear verbal and written communication skills and sound clinical judgment.

## Licenses

BLS Certification

RN168545

ACLS

## Skill Highlights

- Infection Control
- Superior organization skills
- Committed to compliance reporting
- Telemetry
- Chronic Illnesses
- Respiratory Distress
- Medication administration
- Post MI
- IV drug therapy management
- Acute and rehabilitative care
- Calm and level-headed under duress
- Understands mobility assistance needs
- Patient/family focused
- Long Term Care

## Professional Experience

**RN Staff Nurse**, 12/2018 to Current

**Select Specialty Hospital - Midtown Atlanta** – Atlanta, GA

- Gathered patient health data through interviews and observation, documenting data in electronic records.
- Performed various nursing interventions such as wound dressing, vital sign monitoring and specimen collection.
- Educated patients, families and caregivers on diagnosis and prognosis, treatment options, disease process and management and lifestyle options.
- Managed elements of patient care from admission to discharge or transfer to other units.
- Minimized hospital stays with recovery-centered approaches, reducing average in-patient stay length.
- Formulated plans for nursing measures to restore, maintain and promote patients' physical and mental health.

**Instructor**, 02/2009 to Current

**New Beginning CNA Training** – Stone Mountain, GA

Developed and delivered all technical training materials. Evaluated training materials prepared by instructors. Designed and created daily lesson plans for activities. Conducted small group and individual activities based on differentiated learning needs.

- Used learning assessments to regularly monitor student understanding of class concepts and materials.
- Evaluated and revised lesson plans and course content to achieve student-centered learning.
- Applied various teaching aids to minimize learning gaps and instruct and motivate students.
- Collaborated with administration to increase departmental budgets.
- Reviewed class and student records to look for areas in need of improvement and implement plans of action.

**RN, 01/2006 to 12/2009**

**Precise Healthcare Solutions – Stone Mountain, GA**

- Provided direct patient care, stabilized patients and determined next course of action
- Managed care from admission to discharge
- Administered medications via oral, IV and intramuscular injections and monitored responses
- Led successful team comprised of RNs, LPNs and ancillary staff
- Kept optimal supply levels in treatment rooms, triage and other areas to meet typical patient loads
- Updated patient charts with data such as medications to keep records current and support accurate treatments
- Administered medications and treatment to patients and monitored responses while working with healthcare teams to adjust care plans

**RN, MICU, 01/2004 to 11/2005**

**Phoebe Putney Memorial Hospital – Albany, GA**

Monitored post-op vitals, set up PCA, fluids, reviewed post-op orders and orient patients to unit. Developed and maintained quality care systems and standards, including but not limited to, creating and improving medical protocols/guidelines. Monitored post-op vitals, set up PCA, fluids, reviewed post-op orders and orient patients to unit.

## **Education and Training**

**Associate of Science: Nursing, 12/2003**

**Abraham Baldwin Agricultural College - Tifton, GA**