





S H A N T E L P E R K I N S



REGISTERED NURSE (RN)

 214.991.8335
 s.m_perkins@yahoo.com
 [LinkedIn.com/in/ShantelPerkins](https://www.linkedin.com/in/ShantelPerkins)
 Houston, TX

PROFESSIONAL PROFILE

Vigilant and compassionate critical care RN who utilizes evidence-based practices and interpersonal skills to continue to thrive and improve quality of life through resourceful problem-solving, impactful nursing care, and support to diverse patients and their families. One who continues to seek valuable opportunities to nurture career progression by expanding professional knowledge and responsibilities.

EDUCATION

| Chamberlain University: Houston, TX
Bachelor of Science in Nursing
-Magna Cum Laude, December 2015
-Sigma Theta Tau International Nursing
Honor Society, Phi Pi Ch. 494 Inductee
-Florence Nightingale Nursing Scholarship
Recipient

LICENSES

| Registered Nurse, Texas
License N° 894611
| Registered Nurse, California
License N° 95178726

CERTIFICATIONS

| CCRN—09/2018 – Sept 2023
| ACLS—2017 – Feb 2023
| BLS—2016 – April 2022
| PALS—2021 – March 2023
| NIHSS—2021 – Aug 2023

PROFESSIONAL ENRICHMENT

**| American Association of Critical-Care
Nurses (AACN)— member since 2017**
**| Completion of 75 hrs AACN Essentials
of Critical Care Courses, May 2018**

WORK EXPERIENCE

| Travel RN (fulfilled contracts, 36-48 hrs/week)
Maxim Healthcare Agency | Aug 2020 – Present

Memorial Hermann Health System | Houston (TMC), TX

Travel RN, Sept 2021 – Present

Facility Type:	Acute Care Hospital	Unit:	Neuro ICU
Teaching Facility:	Yes	Unit Beds:	32
Trauma Level:	1	Caseloads:	2-3
Total Beds:	1082	Work hours:	36/weekly

- Delivers outstanding and comprehensive neuro critical care to Level-I Trauma intensive care patients.
- Manages complications associated with MVA, assault, gunshots, pneumocephalus, cerebral thrombosis, ruptured aneurysm
-Neurological complications: Stroke, Cerebral hemorrhage, DI, SIADH, Salt-wasting, brain herniation/midline shifts.
- Floats to MICU 25% of the time.
- Serves as nursing student preceptor.

Parkland Health and Hospital System | Dallas, TX

Travel RN, Nov 2020 – 02/2021

Facility Type:	Acute Care Hospital	Unit:	Covid ICU
Teaching Facility:	Yes	Unit Beds:	48
Trauma Level:	1	Caseloads:	2 -3
Total Beds:	968	Work hours:	48/weekly

- Collaborated with interdisciplinary critical care teams to plan, organize, manage, and assess treatments among patients with COVID-19 and non-COVID-19 in critical care units.
- Floated to SICU 25% of the time.



REGISTERED NURSE (RN)

EXPERTISE

- | Electronic Healthcare Systems:
 - Epic
 - Cerner
- | Wound care therapy
- | Isolation precautions
- | Crisis intervention
- | Emotionally intelligent
- | Culturally competent
- | Cardiac arrest / code blue
- | Vasoactive drug titration
- | Sedative/paralytic infusions
- | Chest pain management
- | Diuretic management
- | Telemetry / dysrhythmia interpretation
- | End of Life Care / Life Gift
- | Tracheostomy / endotracheal care
- | Airway / Mechanical ventilation management
- | CRRT (NxSTAGE)
- | FloTrac
- | External ventricular drain (EVD) management
- | Bolt monitoring for ICP
- | Cerebrospinal fluid (CSF) monitoring/collection via EVD
- | Central line, Midline, PIV care
- | Hemodynamic monitoring
- | BIS Monitoring HemoSphere
- | ABG interpretation
- | Prone ventilation
- | Chest tubes and drain management
- | Insertion / management of NG tube, Dobhoff tube, and Foley
- | Blakemore tube management
- | Assist / monitoring emergent bedside procedures
- | Bladder Irrigation

WORK EXPERIENCE CONTINUED

Maxim Healthcare Agency, continued...

Medical Center Hospital | Odessa, TX

Travel RN, Aug 2020 – Oct 2020

Facility Type:	Acute Care Hospital	Unit:	Covid ICU
Teaching Facility:	Yes	Unit Beds:	20
Trauma Level:	3	Caseloads:	2 - 3
Total Beds:	402	Work hours:	48/weekly

- Demonstrated sound, ethical and independent decision-making ability consistent with medical/hospital protocols and evidence-based practices.
- Collaborated with healthcare professionals in patient rounds to ensure continuity of care among patients presented with complications associated with COVID.

| ICU Clinical Instructor (part-time)

HealthTrust, Houston | Sept 2021 – Present

- Delivers critical care training and education to new graduate registered nurses.
- Organizes program instructions and activities within classroom and simulation sessions.

| Surgical / Float Pool ICU RN

Houston Methodist Hospital, TMC Houston | Oct 2017 – Oct 2021

- #1 Best Regionally Ranked Hospital in Texas by U.S News Health
- Houston Methodist Hospital is a 5x recipient ANCC Magnet® Recognized.
- Employed part time as Float Pool Staff RN — Nov 2020 – Oct 2021.
 - Collaborated with critical care healthcare teams to implement care plans and conduct outstanding care for patients who are critically ill in various settings: CVICU, Neuro ICU, SICU, CCU, and MICU.
 - Cardiac patients: heart attacks (STEMI/Non-STEMI), HTN Crisis, Heart Blocks, etc.
 - Neurological Patients: Stroke, Cerebral hemorrhage, ICP monitoring, etc.
 - Medical/Surgical patients: DM, DKA, Liver/Kidney Transplants, CKD, ETOH encephalopathy, GIB, Esophageal Varices, PE, Peritonitis, Bowel Obstruction, Tension Pneumothorax, COVID, etc.
 - Operated with vigor, effectiveness, and flexibility over extended periods, even amid major changes in work tasks or environment.

**For questions about additional skills, please contact nurse

S H A N T E L P E R K I N S



REGISTERED NURSE (RN)

VOLUNTEERISM

- | Mentor nursing students (2019 - current)
- | WABC Food Drive (2015 - current)
- | HMH-SLICU Toy Drive (2017 -2020)
- | MDA Summer Camp (Summer 2015)

GOALS

- | Improve healthcare teaching
- | Help address nursing shortages
- | Support nursing scholarships to help address financial matters amongst nursing students
- | Learn Spanish
- | Obtain advance degrees to expand expertise

REFERENCES

| ASHLEY EUGENE

Houston Methodist Hospital
Day Manager
☎ 713 363 7261

| CASPAR CORDOVEZ

Houston Methodist Hospital
Charge Nurse
☎ 409 540 9197

| ZIPPORAH FORTICH

Houston Methodist Hospital
Charge Nurse
☎ 713 401 7653

| SHA'RAY RUNNELS

HealthTrust
RN Clinical Instructor
☎ 832 904 4978

WORK EXPERIENCE CONTINUED

Houston Methodist Hospital (HMH), continued

- Employed full time as Staff RN on Surgical ICU — Nov 2020 – Oct 2021.
 - Surgical ICU at HMH is a 36-bed unit, well known for its high acuity.
 - Provided compassionate nursing care, administering education and counsel to a diverse population of patients and families.
 - Implemented immediate post-operative care for patients who are undergoing major surgeries liver transplants, kidney transplants, whipple, plastic, and ENT flaps.
 - Identified and managed life-threatening pre- and post-operative complications, such as apnea, hypertension, hypotension/septic shock, GI bleeds, ARDS, and symptomatic arrhythmias.
- Served as staff nurse resource and preceptor for nurse students and new-hire staff demonstrating unit policies, procedures, and surgical patient care.
- Active member of unit-based committees focused on pressure reduction, wound treatment, fall prevention and proper documentation.

| Staff RN (full-time)

MD Anderson Cancer Center, Houston | Feb 2016 – Oct 2017

- #1 Nationally Ranked in cancer care by U.S News Health
- Employed full time as Staff RN on Stem Cell Transplant unit, a 48-bed unit with 1:3 nurse/patient ratio.
- Managed patient care presenting with complex needs associated with the intense conditioning period and the acute and chronic recovery phase following Stem Cell Transplantation (SCT).
- Patient advocate regarding the management of severe pain due to Graft Versus Host Disease and Steven-Johnson syndrome.