

**Theodora Frimpong, BSN, R.N**

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**Objective**

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New Registered Nurse with over 4 years of experience with various level patient care, adept at administering healthcare solutions to diverse patient populations in cross-cultural settings; both inpatient and outpatient. I possess both a personable and professional demeanor with functional knowledge of the health care sector and governing laws.

**EDUCATION/CERTIFICATION/AWARDS**

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**College of Our Lady of the Elms, Chicopee MA** Graduation: May 2020  
Bachelor of Science in Nursing  
College of Our Lady of the Elms Dean's List 2018-2020  
College of Our Lady of the Elms Merit Scholarship Award  
**RN license number:** RN2360657 Expiration Date:3/12/2024  
**Holyoke Community College, Holyoke, MA** Graduation: May 2018  
Associates in Science Foundations of Health  
Phi Theta Kappa Member  
Holyoke Community College Dean's List  
**Healthcare skills:** CPR/BLS Certificate Number: 195508330458

**CLINICAL EXPERIENCE**

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**Long Term Medicine** January- May 2020  
*Baystate Noble Hospital: Westfield, MA*  
Administered G tube feedings/ medication, changed sterile dressings and assisted in collection of specimens (urine, stool).

**Maternal-Child Health** September-December 2019  
*Baystate Medical Center: Springfield, MA*

- I assessed, fed, bathed and administered medication to newborns while also providing care to their postpartum mothers.

**Geriatrics** September-December 2019  
*Baystate Home Health: Westfield, MA*

- Assisted the elderly with their daily activities, assessed them, administered medications and performed nursing skills such as wound dressing and chest tubes.

**Medical Surgical I & II** May-August 2019  
*Baystate Medical Center: Springfield, MA*

- Assessed Post-operative cardiac patients and provided the needed healthcare services. Enhanced skill and knowledge in reading the Electrocardiogram.

**Pediatrics** May-June 2019  
*Baystate Medical Center: Springfield, MA*

- Provided care to pediatric patients which included administering a variety medications from ibuprofen to narcotic as well as IV antibiotics.

**Psychiatrics** July-August 2020  
*Providence Behavioral Health Hospital: Holyoke, MA*

- Provided one on one counseling to patients in crises.

## **WORK EXPERIENCE**

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### **Behavioral Health Network**

January 2022 - Present

#### **Vaccination Nurse**

- Reconstituted and administered Covid vaccination along with Influenza in various settings while adhering to infection-control policies and protocols.
- Record patient's medical history and maintain patient's charts
- Provided patient with follow up instructions including warnings of potential side effects associated with each type of vaccination
- Monitored patients following administration of vaccine for adverse reactions
- Performed COVID-19 testing to Massachusetts standards

### **ServiceNet**

December 2017-December 2021

#### **Mental Health Direct Care Staff**

- Advocate for clients to optimize their independence while also understanding their needs and concerns.
- Attending daily affairs and welfare of clients, including counseling, training in daily living skills, recreational and socialization programming and supervision.
- Deescalate clients during crisis episodes.
- Report and chart changes in the client's behaviors or condition.
- Maintaining a positive work atmosphere for clients and coworkers.

### **Sonic Urgent Care**

October 2016-April 2017

#### **Facility Assistant Manager**

- Reported to upper management regularly and provided recommendations for better inventory control.
- Analyze inventory to identify excess slow moving, and obsolete inventory
- Created production forecast plans based off of forecast historical usage, and medical product trends.
- Contacting patients via phone, email, and physical mail regarding overdue bills.
- Registering and collecting co-payment from patients.

## **COMMUNITY ENGAGEMENT EXPERIENCE**

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### **Care Van Volunteer**

September 2019-2021

- Provide basic health care to the homeless population in the community.
- Offer food and hygiene supplies to members of the community.