

# NAVNEET KAUR

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## Professional Summary

A registered Nurse (CN) with over 17.5 years of extensive experience in the healthcare industry and a strong willingness to expand my experience and skills. I have comprehensive experience evaluating and treating adolescents, young adults, adults, and seniors. Experienced job title licensed in licenses with strong clinical and people skills. Professionally trained job title with experience ensuring high standards of culturally competent care for wide variety of patients with diverse needs. Responsible job title with excellent communication skills demonstrated by Number years of experience in healthcare and one year experience of CN on medical care unite.Float pool nursing experience at previous hospital I have worked.Also experience in Bed control management .

## Skills

- Multi-lingual in English, Punjabi,Urdu and Hindi .
- Capable of communicating effectively with the Flow sheet charting
- Patients, their family members and physicians to Medication administration expert
- Achieve highest quality of healthcare.
- Handled serious situations and provide care on time
- Quick in responding to the needs of adolescent,
- Adult and elderly patients.
- Handled serious situations and provide care on time.
- Acute care expertise
- Palliative care awareness
- Preceptor
- Patient/family focused
- Safe NG tube insertion and removal
- Tracheotomy care
- Patient and family advocacy
- Venipuncture/blood draw expert
- Professional bedside manner
- Adept at prioritizing/managing deadlines

## Work History

**Float Pool RN**, 03/2020 to Current

**VA Medical Center** – Seattle , WA

- Evaluated patient during admission, hospital stay and through discharge.
- Implemented care plans for patient treatment after assessing physician medical regimens.

- Equipped patients with tools and knowledge needed for speedy and sustained recovery.
- Offered exceptional care and support to individuals recovering from acute incidents and dealing with chronic conditions.
- Educated family members and caregivers on patient care instructions.
- Evaluated patient histories, complaints and current symptoms.
- Administered medications and treatment to patients and monitored responses while working with healthcare teams to adjust care plans.
- Quickly responded to situations impacting safety and security to unit, actualizing crisis prevention interventions to control and de-escalate situations.
- Communicated with healthcare team members to plan, implement and enhance treatment strategies.
- Promoted patient and family teaching to enhance patient understanding of needs and potentially accelerate recovery.
- Conducted rounds with medical staff to promote improved understanding between patients, nursing staff and medical staff to support continued quality of communication and care.
- Collaborated with other departments and medical staff to support provision of highest standard for total patient care.
- Administered and maintained comfort, treatment, medication, intravenous infusion and health care to support patient needs.
- Submitted accurate documentation, reporting and in-depth nursing observation to support continuity of total patient care.
- Monitored patient reactions after administering medications and IV therapies.
- Advocated for and strived to protect health, safety and rights of patient.
- Promoted patient and family comfort during challenging recoveries to enhance healing and eliminate non-compliance problems.
- Investigated and resolved issues affecting hospital operations and patient care, including power or system outages, patient or family grievances, security issues and employee issues.
- Sustained quality standards by performing routine medication audits and upholding internal and industry best practices.
- Led teams in driving successful patient outcomes by prioritizing standard of care and best practices.
- Conducted ongoing monitoring and evaluations of behaviors and conditions, and updated clinical supervisors with current information.
- Delivered high level of quality care to diverse populations while overseeing patient admission and triaging based on acuity and appropriate department admission.
- Followed all personal and health data procedures to effectively comply with HIPAA laws and prevent information breaches.
- Facilitated therapeutic communication, conflict resolution and crisis intervention by redirecting

negative behaviors and helping patients regain or improve coping abilities.

**System Float Registered PCU RN, 09/2019 to 11/2020**

**MultiCare Health System – Tacoma, WA**

- Monitored patient condition, including interpreting and tracking EKG readings, identifying irregular telemetry readings and updating team members on changes in stability or acuity.
- Cared for patients in supporting fellow nurses in delivering outstanding treatment to patients.
- Participated in education activities, including evidence-based practice project implementation, nursing competency development and nursing simulation activities.
- Promoted patient and family comfort during challenging recoveries to enhance healing and eliminate non-compliance problems.
- Offered exceptional care and support to individuals recovering from acute incidents and dealing with chronic conditions.
- Quickly responded to situations impacting safety and security to unit, actualizing crisis prevention interventions to control and de-escalate situations.
- Monitored patient reactions after administering medications and IV therapies.
- Used first-hand knowledge and clinical expertise to advocate for patients under care and enacted prescribed treatment strategies.
- Communicated with healthcare team members to plan, implement and enhance treatment strategies.
- Educated family members and caregivers on patient care instructions.
- Sustained quality standards by performing routine medication audits and upholding internal and industry best practices.
- Equipped patients with tools and knowledge needed for speedy and sustained recovery.
- Adhered to strict safety measures by carefully determining proper dosages before administering medications.
- Evaluated patient histories, complaints and current symptoms.
- Followed all personal and health data procedures to effectively comply with HIPAA laws and prevent information breaches.
- Observed and documented patient factors such as diets, physical activity levels and behaviors to understand conditions and effectively modify treatment plans.

**Surgical Registered Nurse, 04/2018 to 07/2019**

**Saint Agnus Medical Center – Fresno, CA**

- Maintained sterile surgical environment and secured confidential data to protect patients' health and privacy.
- Developed and executed daily goals and care plans for up to 4 surgical patients per day.
- Created warm, supportive atmosphere to keep patients feeling safe and comfortable immediately

before and after surgery.

- Managed patients recovering from medical or surgical procedures, including facilitating wound care, ostomy care, pressure ulcer prevention and pain management.
- Explained course of care and medications, including side effects to patients and caregivers in easy-to-understand terms.
- Administered medications and treatment to patients and monitored responses while working with healthcare teams to adjust care plans.
- Promoted patient and family comfort during challenging recoveries to enhance healing and eliminate non-compliance problems.
- Facilitated therapeutic communication, conflict resolution and crisis intervention by redirecting negative behaviors and helping patients regain or improve coping abilities.
- Offered exceptional care and support to individuals recovering from acute incidents and dealing with chronic conditions.
- Implemented care plans for patient treatment after assessing physician medical regimens.
- Accurately documented all elements of nursing assessment, including treatment, medications and IVs administered, discharge instructions and follow-up care.
- Led teams in driving successful patient outcomes by prioritizing standard of care and best practices.
- Collaborated with leadership to devise initiatives for improving nursing satisfaction, retention and morale.
- Communicated with healthcare team members to plan, implement and enhance treatment strategies.
- Adhered to strict safety measures by carefully determining proper dosages before administering medications.
- Monitored patient reactions after administering medications and IV therapies.
- Educated family members and caregivers on patient care instructions.
- Assisted families by answering questions, supplying general information and providing frequent updates on patient progress.
- Communicated medical information and discharge instructions to patients and families to reduce return visits.
- Documented procedure plans, surgery notes and progress updates to facilitate communication among healthcare providers.
- Evaluated patient histories, complaints and current symptoms.
- Equipped patients with tools and knowledge needed for speedy and sustained recovery.
- Cared for patients in [Number](#)-bed unit, supporting fellow nurses in delivering outstanding treatment to patients.

## **Kaweah Delta Health Care District – Visalia, CA**

- Observed and reported patient condition, progress and medication side effects to accurately document updates
- Conferred with physicians to discuss diagnoses and devise well-coordinated treatment approaches
- Vaccinated patients to protect individuals from measles, pneumonia, influenza and other illnesses of concern
- Collaborated with physicians to quickly assess patients and deliver appropriate treatment while managing rapidly changing conditions
- Advised and coached patients progressing from hospitals, rehab facilities and other medical organizations to at-home treatment settings
- Inserted catheters and completed tracheostomy for patients
- Utilized portable diagnostic assessment equipment
- Directed patient admission and discharge tasks while managing patients and coordinating care
- Decreased patient re-hospitalization and boosted recovery rates by coordinating with specialists, physicians and at-home caregivers
- Served as charge nurse, caring for patients with serious illnesses
- Identified and assisted with opportunities for performance improvement activities on unit and with other service areas
- Analyzed patient responses to medications, therapies and variances in plans of care
- Optimized department efficiency by analyzing procedures and data regarding charting and patient flows
- Determined therapies, requested materials and received equipment in accordance with patient care initiatives and insurance plans
- Strictly protected confidentiality of all information related to patient care activities and EMS operations
- Demonstrated ability to advocate for and strive to protect health, safety, and rights of patient
- Coordinated nursing care on unit through staff assignments, assisting and rounding with physicians, monitoring patient orders and communicating with ancillary departments and assisting staff
- Educated patients and answered questions about health condition, prognosis and treatment
- Coordinated nursing care for patients and participated in patient and family education
- Analyzed care plans and upheld JCAHO, Medicare and Medicaid guidelines
- Partnered with healthcare teams to address care plan management, including development and implementation

**Registered Nurse, 06/2011 to 09/2017**

**multicare Health System ( Good Smartian Hospital ) – Puyallup, WA**

- Responsible for primary care, case management and medication management

- Achieved departmental goals and objectives by instituting new processes and standards for in-patient care
- Monitored post-op vitals, set up PCA, fluids, reviewed post-op orders and orient patients to unit
- Assessed need for, ordered, obtained and interpreted appropriate lab tests
- Chronic patient care in med-surg unit, adeptly handling all aspects of treatment from medication to wound care to monitoring for Number patients per shift
- Charge nurse on neonatal and pediatric floor. Oversaw average of Number patients per shift
- Managed care for post-operative patients through discharge
- Performed lab tests and communicated results
- Liaised between patients and physicians to ensure patient comprehension of treatment plans
- Instructed patients and family members on proper discharge care
- Closely monitored acute conditions
- Diagnosed and treated patients with chronic and acute health problems such as MI, arrhythmias, asthma, COPD and pneumonia
- Developed and implemented nursing care plans
- Developed patient care plans, including assessments, evaluations and nursing diagnoses
- Delegated staff nurse duties
- Followed infection control procedures
- Assisted patients with daily functions
- Monitored fluid intake and output levels
- Measured urine and delivered specimens to lab
- Provided all daily living tasks to enhance quality of life for elderly patients
- Experience with various medical conditions including Parkinson's, Dementia, Diabetes, Cancer, Alzheimer's and Paget's disease
- Strong leader for nursing personnel assigned to the unit/shift
- Administered medications via oral, IV and intramuscular injections and monitored responses.
- Provided direct patient care, stabilized patients and determined next course of action.
- Managed care from admission to discharge, including patient assessments, care planning, health educations and discharge support.
- Administered medications and treatment to patients and monitored responses while working with healthcare teams to adjust care plans.
- Advised patients and caregivers of proper wound management, discharge plan objectives, safe medication use and disease management.
- Maintained quality care and comfort for patients with heart failure, pulmonary hypertension and other conditions.
- Collaborated with physicians to quickly assess patients and deliver appropriate treatment while managing rapidly changing conditions.
- Contributed substantially to successful department JCAHO accreditation by consistently operating

to highest standards of care.

- Participated in nursing simulation activities, evidence-based practice project implementation and competency development to further nursing education.
- Kept optimal supply levels in treatment rooms, triage and other areas to meet typical patient loads.
- Implemented interventions, including medication and IV administration, catheter insertion and airway management.
- Educated patients, families and caregivers on diagnosis and prognosis, treatment options, disease process and management and lifestyle options.
- Trained new nurses in proper techniques, care standards, operational procedures and safety protocols.
- Updated patient charts with data such as medications to keep records current and support accurate treatments.
- Secured controlled narcotics and distributed medication on schedule to meet patient needs and minimize misuse opportunities.
- Managed quality care for patients with heart failure, end-stage renal disease and coronary artery disease.
- Provided exceptional care to high-acute patients needing complex care such as ventilator management, extensive wound care and rehabilitation.
- Monitored patient condition, including interpreting and tracking EKG readings, identifying irregular telemetry readings and updating team members on changes in stability or acuity.
- Conferred with physicians to discuss diagnoses and devise well-coordinated treatment approaches.
- Teamed on trauma and emergency interventions involving serious head injuries, gunshot wounds and thoracic trauma.
- Evaluated healthcare needs, goals for treatment and available resources of each patient and connected to optimal providers and care.
- Led successful team comprised of RNs, LPNs and ancillary staff.
- Collected blood, tissue and other laboratory specimens and prepared for lab testing.
- Audited charts and reviewed clinical documents to verify accuracy.
- Taught patients how to improve lifestyle choices, dramatically reducing chance of symptom reoccurrence.

**RN Staff Nurse, 01/2004 to 12/2009**

**Mittal Hospital Mogga – Moga, Punjab**

- Verified patients had information necessary for ongoing care, providing guidance on diagnoses, management of medications and prevention methods.
- Updated patient charts with data such as medications to keep records current and support accurate treatments.
- Trained new nurses in proper techniques, care standards, operational procedures and safety

protocols.

- Minimized hospital stays with recovery-centered approaches, reducing average in-patient stay length.
- Teamed on trauma and emergency interventions involving serious head injuries, gunshot wounds and thoracic trauma.
- Kept optimal supply levels in treatment rooms, triage and other areas to meet typical patient loads.
- Gathered patient health data through interviews and observation, documenting all data in electronic records.
- Led successful team comprised of RNs, LPNs and ancillary staff.
- Formulated plans for nursing measures to restore, maintain and promote patients' physical and mental health.
- Delivered proper care to victims of domestic violence at urgent care clinic.
- Assisted physicians in minor surgeries by keeping instruments sterilized and maintaining inventory.
- Educated patients, families and caregivers on diagnosis and prognosis, treatment options, disease process and management and lifestyle options.
- Performed various nursing interventions such as wound dressing, vital sign monitoring and specimen collection.
- Precepted student nurses and oriented new hires, providing guidance and mentorship when teaching on hospital policies, emergency procedures and nursing best practices.
- Coordinated with physicians to perform bedside procedures such as intravenous injections, vascular line insertions and bronchoscopies.
- Identified learning needs of patients and families and responded with advocacy and health education.
- Identified patient care requirements by establishing personal rapport with patients and families.
- Implemented interventions, including medication and IV administration, catheter insertion and airway management.
- Directed patient care by initiating and following through with plan of care, continuing care and discharge instructions.
- Taught patients how to improve lifestyle choices, dramatically reducing chance of symptom reoccurrence.

**Staff Registered Nurse, 11/2001 to 12/2003**

**Satyam Hospital – Jalandhar, Punjab**

- Informed patients and families of effective treatment options and at-home care strategies, enhancing long-term outcomes
- Conferred with physicians to discuss diagnoses and devise well-coordinated treatment approaches
- Taught patients how to improve lifestyle choices, dramatically reducing chance of symptom



reoccurrence

- Vaccinated patients to protect individuals from measles, pneumonia, influenza and other illnesses of concern
- Effectively prioritized assignments, executing care based on each patient's relative condition and delegating tasks to available personnel deliver safe and efficient care
- Conferred with physicians to discuss diagnoses and devise well-coordinated treatment approaches.
- Kept optimal supply levels in treatment rooms, triage and other areas to meet typical patient loads.
- Effectively prioritized assignments, executing care based on each patient's relative condition and delegating tasks to available personnel deliver safe and efficient care.
- Worked within interdisciplinary health care team to develop, implement and make adjustments to patient care plans, individualizing strategies and methods to improve health and meet recovery goals.
- Vaccinated patients to protect individuals from measles, pneumonia, influenza and other illnesses of concern.
- Teamed on trauma and emergency interventions involving serious head injuries, gunshot wounds and thoracic trauma.
- Minimized hospital stays with recovery-centered approaches, reducing average in-patient stay length.
- Administered medications via oral, IV and intramuscular injections and monitored responses.
- Informed patients and families of effective treatment options and at-home care strategies, enhancing long-term outcomes.
- Updated patient charts with data such as medications to keep records current and support accurate treatments.
- Performed various nursing interventions such as wound dressing, vital sign monitoring and specimen collection.
- Gathered patient health data through interviews and observation, documenting all data in electronic records.
- Precepted student nurses and oriented new hires, providing guidance and mentorship when teaching on hospital policies, emergency procedures and nursing best practices.
- Trained new nurses in proper techniques, care standards, operational procedures and safety protocols.
- Promoted patient independence by teaching self-care skills.
- Led successful team comprised of RNs, LPNs and ancillary staff.
- Identified patient care requirements by establishing personal rapport with patients and families.
- Collected blood, tissue and other laboratory specimens and prepared for lab testing.
- Monitored patients' conditions and reported changes in physical ability, appearance and behavior to discuss treatment with physicians.
- Assisted physicians in minor surgeries by keeping instruments sterilized and maintaining

inventory.

- Directed patient care by initiating and following through with plan of care, continuing care and discharge instructions.
- Coordinated with physicians to perform bedside procedures such as intravenous injections, vascular line insertions and bronchoscopies.
- Delivered proper care to victims of domestic violence at urgent care clinic.
- Managed elements of patient care from admission to discharge or transfer to other units.
- Educated patients, families and caregivers on diagnosis and prognosis, treatment options, disease process and management and lifestyle options.
- Taught patients how to improve lifestyle choices, dramatically reducing chance of symptom reoccurrence.
- Assessed physical, psychological, physiologic and cognitive status of patients.

## **Education**

**Associate of Science:** nursing , 2001

**Punjab Medical Institute of Nursing** - Sura, PB, India

Associates in nursing . punjab medical institute of nursing Jalandhar, Punjab, India

## **Additional Information**

- Licenses Registered Nurse License# 817792

## **Accomplishments**

- Documentation
  - Ensured charting accuracy through precise documentation.
- Patient Care
  - Delivered compassionate care that exceeded hospital requirements.
  - Successfully provided quality care to Number of patients in type of environment.
- Implementation
  - Assisted in implementation of new tracking system that resulted in improved patient care.
- Clinical Skills
  - Monitored patients' respiration activity, blood pressure and blood glucose levels in response to medical administration.
- Vitals Testing
  - Measured an average of 30 patients' weight, height, body temperature, pulse rate and blood pressure daily.
- Patient Advocacy

- Explained treatment procedures, medication risks, special diets and physician instructions to patients.
- Supervision
  - Headed on boarding process for new nursing staff.

## **Certifications**

- Registered Nurse in State, License Number Number, year
- Advanced Cardiac Life Support (ACLS) and BLS Certification year to present
- Board Certified Medical surgical nurse by ANA