**Derek Jackson**

 Decatur, GA, 30033 ▪ 470-218-1423 ▪ Derekjgsu@gmail.com

**EDUCATION**

Bachelor of Science in Nursing (Fall 2018-Spring 2021)

**Chamberlain College of Nursing**

M.S. – Sports Medicine (Exercise Science, Health Promotion & Rehab) (Summer 2016-Spring 2018)

**California University of Pennsylvania**

B.S. - Health & Fitness Management (Fall 2011-Fall 2015)

Minor in Business

**Clayton State University**

**OBJECTIVE**

I am currently seeking a career where I can implement my knowledge of nursing and sports medicine to ensure high quality care with every patient I encounter.

**WORK EXPERIENCE**

 **Registered Nurse (BSN)** (7/2021-Present)

Piedmont Atlanta (Cardiac Stepdown ICU)

* Monitors cardiac patients heart rhythms using tele monitors and ACLS protocols.
* Provides routine care for high acuity patients at a 5:1 ratio.
* Performs head to toe assessments.
* Prepares and monitors IV drip medications.
* Assesses post TAVR, CAGB and Cath sites and vital signs.
* Assesses, administers meds. removes and maintains central lines.
* Administers meds via intravenous, subcutaneous, and oral routes.
* Inserts indwelling catheters and provides perineal care for patients.
* Draws labs from central lines.
* Performs wound changes as ordered.
* Provides care for patients with LVADs (left ventricle assisted devices).
* Collabs with physicians, nurses and other healthcare team members to organize plan of care for patients.
* Assesses for chest pain and symptoms for heart attacks and strokes.

 **Nurse Technician II** (9/2018-8/2019)

Emory Healthcare (Midtown)

* Assists with daily living activities such as ambulation, bathroom assistance & discharges.
* Takes & records vital signs such as blood pressure, blood glucose, oxygen saturation, temperature heart rate & respirations.
* Provides basic care needs such as clothing, bathing, oral care, feeding & bed making.
* Rehabs patients/residents with daily exercises & therapy prescribed by physicians.
* Records intake & output of urine.
* Measures weight & height of patients/residents.
* Assists nurses with skin care checks & admission protocols.
* Conducts role needed in patient codes such as CPR chest compressor along with vital signs and blood glucose monitoring.
* Monitors and report any changes seen in patients.
* Collects and label specimens for lab reports.
* Assists nurses in wound care & dressing changes.

**CPR/BLS/ACLS/PALS Instructor & Faculty Trainer**

American Heart Association (2/2018-Present)

* Teaches basic life support skills & AED skills to healthcare professionals & other non-related populations.
* Certifies students as Basic Life Support providers.
* Certifies students as Advanced Cardiac Life Support providers.
* Certifies students as Pediatric Advanced Life Support providers.
* Teaches nursing delegating roles during mega-codes, cardiac arrest, tachycardia arrest, return of spontaneous circulation & bradycardia arrest.
* Instructs students on how to identify respiratory distress and shock.
* Teaches students how to treat burns and fluid maintenance for pediatric patients.
* Certifies patrons as BLS/CPR/ACLS/PALS Instructors

**Wellness Coach, Rehab Specialist, Corrective Exercise Specialist & Personal Trainer**

Dekalb Medical (Emory) Wellness Center, Decatur, GA (10/2017-9/2018)

* Assesses each individual patient for health risks, injuries & chronic diseases.
* Follows “Exercise Is Medicine” guidelines to maintain status as a Certified Medical Fitness Center.
* Manually/electronically checks each patient’s blood pressure & blood sugars
* Reads & analyzes patients heart rate on 12 lead EKG for any signs of heart arrhythmia or tachycardia.
* Completes PAR-Q questionnaires with patients & probe questions for family health history.
* Prescribes specific exercise programs based on medical history and restrictions.
* Provides general orientation tour of wellness center & demonstrate proper use of equipment.
* Assists in cardio & pulmonary rehab with patients recovering from heart attacks, strokes, diabetic complications and pulmonary problems as needed.
* Provides one on one personal training sessions to help each patient reach health & fitness goals.
* Creates modified alternative exercises for bariatric & geriatric patients.
* Designs corrective exercise programs to correct muscle imbalances due to injuries & health complications.
* Develops rehab programs for patients recovering from surgery, cancer & chronic health conditions.
* Conducts corrective exercise assessments to inquire for any muscle imbalances.
* Teaches group exercise classes for general & special populations.

**PROFESSIONAL CERTIFICATIONS AND MEMBERSHIPS**

* CPR/BLS/ACLS/PALS Instructor (American Heart Association)
* Registered Nurse (BSN)
* Corrective Exercise Specialist (NASM)
* Performance Enhancement Specialist (NASM)
* Speed and Explosion Training Specialist (NASE)
* Holistic Health/Wellness Coach (AAAI-ISMA)
* Certified Personal Trainer (AAAI-ISMA)
* BLS/CPR/First Aid/AED Certification
* Advanced Cardiac Life Support (ACLS) Certification
* Pediatric Advanced Life Support (PALS) Certification
* Certified Personal Trainer, Athletics & Fitness Association of America