

# Derek Jackson

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## 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)** (1/2022-Present)  
Shepherd Center

- Performs head to toe assessments.
- Prepares and monitors IV drip medications.
- Assesses NG and PEG tube placements while administering medications.
- 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.
- Collabs with physicians, nurses and other healthcare team members to organize plan of care for patients.
- Performs neuro assessments
- Educates family on how to care for loved ones for home discharges
- Works with Occupational and Physical therapy to help rehab pts from spinal and brain injuries.

**Registered Nurse (BSN)** (7/2021- !2/2021)  
Piedmont Atlanta (Cardiac Stepdown ICU)

- Monitored cardiac patients heart rhythms using tele monitors and ACLS protocols.
- Performs head to toe assessments.
- Prepares and monitors IV drip medications.
- Assessed post TAVR, CAGB and Cath sites and vital signs.
- Assesses, administers meds. removes and maintains central lines.
- Administered meds via intravenous, subcutaneous, and oral routes.
- Inserted indwelling catheters and provides perineal care for patients.
- Drew labs from central lines.
- Performed wound changes as ordered.
- Provided care for patients with LVADs (left ventricle assisted devices).
- Collaborated with physicians, nurses and other healthcare team members to organize plan of care for patients.

**Nurse Technician II**  
Emory Healthcare (Midtown)

(9/2018-8/2019)

- 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.
- Inserts catheters, condom catheters and pure wicks for incontinent patients.
- 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