

Roshanak Karimi, BSN, RN

Folsom, CA 95630 | Phone: (916) 804-4011 |

Email: rashaxy@yahoo.com

Profile

BSN graduate with over 900 hours of accumulated diverse clinical experience, including Senior Preceptorship in the IR/Catheterization Lab. Driven to provide quality, evidenced-based care to help patients achieve their optimal health. Demonstrated ability to work safely and efficiently in a fast-paced environment independently with various patient populations. I received my RN license in February 2022. Graduated with honors class of 2021 at top of my class and was on Dean's List.

Education

Bachelor of Science in Nursing

University of San Francisco – Sacramento, CA

Bachelor of Science in Nursing; School Honors (GPA: 3.92)

August 2021

Associate degree in Natural Sciences

Sierra College – Rocklin, CA

School Honors (GPA: 4.0)

May 2018

Medical assisting-Clinical

Placer County Office of Education, Career Technical Education, Auburn CA

May 2017

Licensure and Certifications

Registered Nurse (#95275065)

Advanced Cardiac Life Support (ACLS) (#225403523189)

Pediatric Advanced Life Support (PALS) (#225425801597)

Basic Life Support (#205507564407)

Basic EKG Course

Neonatal Resuscitation Program (NRP) (eCard Code: sonf4cixirttscxsheohcycci NRP Global ID: 8RK-0312)

Fetal Heart Monitoring

Medical Assistant Certificate

Expires May 2023

Expires March 2024

Expires June 2024

Expires Dec 2022

June 2022

Expires June 2024

June 2022

Clinical Experience

Sacramento VA Medical Center - Mather, Sacramento, CA

May 2021-Aug 2021

CATH LAB/IR Preceptorship, 120 hours

- Monitor and examine patients prior to procedures, as well as during and after.
- Administer medications and assist the medical team with what they need during the procedure
- Performed evidenced-based practices and skills during patient care such as IV insertion, medication administration, blood glucose monitoring, and use of IV infusion pump
- Provided patient education regarding medications, plan of care, and discharge teachings
- Actively collaborated with members of the interdisciplinary team to facilitate reaching outcomes of patients' plan of care

<i>Mercy San Juan Medical Center, Sacramento, CA: Labor & Delivery/Postpartum, 45 hours</i>	Jan 2021-May 2021
<i>Shriners Hospital for Children, Sacramento, CA: Pediatric Med-Surg, 45 hours</i>	Jan 2021-May 2021
<i>Sacramento VA Medical Center - Mather, Sacramento, CA: Med-Surg/TCU, 90 hours</i>	Aug 2020-Dec 2020
<i>Volunteers of America, Sacramento, CA: Community Health, 45 hours</i>	May 2020-Aug 2020
<i>Behavioral Health Inpatient Care Unit, Sacramento, CA: Psychiatry, 45 hours</i>	May 2020-Aug 2020
<i>My HealtheVet, VA Medical Center - Mather, Sacramento CA: Community Health, 45 hours</i>	May 2020-Aug 2020
<i>Eye Clinic /Primary Care, VA Medical Center - Mather, Sacramento CA: Community Health, 45 hrs</i>	May 2020-Aug 2020
<i>Sacramento VA Medical Center - Mather, Sacramento, CA: Med-Surg/TCU, 180 hours</i>	May 2019-Aug 2019
<i>Martinez VA Medical Center, Martinez, CA: Outpatient Services, 180 hours</i>	Jan 2019-May 2019
<i>*Due to pregnancy, I took a leave of absence from Sept 2019- May 2020</i>	

Project

Senior Capstone project

Nurse Communication – Improving Nursing Handoff Between PACU and Cath Lab Staff Aug 2021

- Developed and coordinated an evidence-based HCAHP project focused on nurse communication resulting in a specific nursing handoff to utilize between units

Professional Experience

Medical Assistant at Auburn Dermatology, Dr.Allison McCormick June 2017-Jan 2019

- Assisted doctor during annual visits, procedures, and obtaining labs
- Charted important documents of each patient’s visit onto their computer system
- Obtained patient vital signs
- Assisted in biopsies
- Assisted the doctor and Nurse practitioners in surgery.
- Consistently cleaned exam rooms within a timely manner

EXTERNSHIP

Auburn Dermatology, Dr. Allison McCormick
Auburn Cardiology, Dr. Larry Berte

Dec 2016-May2017
Aug 2016-Dec 2016

Additional Skills

- Proficient with Microsoft Word, Excel, PowerPoint
- Fluent in English and Farsi

VA Medical Center
10535 Hospital Way, Mather, CA 95655
Community Living Center (CLC)
150 Muir Road, Martinez, CA 94553
VA Outpatient Clinic :
280 Cohasset Road, Chico, CA 95926
5342 Dudley Avenue, McClellan, CA 95652
201 Walnut Avenue, Mare Island, CA 94592
150 Muir Road, Martinez, CA 94553



VA Outpatient Clinic (continued) :
2221 Martin Luther King, Jr. Way, Oakland, CA 94612
351 Hartnell Avenue, Redding, CA 96002
103 Bodin Circle, Bldg. 778, Travis AFB, CA 94535
425 Plumas Boulevard, Yuba City, CA 95991
Oakland Behavioral Health Clinic
525 21st Street, Oakland, CA 94612
Telephone Care: 1-800-382-8387
Website: www.northerncalifornia.va.gov/

**Department of Veterans Affairs
VA Northern California Health Care System (VANCHCS)
10535 Hospital Way, Mather, CA 95655**

August 12, 2021

To Whom It May Concern;

I am pleased to submit a letter of support for Roshanak Karimi BSN for consideration for admission to your Nurse Residency Program for 2021-2022. Roshanak is a recent graduate from the University of San Francisco with her Bachelor's degree in Nursing. During this educational process, I was one her professor in the BSN curriculum and she was a very committed and determined student within the BSN program.

Roshanak is an exceptional role model who demonstrates passion and excellence in practice. She possesses an understanding of advocacy for her patients while practicing under the caring science theoretical framework. Her clinical skills and understanding of the nursing process excelled in all of her rotations. Her clinical expertise resulted in positive interactions with the patients she was assigned throughout all her student clinical rotations. Throughout her student rotations, she consistently showed growth and achievement in her technical, human, and conceptual skills.

Roshanak was a respected member of her student cohort and generated teamwork and collaboration throughout her learning experiences. Her leadership skills were successfully demonstrated during her student tenure.

Roshanak has my highest recommendations for your consideration for your Nurse Resident program. I support her candidacy without reservation. Please feel free to contact me if you have further questions
Sincerely,

Mary Joann Mette DNP, RN NEA-BC

Mary Joann Mette DNP, RN

Northern California Veterans Administration HealthCare System
Faculty/VANAP University of San Francisco, PBNR Co-lead 916-458-1763



8-17-21

Letter of Recommendation

Please accept this letter as my recommendation and support in your consideration of Roshanak Karimi for your nursing residency program. In the past couple of years as a nursing faculty at the University of San Francisco, I had the opportunity to see Roshanak Karimi grow and meet the requirements of the curriculum. I found her to be very professional, conscientious, organized, and informative. She has acquired a considerable amount of clinical experience during her hospital rotations.

Roshanak Karimi has proved to be a diligent nurse who could be relied upon to complete assignments promptly. She remains dedicated to professional growth and development. Roshanak Karimi would raise the relevant questions and make contributions to enhance positive patient outcomes. She has demonstrated mastery of the theoretical and clinical concepts in her interactions with various patient populations.

I confidently recommend her for employment with your organization. If I may provide any additional information that would be deemed supportive of Roshanak Karimi, please do not hesitate to contact me (209) 762-2734 or cokekenta@usfca.edu thank you. Sincerely

Chuka Okekenta
Chuka Okekenta

Nursing Faculty

University of San Francisco



UNIVERSITY OF
SAN FRANCISCO

School of Nursing and
Health Professions

CHANGE THE WORLD FROM HERE

2130 Fulton Street
San Francisco, CA 94117 Tel 415.422.6681
usfca.edu/nursing

To whom it may concern:

I write to you today to recommend new graduate registered nurse Roshanak Karimi. I had the great honor to be her instructor in her senior 2 semester of our nursing program. Roshanak Karimi was an exceptional student, who not only demonstrated great academic achievement, but also exceptional clinical skills. Roshanak completed her capstone experience in the Interventional Radiology/Cath Lab Unit at the VA medical center Mather. In that time, she mastered the skills of a fully competent IR nurse, caring for a full patient load. This includes documentation, medication administration and interprofessional collaboration. It is with great pleasure that I highly recommend nurse Karimi for employment as a new graduate registered nurse.

Kindest Regards,

A handwritten signature in black ink that reads "Paul Ortiz".

Paul J Ortiz, DNP, RN, FNP-C
Co-Director, VANAP-BSN
School of Nursing and Health Professions
University of San Francisco, Sacramento Campus

University of San Francisco Unofficial Academic Transcript

Roshanak Karimi
Apr 04, 2022 02:21 pm

This is not an official transcript. Courses which are in progress may also be included on this transcript.

[Transfer Credit](#) [Institution Credit](#) [Transcript Totals](#)

Transcript Data

STUDENT INFORMATION

Name : Roshanak Karimi
CWID : 20521870

Curriculum Information

Current Program

Bachelor of Science in Nursing

College: School of Nursing and Health Professions
Major: Nursing

***Transcript type:Unofficial is NOT Official ***

AWARDED

Awarded: Bachelor of Science in Nursing
Degree Date: Aug 13, 2021

Institutional Summa Cum Laude **Honors:**
Departmental School Honors **Honors:**

Curriculum Information

Primary Degree

College: School of Nursing and Health Professions
Major: Nursing

TRANSFER CREDIT ACCEPTED BY INSTITUTION -Top-

Prior Credit: Sierra College

Subject	Course	Title	Grade	Credit Hours	Quality Points	R
ART	1XX Western Art I: Prehist- Mid Age	TA		3.000		0.00
BIOL	113 Human Anatomy	TA		4.000		0.00
BIOL	114 Human Anatomy Lab	TA		1.000		0.00
BIOL	115 Survey of Human Physiology	TA		4.000		0.00
BIOL	116 Survey of Human Physiology Lab	TA		1.000		0.00
BIOL	134 Microbiology	TA		4.000		0.00
BIOL	135 Microbiology Lab	TA		1.000		0.00

Academic Transcript

BUS 1XX	Financial Accounting I	TA	3.000	0.00
BUS 1XX	Financial Accounting II	TA	3.000	0.00
CHEM 1XX	Problem Solving	TA	1.000	0.00
	for Chem 2A			
CHEM 1XX	Introduction to Chemistry I	TA	5.000	0.00
ECON 102	Principles of Macroeconomics	TA	3.000	0.00
ENGL 1XX	American Lit (Civil War-Pre)	TA	3.000	0.00
FREN 101	First Semester French	TA	4.000	0.00
HIST 1XX	History of the United States	TA	3.000	0.00
HIST 1XX	History of the United States	TA	3.000	0.00
MATH 101	Elementary Statistics	TA	4.000	0.00
PSYC 101	General Psychology	TA	3.000	0.00
RHET 103	Public Speaking	TA	3.000	0.00
RHET 1XX	Critical Thinking and Writing	TA	3.000	0.00
RHET 1XX	Introduction to Composition	TA	3.000	0.00
SOC 150	Intro to Sociology	TA	3.000	0.00
TRNS 1XX	Child/Adolescent Development	TA	3.000	0.00
TRNS 1XX	Nutrition	TA	3.000	0.00

Attempt	Pass	Earned	GPA	Quality	GPA
Hours	Hours	Hours	Hours	Point	Point

Current Term: 71.000 71.000 0.000 0.00 0.00
71.000

Unofficial Transcript

INSTITUTION

CREDIT -Top-

Term: Spring 2019

College: School of Nursing and Health Professions

Major: Nursing

Academic

Standing:

Additional Standing: Dean's List

Subject	Course	Level	Title	Qual Point	Start and End Dates	CEU Contact Hours
NURS 120	UG	Nursing Jesuit Tradition I	A1.000	4.00		
NURS 170	UG	Intro Prof Nursing Practice	A1.000	4.00		
NURS 220	UG	Applied Patho & Pharm A I	3.000	12.00		
NURS 221	UG	Essentials of Pharmacology	A2.000	8.00		

Academic Transcript

NURS	222	UG	Appl Assess & Nurs	4.000	13.20	B+
NURS	225	UG	Fund I Cl Lab I: Appl Assess S H & W	2.000	0.00	

Term Totals (Undergraduate)

	Attempt Hours	Passed Hours	Earned Hours	GPA	Quality GPA Points
Current Term:	13.000	13.000	13.000	11.000	41.20
	3.75			3.75	Cumulative: 13.000 13.000 13.000 11.000 41.20

Unofficial Transcript

Term: Summer 2019

College: School of Nursing and Health Professions
Major: Nursing
Academic Standing:

Subject	Course Level	Title	Qual	Start Point	End Date	CEU Contact Hours
NURS	270	UG Nutrition	A	2.00	8.00	0
NURS	271	UG Appl Patho & Pharmacology II	A	3.00	12.00	0
NURS	272	UG Appl Assess & Nurs Fund II	A	4.00	16.00	0
NURS	275	UG Cl Lab II: Alt Health/Illness	S	3.00	0.00	0
RHET	250	UG Academic Writing at USF	A-	4.00	14.80	0

Term Totals (Undergraduate)

	Attempt Hours	Passed Hours	Earned Hours	GPA	Quality GPA Points
Current Term:	16.000	16.000	16.000	13.000	50.80
Cumulative:	29.000	29.000	29.000	24.000	92.00

Unofficial Transcript

Term: Fall 2019

College: School of Nursing and Health Professions
Major: Nursing
Academic Standing:
Additional Standing: Dean's List

Subject	Course Level	Title	Qual	Start Point	End Date	CEU Contact Hours
THRS	202	UG Portraits of Christ: 4 Gospels	A	4.000		16.00

Term Totals (Undergraduate)

	Attempt Hours	GPA Hours	Quality Points	Quality GPA
Current Term:	4.000	4.000	16.00	4.00

Cumulative:	33.000	33.000	28.000	108.00	3.86
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Unofficial Transcript

Term:
Spring 2020

College: School of Nursing and Health Professions

Major: Nursing

Academic Standing:

Additional Standing: Dean's List

Subject	Course	Quality Points	Start and End Dates	R	CEU Contact Hours
PHIL 110	UG Great Philosophical Questions	A- 4.000	14.80		

Term Totals (Undergraduate)

	Attempt Hours	Passed Hours	Earned Hours	GPA Hours	Quality Points	Quality GPA
Current Term:	4.000	4.000	4.000	4.000	14.80	3.70
Cumulative:	37.000	37.000	37.000	32.000	122.80	3.84

Unofficial Transcript

Term: Summer 2020

College: School of Nursing and Health Professions

Major: Nursing

Academic Standing:

Subject	Course Level	T Grad	Cred Hour	Qual Point	Start and End Dates	CEU Contact Hours
NURS 320	UG	Comm & Mental Health Nurs	A 4.00	16.00	0	
NURS 321	UG	Healthcare Sys I: Nurse Leader	A 2.00	8.00	0	
NURS 322	UG	Evidence-Based Inquiry & Infor	A 4.00	16.00	0	

NURS 325 UG CI Lab III: 4.00 0.00
 Comm & M S H
 Nurs 0

Term Totals (Undergraduate)

	Attempt Hours	Passed Hours	Earned Hours	GPA	Quality Points	GPA
Current Term:	14.000	14.000	14.000	10.000	40.00	4.00
Cumulative:	51.000	51.000	51.000	42.000	162.80	3.88

Unofficial Transcript

Term: Fall 2020

College: School of Nursing and Health Professions
Major: Nursing
Academic Standing:
Additional Standing: Dean's List

Subject	Course Level	Title	Qual	Start Point	End Date	CEU Contact Hours
NURS 370	UG	Med Surg Nurs I: Mgmt Adult	A+	4.00	16.00	0
NURS 371	UG	Healthcare Sys II: Mgmt Compl	A	2.00	8.00	0
NURS 378	UG	CI Lab IV: Med-Surg Adult	S	4.00	0.00	0
NURS 378K	UG	Clinical Lab IV: Skills Clinic	NG	0.00	0.00	0
DO NOT PRINT						
NURS 378S	UG	Clinical Lab IV: Sim Lab	NG			0.000 0.00
DO NOT PRINT						
PHIL 240	UG	Ethics		A		4.000 16.00

Term Totals (Undergraduate)

	Attempt Hours	Passed Hours	Earned Hours	GPA	Quality Points	GPA
Current Term:	14.000	14.000	14.000	10.000	40.00	4.00
Cumulative:	65.000	65.000	65.000	52.000	202.80	3.90

Unofficial Transcript

Term: Spring 2021

College: School of Nursing and Health Professions
Major: Nursing
Academic Standing:

Subject	Course Level	Title	Qual	Start Point	End Date	CEU Contact Hours
NURS 420	UG	Women's Health	A	3.000	12.00	
NURS 421	UG	Med-Surg Nurs II: Children	A	3.000	12.00	

NURS	428	UG	Clinic Lab V: M/S Women/Childr	S3.000	0.00
NURS	428S	UG	Clinical Lab V: Sim Lab NG DO NOT PRINT	0.000	0.00

Term Totals (Undergraduate)

	Attempt Hours	Passed Hours	Earned Hours	GPA Hours	Quality Points	GPA Points
Current Term:	9.000	9.000	9.000	6.000	24.00	4.00
Cumulative:	74.000	74.000	74.000	58.000	226.80	3.91

Unofficial Transcript

Term: Summer 2021

College: School of Nursing and Health Professions
Major: Nursing
Academic Standing:

Subject	Course Level	Title	Quali Point	Start and End Date	CEU Contact Hours
NURS	471	UG Complex Care	3.000	11.10	
NURS	472 A	UG Senior Seminar	2.000	8.00	
NURS	478	UG CI Lab VI: Compl Care S	4.000	0.00	

Term Totals (Undergraduate)

	Attempt Hours	Passed Hours	GPA Hours	Quality Points	GPA Points
Current Term:	9.000	9.000	9.000	5.000	19.10
Cumulative:	83.000	83.000	83.000	63.000	245.90

Unofficial Transcript

TRANSCRIPT TOTALS (UNDERGRADUATE) -Top-

	Attempt Hours	Passed Hours	Earned Hours	GPA Hours	Quality Points	GPA Points
Total Institution:	83.000	83.000	83.000	63.000	245.90	3.90
Total Transfer:	71.000	71.000	71.000	0.000	0.00	0.00
Overall:	154.000	154.000	154.000	63.000	245.90	3.90

Unofficial Transcript

RELEASE: 8.7.1