

Margaret Kamara, BSN-RN

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Professional Summary

More than 10yrs of registered nursing experience in hospital environments (Med surge, Tele, ER, PACU, Pain clinic, long-term care, sub-acute care, homecare and outpatient/clinics). Skilled in providing exceptional care to diverse patient populations with a passion. Supporting private and government healthcare systems. Secret Security Clearance obtained by Department of Defense. Self-motivated with a professional commitment to providing the highest quality of evidence-based care. Proficient in conducting thorough medical histories; performing complete physical exams; interpreting common routine diagnostics; computerized charting; and developing treatment plans. Strong organizational and communication skills. Strong managerial and interpersonal skills with demonstrated ability to cultivate interdisciplinary relationships. Career focused on advancing, staff, patient and family education, health promotion, infectious and chronic disease preventions initiatives. Decision making that reflects sound analytic ability; dedicated to obtaining and sustaining service excellence.

Education

- **MBA, Health Care Management & Business Mgt** – Marymount University, Arlington, VA – May 2012
- **Bachelor of Science, Nursing** – Johns Hopkins School of Nursing, Baltimore, MD – May 2008
- **Bachelor of Science, Biology** – Virginia State University, Petersburg, VA – May 2006

Licensure and Certifications

- Licensed Registered Nurse – Maryland License # R184828
- Licensed Registered Nurse – District of Columbia License # RN1019621
- Advanced Cardiovascular life support (ACLS) 2023
- Basic Life Support American Heart Association 2023
- American Red Cross Instructor (CPR, First AID and AED) (2020)
- Battlefield Acupuncture (2016)
- Certified Moderate sedation RN (2016)
- ICD-10 Coder (2017)
- TNCC

Core Qualifications

- Team leadership
- Quality Assurance
- Patient/family/staff education
- Patient-Centered Approach
- Patient Family Advocate

Accomplishments

- Successfully mentor new soldiers (clinical /nonclinical) to achieve goals and contribute to exceptional healthcare.
- Assembled resources with multiple teams to improve access and quality of health care to the community.
- Developed a community resource manual and engaged in outreach activities with home health care nurses at Great Expectations Inc. to improve access to qualify healthcare for homebound clients needing care.
- Substance Abuse and Mental Health Services Administration's (SAMHSA) Minority Fellowship Program at the American Nurses Association Alumni (Completion of program)

Work Experience

RN/ Counselor

01/5/2021 to Present

S&S Wellness, LLC– Fort Washington, MD contractual mental health position in a multi-disciplinary wellness facility provides

intensive clinical therapeutic services to children, adolescents, adults, couples, and/or families with identified mental health or substance abuse diagnosis.

Encourages clients to express their feelings and help them develop insight into themselves and their relationships.

Guides clients in the development of skills and strategies for dealing with their problems. Prepares and maintains confidential records. Ensures treatment plans are devised, updated and conducted, Monitors/Manages the use of medications. Advises families on condition and treatment. Participates in workshops, therapy intensives, and retreats sponsored by the center. Refers clients to community resources or specialists as necessary 20 hours per week

Behavioral Health Case Manager/ Hospital Presenter

10/23/2020 to 02/23/2021

University of MD, Laurel, MD.

Advocates for patients by assisting in coordinating continuing care for those with acute and chronic psychiatric problems. Collaborates with multidisciplinary team to provide evidence base care. Educates patients and their family members about

the illness, medication and available resources. Determines appropriate patient disposition/discharge planning.

Facilitates groups. Arrange for appropriate, timely follow-up for patients care. Represent involuntary admission

(IVA) patient in court hearing. Gather and organize appropriate IVA documentations for the Office of Public Defender (OPD) and Office of Administrative Hearing (OAH). Temp contract with Maxim. 40 hours per week

Per Diem clinical staff Nurse

April 2013 to present

Walter Reed National Military Medical Center – Bethesda, MD

- Conduct physical exams to assess patient health needs and problems. Implement physicians' orders, perform treatments, start IVs, administer medications, and interpret special tests. Administer direct care to injured, disabled, ill, or convalescent patients. Review and maintain medical records. Implement and develop nursing care plans.
- provide care for acute, chronic Patients
- Clinical resource role as well as mentoring and precepting new and returning nursing
- Respond to consult requests, evaluate new patient, address, medical crisis and follow-up on patients receiving a wide variety of therapies for inpatient pediatric services in a 257-bed military hospital and clinics.
- Patient population includes, Tele, ER, PACU, Neuro, Hematology/Oncology, Infectious Disease, post-surgical, medical, diabetic, cardiac, war-related injuries, chronic and acute diseases.
- Collaborate with the physician to determine treatment plans and modifications.

Staff Nurse, Anesthesia Department, Pain Clinic

October 2012 to 2015

Walter Reed National Military Medical Center– *Bethesda, MD*

- Serve as charge nurse
- Joint commission personal
- Sedation nurse
- Perform clinical tasks; obtaining procedural consent for injections such as epidurals, Radio Frequency ablations and much more, preparing supplies and medications for operative procedures
- Assisting in pre-operative/pre-assessment stage of patient care

Contemporary Nursing Solutions Agency, May2009- 2015 (Per Diem)

Travel to various hospitals/ Nursing care facilities Responsible for assessing, planning, implementing, evaluating plan of care, delegating patient care. Collaborates with physicians, medical professionals and other staff to ensure the quality of care given.

New Graduate/Residency and Clinical nurse

June 2008 to 2012

Holy Cross Hospital – *Silver Spring, MD*

- Collaboration with a unit specific preceptor and clinical nurse educators and provides support and resources to facilitate educational and professional growth.
- Critical Care- Intermediate Care Nursing Unit, Observation Unit- Responsible for assessing, planning, implementing, evaluating plan of care, delegating patient care. Applies critical thinking skills to plan, direct, coordinate, and evaluate activities to provide quality nursing care to patients and their family members. Consults with members of the interdisciplinary healthcare team to ensure continuity of competent, quality health care.

Professional membership

- American Association of Critical Care Nurses (AACN)
- American Nurses Association (ANA) and Maryland Nurses Association (MNA) Member ID: 03882998
- Women in Military Service for American Memorial ID: 653958
- The National Society of Leadership and Success (Sigma Alpha Pi)