

# CATHY LUCAS

Armstrong, MO 65230 | (660) 833 9790 | caluc1@yahoo.com

## Professional Summary

---

Compassionate Registered Nurse with experience offering comprehensive patient care in outpatient environments. Works well with diverse patient populations and fosters trusting relationships to improve outcomes. Efficiently coordinate with healthcare professionals to advance patient care. Qualified [State] Board-Certified Registered Nurse experienced delivering high-quality care to patients in medical and surgical care units. Proven leader effective at uniting and guiding nursing teams toward achieving patient care goals, improving satisfaction and continuously driving widespread healthcare system initiatives. Focused on continuously advancing expertise in EHR while driving innovation.

## Skills

---

- Preventative Health
- Intravenous Therapy
- Chronic Disease Management
- Staff Supervision
- Infection Control and Aseptic Procedures
- Triage
- Medical Laboratory Procedures
- Ear, Nose and Throat Care
- Infection Control Measures
- Personal Care Needs
- Patient Check-Ins

## Work History

---

### Staff RN

06/2020 to 05/2021

### Valley Hope Drug And Etoh Rehab , Residential – Boonville, MO

- 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.
- Conferred with physicians to discuss diagnoses and devise well-coordinated treatment approaches.
- 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.
- Verified patients had information necessary for ongoing care, providing guidance on diagnoses, management of medications and prevention methods.
- Kept optimal supply levels in treatment rooms, triage and other areas to meet typical patient loads.

- Updated patient charts with data such as medications to keep records current and support accurate treatments.
- Informed patients and families of effective treatment options and at-home care strategies, enhancing long-term outcomes.
- Vaccinated patients to protect individuals from measles, pneumonia, influenza and other illnesses of concern.
- Assessed physical, psychological, physiologic and cognitive status of patients.
- Taught patients how to improve lifestyle choices, dramatically reducing chance of symptom reoccurrence.

**RN Staff Nurse**

09/1995 to 04/2021

**Harry S Truman Veterans Hosp – Columbia, Missouri**

- Conferred with physicians to discuss diagnoses and devise well-coordinated treatment approaches.
- 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.
- Informed patients and families of effective treatment options and at-home care strategies, enhancing long-term outcomes.
- 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.
- Kept optimal supply levels in treatment rooms, triage and other areas to meet typical patient loads.
- Updated patient charts with data such as medications to keep records current and support accurate treatments.
- Administered medications via oral, IV and intramuscular injections, and monitored responses.
- Verified patients had information necessary for ongoing care, providing guidance on diagnoses, management of medications and prevention methods.
- Effectively prioritized assignments, executing care based on each patient's relative condition and delegating tasks to available personnel deliver safe and efficient care.
- Implemented interventions, including medication and IV administration, catheter insertion and airway management.
- Reported patients' status and delegated nurse assignments to achieve optimal outcomes.
- Taught patients how to improve lifestyle choices, dramatically reducing chance of symptom reoccurrence.
- Assessed physical, psychological, physiologic and cognitive status of patients.

- Managed elements of patient care from admission to discharge or transfer to other units.
- Coordinated with physicians to perform bedside procedures such as intravenous injections, vascular line insertions and bronchoscopies.
- Ordered, interpreted and evaluated diagnostic tests to identify and assess patient condition.
- Educated patients, families and caregivers on diagnosis and prognosis, treatment options, disease process and management and lifestyle options.

### **Substitute Teacher, K-12**

09/2019 to 06/2020

#### **Kelly Services** – Columbia , Missouri

- Took over class for regular classroom teacher, managing assignments, student needs and recordkeeping.
- Followed classroom plans left by class teacher to continue student education and reinforce core concepts.
- Upheld classroom routines to support student environments and maintain consistent schedules.
- Organized and cleaned teaching areas after daily use to maintain high standards for returning teachers or other substitutes.
- Kept accurate and current attendance records and assignment sheets to maintain file compliance.
- Supervised lunchroom and recess activities.
- Provided instruction for students in core subject areas.
- Assisted students of all ability levels develop life-long learning skills and good study habits.

### **RN Supervisor**

05/1992 to 08/1995

#### **Cooper County Memorial Hospital** – Boonville, MO

- Administered medications via oral, IV and intramuscular injections, and monitored responses.
- Provided direct patient care, stabilized patients and determined next course of action.
- Teamed on trauma and emergency interventions involving serious head injuries, gunshot wounds and thoracic trauma.
- Oversaw delivery of care for patients on medical-surgical unit, providing direct care, delegating nursing assignments, and supervising team comprised of nurses, LPNs, technicians and unit clerks.
- Monitored patient reactions to drugs and carefully documented findings.
- Contributed substantially to successful department JCAHO accreditation by consistently operating to highest standards of care.
- Led successful team comprised of RNs, LPNs and ancillary staff.
- Advised patients and caregivers of proper wound management, discharge plan objectives, safe medication use and disease management.
- Provided exceptional care to high-acute patients needing complex care such as ventilator management, extensive wound care and rehabilitation.
- Updated patient charts with data such as medications to keep records current and support

accurate treatments.

- Participated in nursing simulation activities, evidence-based practice project implementation and competency development to further nursing education.
- Maintained quality care and comfort for patients with heart failure, pulmonary hypertension and other conditions.
- Managed quality care for patients with heart failure, end-stage renal disease and coronary artery disease.
- Kept optimal supply levels in treatment rooms, triage and other areas to meet typical patient loads.
- Advocated for patients by communicating care preferences to practitioners, verifying interventions met treatment goals and identifying insurance coverage limitations.
- Administered medications and treatment to patients and monitored responses while working with healthcare teams to adjust care plans.
- Taught patients how to improve lifestyle choices, dramatically reducing chance of symptom reoccurrence.
- Conferred with physicians to discuss diagnoses and devise well-coordinated treatment approaches.
- Collaborated with physicians to quickly assess patients and deliver appropriate treatment while managing rapidly changing conditions.
- Collected blood, tissue and other laboratory specimens and prepared for lab testing.
- Secured controlled narcotics and distributed medication on schedule to meet patient needs and minimize misuse opportunities.

## Education

---

**Associate of Arts:** Nursing

05/1992

**Central Methodist University** - Fayette, MO