

# VIRNEQUA SYKES

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Objective: Easily trained Nurse with critical care background seeking position where I can utilize my skills, military training, and education to facilitate patient care through patient advocacy, team building, and evidence-based practices.

## KEY SKILLS

Adaptability  
Compassionate  
Customer Service  
Detail Oriented  
EMR Epic  
Professionalism  
Problem Solver

## KEY STRENGTH

Easy to Train Eagerness/  
Enthusiasm Direct  
Communication Honesty  
Integrity  
Personable  
Responsible  
Willingness to Learn

## AWARDS / CERTS

Cum Laude, 3.7GPA  
Dean's Honor Roll, 3.9GPA  
AHA BLS  
AHA ACLS  
AHA PALS  
NIHSS

## CAREER HIGHLIGHTS

**RN** at Kaiser Sacramento, CA ▪ Jan 2022 - April 2022 40hrs/wk  
Carry out Nursing Process. Evaluate, assess and treat patients. Build rapport, administer medications, injections, IVs, monitor vitals, EMR charting, assist with minor procedures, change dressings, and provide patient education along with support while maintaining a professional attitude.

**RN** at Scripps Mercy, CA ▪ Jan 2021 to Jan 2022 40hrs/wk  
Provide emergency patient care aimed at increasing comfort, psycho-social and spiritual well-being. Administer medication and IV therapy. Collect pertinent medical history. Monitor and identify declining changes and provide intervention within RN scope of practice. Provide and maintain safe environment

**RN** at Kaiser Permanente Float, Oakland ▪ Sept 2020 to Jan 2021 60hrs/wk  
Crisis Travel Contract. Assist with Covid Relief. Carry out Nursing Process. Evaluate, assess and treat patients. Draw labs, administer medication, start IVs, provide care by connecting patients to machines that measure heart rate, blood pressure, breathing rate, as well as blood-oxygen levels and electrocardiogram information.

**RN** at George Washington University, D.C ▪ Jul 2019 to Aug 2021 40hrs/wk  
Quickly develops a patient care plan after a quick and thorough evaluation of a patient's injuries. Common responsibilities include bone setting, blood transfusions, wound care, medication administration, labs and life saving measures.

**ER TECH** at Doctors Hospital Lanham, MD ▪ Sept 2017 to May 2019 40hr/wk  
Work in a fast-paced environment while maintaining a safe environment for staff, patients and visitors. Place patients on electrocardiogram (EKG) monitor and perform 12 lead EKG's. Perform venipuncture for the purpose of obtaining blood specimens and starting IV's. Perform and record vital signs. Assist with maintaining equipment in good working order and keeps it in proper place. Assist triage nurse with triage of critical verses non-critical patients.

**SEAMAN** in United States Navy Everett, WA ▪ November 2011 to 2015 40hrs/wk  
Assist in providing medical treatment to military members and family. Proficient in obtaining patient medical history and vital signs. Promptly recording data in EHR and communicating patient concerns with physician. Administer injectable medication and immunizations. Schedule appointments and maintain medical records for active duty and family members.

## EDUCATION

**Bachelors Science Nursing (BSN)** George Washington University: Washington, DC (2018-2019)