

MARIA RHONA ESTACIO, MSN, BSN, RN, FNP-C

REGISTERED NURSE



Charlottesville, VA



540.569.7699



mariarhona25@yahoo.com

EDUCATION

MASTER OF SCIENCE IN
NURSING
Family Nurse Practitioner
United States University
April 25, 2022

BACHELOR OF SCIENCE IN
NURSING
University of Sto. Tomas
Philippines
2008

LICENSURE & CERTIFICATIONS

REGISTERED NURSE
State of Virginia
Exp. 2023

BLS
Basic Life Support
Exp. 02/2023

PROFESSIONAL MEMBERSHIPS

AANP | American Association
of Nurse Practitioners
Student member
Since 2022

Sigma Theta Tau
International Honor Society
of Nursing
Since 2022

VCNP | Virginia Council of
Nurse Practitioners
2020-2021

PROFESSIONAL PROFILE

Dedicated and well-rounded registered nurse with almost 13 years of bedside experience in various fields: Acute Cardiac/Telemetry Unit, Medical, and Forensic Psychiatric Unit, Long Term Acute Care Facility, and Critical Care Unit.

SKILLS

- Highly motivated, trainable, and adaptable.
- Able to perform the assessment, diagnosis, and management of patients independently.
- Competent in gathering comprehensive health history.
- Adept at conducting comprehensive and focused physical assessments.
- Effectively choose appropriate diagnostic interventions and medical treatment based on clinical practice guidelines.
- Knowledgeable in initiating referrals to a specialist if needed.
- Collaborates well with the interprofessional team.
- Communicates effectively to patients and team members.
- Up to date with the latest evidence-based practice through continuing education.
- Trained in the utilization of ICD-10 and CPT codes.
- Proficient in time management.
- Demonstrates critical thinking.
- Reliable and ethical healthcare provider.
- Able to stay calm during patient crises/emergencies.
- Maintains a positive outlook despite stressful situations.
- Knowledgeable in HIPAA-compliant practices.
- Renders quality patient care and support.

WORK EXPERIENCES

ACUTE CARDIOLOGY/TELEMETRY RN CLINICIAN 2 University of Virginia; Charlottesville, VA; June 2021-to present

- Delivers quality care to cardiac, medical, and Covid patients.
- Provides extensive health education to patients about lifestyle modifications and heart failure prevention.
- Interprets EKG and refers if with any arrhythmias or change in baseline EKG.
- Proactively assess and refer patients for any deviation in laboratory values and status changes.
- Follows policies and procedures of the hospital as stipulated.
- Recognized by patients and staff as an incredible nurse and colleague.

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AREAS OF EXPERTISE

- Proficient in electronic records: Epic, Kareo, Athenanet
- Trained in ICD/CPT codes
- Ear irrigation
- EKG reading
- Phlebotomy
- Mental health

AWARDS

Daisy Award Nominee
UVA
Dec 2021

Quality Department
Awardee
NMC ProVita, 2015

Runner-up Employee of
the Month Winner,
NMC ProVita, 2014

Cumlaude
BSN Nursing
UST, 2008

Valedictorian
Highschool
NDGM, 2004

WORK EXPERIENCES

REGISTERED NURSE CLINICIAN B/CHARGE NURSE

Western State Hospital; Staunton, VA; Feb 2019-June 2021

- Provides quality nursing care and a safe therapeutic environment for patients with mental health needs, utilizing a knowledge base and experience through the nursing process.
- Coordinates services on assigned shifts and communicate the clinical and administrative issue to nursing administration.
- Evaluate, supervise, and documents the performance of staff.
- Maintains therapeutic milieu and provides counseling and support to patients.
- Upholds patient's rights and confidentiality at all times.
- Promoted from staff to charge nurse after six months of working in the Long-Term Forensic Unit.

CHARGE NURSE

NMC ProVita International Medical Center; Al Ain, Abu Dhabi, UAE; Oct 2013-2019

- Implements the hospital's policy about nursing procedures and emergency management.
- Conducts nurse's performance appraisal every year as per hospital's protocol.
- Works on nurse's schedule to ensure appropriate patient coverage depending on patient's acuity.
- Coordinates with the multidisciplinary team to address the patient's status and concerns and the patient's relatives.
- Conducts internal audits in the facility as per the Assigned committee. (Infection Control, Risk Assessment, etc.)
- Manage staffing numbers and allocation depending on patient's acuity per villa.
- Operates and troubleshoots both adult and pediatric ventilator machines with expertise as ordered by physicians. (e.g., ResMed, Trilogy, Hamilton)
- Performs all aspect of patient care in an environment that optimizes patient safety and reduces the likelihood of health care errors.
- Reports to work on time and as scheduled, completes work within a designated time.
- Maintains up-to-date clinical knowledge and self-directed ongoing education.
- Completes annual education requirements.
- Maintains regulatory requirements

CRITICAL CARE NURSE

The Medical City Hospital; Pasig City, Philippines; 2009-2013

- Utilizes the nursing process in rendering quality care to all types of (ill and critically-ill) patients.
- Monitor patients through hemodynamic monitoring such as Arterial line, Central Venous Pressure (C.V.P.), Cardiac Output (C.O.), and Cardiac Index (C.I.).
- Actively participates in the Fast Hug/Multidisciplinary Rounds of the ICU Intensivist and other members of the Health Care Team.
- Contributes to sustaining and upholding the Critical Unit's quality indicators such as no unplanned self-extubation, unreturned blood bag, unreturned dangerous drug form, medication error, bedsore, and fall incidents, respectively.
- Responds timely to the sound of code white alarm hospital-wide. Assess the patient's current status, hook them to a cardiac monitor, establish IV access, and prepare for ICU admission if needed.
- Monitors ECG of the patients in the 27 ICU beds. Immediately inform the nurse and the doctor on duty if there is any needed intervention. Informs the unit if there are any life-threatening arrhythmias to start resuscitation.
- Allocate patients to nurses depending on their skills and the patient's status and contraptions.
- As a CRRT nurse, primes the CRRT machine, records hourly I and O balance in the CRRT sheet, and changes the CRRT machine's prescription as ordered and according to the patient's status and vital signs. Troubleshoots the CRRT machine as needed. Reports any deviations or interventions done to nephrologist or intensivist.
- Precepts the newly hired/transferred nurses to the ICU facility, routine, and equipment used.

PROFESSIONAL REFERENCES AVAILABLE UPON REQUEST