

Ligia Arevalos

Registered Nurse

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California Nurse whom is dedicated, compassionate and highly motivated with five years of experience providing care to clients in Family Practice, Dermatology, Urology, Med Surge eager to practice, acquire, and develop new skills to promote health across the nursing care continuum. Military experience helped build strong leadership and flexibility skills. I am respectful, organized and team oriented. Proficient in Microsoft Office Suite, EPIC, Medisoft and Bi-lingual (Spanish and English).

Authorized to work in the US for any employer

Work Experience

RN

PIH Health - Whittier, CA

September 2019 to Present

- Provided medical advice via telephone to Patient for both routine and urgent calls, following protocols or as directed by Practitioner and accurately recorded into EHR.
- Provided expert professional nursing care and advised/triaged for in office and incoming calls.
- Assessed, planned, implemented and evaluated the care rendered to Patients with urgent, emergent or potential health problems.
- Responded to phone calls to answer Patients and Provider inquires, including prescription refills, laboratory results and clinical messages.
- Facilitated referrals to Primary Care Providers, healthcare facilities and community resources.
- Trained 6 incoming nurses into the refill/triage nurse role.

Registered Nurse

Advanced Home Health Care Agency - West Hartford, CT

March 2018 to July 2019

- Performed nursing assessments, developed, implemented and evaluated POC in conjunction with Physicians, Patient and Caregivers per agency policy and procedure
- Performed Patient admission assessment, recertification, subsequent visits and discharge visits of at least 35 Patient's weekly
- Planned and implemented Patient health teaching and health counseling regarding the disease process, self care technique and prevention
- Coordinated services and scheduling with the Clinical Team and Coordinator to include recommendations for additional home health care services for Patients to within 24 hrs of Start of Care (SOC)
- Participated in health promotion and disease prevention activities (Libre System)
- Administered medication, pre-poured medications for Patient to self-administered and performed wound care
- Expressed verbal and written communication in a clear, positive and cooperative manner
- Reported changes in Patient's status to Physician assigned to Patient

- Supervised the LPN and Home Health Aide

Medical Assistant

Hartford HealthCare- Urology - Manchester, CT
March 2016 to March 2018

- Accurately collected and recorded patient's health history
- Monitored patient flow and escorted patients to exam rooms for all providers
- Followed company's protocol on how to properly clean and disinfect surgical instruments using autoclave equipment
- Prepared patients for procedures and assist providers in cystoscopies, bladder scans, straight catheter urine collection, pelvic examinations and Uro-dynamic studies

Spring Semester
2014 to 2015

and 2015

Medical Assistant

Kaiser Permanente- Primary Care and Dermatology - Mission Viejo, CA
2011 to 2013

- Accurately collected and recorded patient's health history
- Prepared patients for procedures and assisted providers in physical examinations, pelvic exams and skin biopsies
- Administered vaccinations intramuscular and subcutaneous
- Assisted nurses during flu clinics
- Performed EKG tests, peak flow meters, orthostatic blood pressures
- Properly collected and ran tests such as urinalysis and pregnancy tests
- Provided and demonstrated to patients and family members the safe approach for use of medical equipment (cane, crutches, walkers and oxygen)

Human Resource Specialist- Staff Sergeant

United States Army- US Army Veteran - Los Angeles, CA
December 2002 to July 2012

- Prepared orders and requested for orders.
- Prepared and maintained officer and enlisted personnel records
- Updated and coordinated requests for evaluations
- Platoon Sergeant for 8 years, in-charged of at least 25 Soldiers; one tour in Iraq

Class Ambassador

National Student Nurses' Association
January 2011 to March 2011

Commandants list (Highest Military School Award)

Education

Associate Degree in Nursing in Nursing

Goodwin College - East Hartford, CT
April 2017

Diploma in Medical

Everest College
September 2011

Associates Degree in Elementary Education in Elementary Education

University of Phoenix
June 2010

Nursing Licenses

RN

Expires: May 2023

State: CA

Skills

- Med Surg
- RN
- Home Health
- Triage
- Medication Administration
- Nursing