

Resume
Michelle E. Martinez
May 6, 2022

Michelle Martinez

8602 Kardla Forest, San Antonio Texas 78251
Phone: 210-240-3422 • E-Mail: ellianette@gmail.com

MM

PROFESSIONAL SUMMARY

Dedicated Plastic surgery nurse with 10 years of Medical/Surgical Intensive Care Unit experience, 1 year of Post-Anesthesia Care Unit and Medical Aesthetics Training: Injectables November 2021 and Galderma Medical Aesthetics Training: Injectables: March 2022. I am English and Spanish speaking professional seeking to be an advocate for patients. I am a strong clinical nurse with great people skills. I am enthusiastic Registered Nurse with a dedicated work ethic and demonstrated medical procedure competency.

SKILLS

- Qualified critical care nurse
- Patient and family advocate
- Army Veteran
- Excellent team player
- MICU/SICU RN
- Skilled critical care nurse
- Vent management
- Excellent critical thinking skills
- Professional bedside manner
- Continuous Renal Replacement Therapy RN
- Highly organized
- Able to work independently
- Proven ability to multitask effectively in sensitive ICU environment
- Great interpersonal communication skills
- Possess the ability to rise to challenges and stay calm under pressure
- Vasopressor support
- Hemodynamics
- Pain/Sedation management
- Strong clinical judgment
- PACU RN
- Charge nurse
- Rapid Response Team RN
- Medical Aesthetics Training: Injectables
- Problem solving
- Decision-making skills

PROFESSIONAL EXPERIENCE/POSITION HELD

Head Plastic Surgery Nurse

Plastic and Cosmetic Center of South Texas 7272 Wurzbach Rd Unit 801, San Antonio Texas 78240

Plastic Surgeon: Thomas T. Jeneby

Hours work per week: 40 hrs

01/2022/Current

- Performs patient screening tasks and reviewing medical history and psychosocial status before surgery
- Prepares the operating room before procedures and assisting with invasive treatments
- Monitors the patients before, during and after their surgeries
- Discusses patients' procedures with them and explains what they can expect before, during, and after the procedure
- Cares for patients after procedures to ensure they are healing properly
- Provides the appropriate care for the wound or surgery site
- Supports patients and families for the duration of the treatment
- Collaborates with physician and other team members to ensure all the patient's needs are met
- Makes sure the surgical environment is safe and aseptic to avoid any infections/complications
- Coordinates and oversees OR during cases as circulator
- Oversees the instruments and equipment set-up for OR and anticipates surgeons needs
- Effectively facilitates effective and efficient transition between surgical procedures
- Introduce and sale new products
- Check in/out patients while ensuring a positive and warm experience

Medical Intensive Care Unit Registered Nurse

Brook Army Medical Center 3551 Roger Brooke Dr. Fort Sam Houston, Texas 78234

Director Name: Karriemah Munson 210-916-4490

Hours work per week: DOD civilian 40 hrs

02/2020 - 01/2022

- Provide an advance level of specialized nursing care to complex, critically ill patients
- Provides an advanced level of specialized nursing care to complex, critically ill patients having numerous complicating conditions. High levels of acuity resulting from the hospital's designation as a Level I Trauma Center, require specialized nursing care with patients presenting real or potential life-threatening health problems. Provides continuous observation and monitoring and must intervene to prevent complications and attempt to restore health.

- In the absence of a physician, independently makes decisions and implements proper emergency measures after identifying and interpreting life-threatening conditions. Initiates life-saving measures which include, but are not limited to advanced cardiopulmonary resuscitation; calculating dosages and preparing emergency drugs prior to arrival of a physician and administering these drugs upon the physician's directives. Administers special medications via oral, intra-muscular, subcutaneous, intradermal and intravenous. Defibrillates if ventricular fibrillation occurs without physician in attendance, according to established guidelines. Performs various pulmonary treatments such as oxygen and compressed air through various means. Performs arterial punctures for assessment of blood gases and makes various ventilator adjustments, in accordance with unit policy, based on blood gas interpretations. Assists in the performance of endotracheal intubation and administers a variety of respiratory therapy treatments as prescribed.
- Continually observes, monitors and assesses patient's condition. Interprets signs and symptoms of deterioration in condition and takes corrective action. Independently orders lab tests and X-rays to better assess patient. Consults with physician regarding medical and nursing management. Starts intravenous line if none is available and if the critical condition of the patient makes access to circulatory system mandatory for administration of resuscitative medications. Knows and ensures infection control standards are applied in accordance with unit and department operating instructions.
- Assists the physician with complex and potentially life-threatening procedures such as cardio-version and insertion of invasive lines, e.g., arterial, venous and pulmonary artery catheters, chest tubes, and endotracheal tubes. Discontinues invasive lines as ordered, under established guidelines. Maintains invasive lines and dressings as prescribed by Infection Control Policies/Procedures and Guidelines. Inserts intravenous catheters and performs venipunctures to collect blood samples. Monitors intake and output and notifies physician when caloric or fluid needs change. Assesses patient's response regarding cardiac output, vital signs, peripheral perfusion, and level of consciousness. Performs continuous respiratory ventilation assessments, evaluating blood gas results from both arterial and mixed venous sources. Obtains patient and environmental cultures; uses crash cart appropriately in emergencies; suctions endotracheal tubes and other airways and assists with tissue biopsies.
- Uses specialized patient equipment such as respiratory equipment, including oxygen masks, ambu bags and ventilators, intravenous infusion pumps, gomcos and wall suction, Emerson pumps and pleurovacs, cardiovascular monitors used for measuring cardiac output, defibrillators, invasive thermodilutional catheters, arterial and central venous catheters and EKG machines; equipment used for continuous renal replacement therapy, peritoneal dialysis and exchange transfusion, intra-aortic balloon pumps and others as required. Uses various hemodynamic monitoring devices, ICP monitors and CO2 monitors. Transports critically ill patients within and outside of the hospital for various diagnostic procedures.
- As an expert in the nursing care of critically ill patients, serves as a resource person with whom other experienced nurses and other health care providers consult when particularly difficult problems in the care of critically ill patients arise. Serves as a role model to experienced critical care nurses as well as those who are not fully trained. Provides

guidance and leadership to other professional nurses, and oversees the work of paraprofessional personnel. Provides orientation and on-the-job training for such personnel. Serves as a preceptor for newly assigned and student nurses. Provides educational in-services and provides formal and informal ICU training. Leads patient care conferences, as needed or applicable

Medical Intensive Care Unit Registered Nurse

Brook Army Medical Center 3551 Roger Brooke Dr. Fort Sam Houston, Texas 78234

Director Name: Karriemah Munson 210-916-4490

Hours work per week: MedTrust contract 36 hrs

08/2018 - 02/2020

- Provide an advance level of specialized nursing care to complex, medical/surgical critically ill patients
- Provides an advanced level of specialized nursing care to complex, critically ill patients having numerous complicating conditions. High levels of acuity resulting from the hospital's designation as a Level I Trauma Center, require specialized nursing care with patients presenting real or potential life-threatening health problems. Provides continuous observation and monitoring and must intervene to prevent complications and attempt to restore health.
- In the absence of a physician, independently makes decisions and implements proper emergency measures after identifying and interpreting life-threatening conditions. Initiates life-saving measures which include, but are not limited to advanced cardiopulmonary resuscitation; calculating dosages and preparing emergency drugs prior to arrival of a physician and administering these drugs upon the physician's directives. Administers special medications via oral, intra-muscular, subcutaneous, intradermal and intravenous. Defibrillates if ventricular fibrillation occurs without physician in attendance, according to established guidelines. Performs various pulmonary treatments such as oxygen and compressed air through various means. Performs arterial punctures for assessment of blood gases and makes various ventilator adjustments, in accordance with unit policy, based on blood gas interpretations. Assists in the performance of endotracheal intubation and administers a variety of respiratory therapy treatments as prescribed.
- Continually observes, monitors and assesses patient's condition. Interprets signs and symptoms of deterioration in condition and takes corrective action. Independently orders lab tests and X-rays to better assess patient. Consults with physician regarding medical and nursing management. Starts intravenous line if none is available and if the critical condition of the patient makes access to circulatory system mandatory for administration of resuscitative medications. Knows and ensures infection control standards are applied in accordance with unit and department operating instructions.
- Assists the physician with complex and potentially life-threatening procedures such as cardio-version and insertion of invasive lines, e.g., arterial, venous and pulmonary artery catheters, chest tubes, and endotracheal tubes.

Discontinues invasive lines as ordered, under established guidelines. Maintains invasive lines and dressings as prescribed by Infection Control Policies/Procedures and Guidelines. Inserts intravenous catheters and performs venipunctures to collect blood samples. Monitors intake and output and notifies physician when caloric or fluid needs change. Assesses patient's response regarding cardiac output, vital signs, peripheral perfusion, and level of consciousness. Performs continuous respiratory ventilation assessments, evaluating blood gas results from both arterial and mixed venous sources. Obtains patient and environmental cultures; uses crash cart appropriately in emergencies; suctions endotracheal tubes and other airways and assists with tissue biopsies.

- Uses specialized patient equipment such as respiratory equipment, including oxygen masks, ambu bags and ventilators, intravenous infusion pumps, gomcos and wall suction, Emerson pumps and pleurovacs, cardiovascular monitors used for measuring cardiac output, defibrillators, invasive thermodilutional catheters, arterial and central venous catheters and EKG machines; equipment used for continuous renal replacement therapy, peritoneal dialysis and exchange transfusion, intra-aortic balloon pumps and others as required. Uses various hemodynamic monitoring devices, ICP monitors and CO2 monitors. Transports critically ill patients within and outside of the hospital for various diagnostic procedures.
- As an expert in the nursing care of critically ill patients, serves as a resource person with whom other experienced nurses and other health care providers consult when particularly difficult problems in the care of critically ill patients arise. Serves as a role model to experienced critical care nurses as well as those who are not fully trained. Provides guidance and leadership to other professional nurses, and oversees the work of paraprofessional personnel. Provides orientation and on-the-job training for such personnel. Serves as a preceptor for newly assigned and student nurses. Provides educational in-services and provides formal and informal ICU training. Leads patient care conferences, as needed or applicable

HealthTrust Work Solutions

Methodist Ambulatory Surgery Center - Medical Center

Post Anesthesia Nurse 210-575-4584

Hours work per week: Per Diem

04/2019 - 01/2020

- Monitoring post-operative patients' levels of consciousness during recovery from anesthesia.
- Measuring and recording patients' vital signs.
- Closely observing patients for signs of side effects of anesthesia medication.
- Treating pain, nausea, and other post-operative symptoms of anesthesia.
- Updating charts, patient files, and medical records.
- Collaborating with the medical team on post-operative patient care and facilitating timely specialized interventions.

- Providing comfort and reassurance to distressed post-operative patients and concerned family members.
- Educating patients and their families on post-surgery care, as well as answering questions.

Medical/Surgical Intensive Care Unit Registered Nurse

Southwest General Hospital 7400 Barlite Blvd San Antonio, Texas 78224

Director Name: Eliane Haney 210-921-3593

Hours work per week: Full-time 36hrs

07/2017 – 08/2018

- Cared of patients in critical care setting in MICU/SICU
- Recovered heart patients after CABG and valve surgery
- Cared for patients with vascular surgeries, general surgeries, stroke, sepsis and more
- Effective communication and interpersonal/behavioral skills
- Developed the plan for nursing care in coordination with the patient, family and staff
- Communicated changes in the patient’s clinical condition with the physicians and senior nurses
- Assisted physicians in performing special procedures
- Assisted in emergency nursing procedure necessary for prompt control of changes in patient’s physical condition
- Performed the techniques of cardiopulmonary resuscitation accurately and effectively
- RN preceptor
- Advocated for patient and family needs and provided emotional support

Medical/Surgical Intensive Care Unit Registered Nurse

Southwest General Hospital 7400 Barlite Blvd San Antonio, Texas 78224

Director Name: Rueben Jimenez 210-316-3705

Hours work per week: Contract 36hrs

04/2017 – 07/2017

- Cared for critically ill patients in MICU/SICU
- Effective communication and interpersonal/behavioral skills

- Developed the plan for nursing care in coordination with the patient, family and staff
- Communicated changes in the patient's clinical condition with the physicians and senior nurses
- Assisted physicians in performing special procedures
- Assisted in emergency nursing procedure necessary for prompt control of changes in patient's physical condition
- Performed the techniques of cardiopulmonary resuscitation accurately and effectively
- Customer service orientation skills in problem solving

Medical/Surgical Intensive Care Unit Registered Nurse

Methodist Main Hospital 7702 Floyd Curl Dr. San Antonio, Texas 78229

Director Name: Kathryn Rankin 210-575-4794

Hours work per week: Contract 36hrs

12/2016 - 3/2017

- Worked together with members of an interdisciplinary team to plan, put into practice, organize and appraise patient care in discussion with patients and their families
- Effective communication and interpersonal/behavioral skills
- Planned and delivered patient care to critically ill patients
- Developed the plan for nursing care in coordination with the patient, family and staff
- Communicated changes in the patient's clinical condition with the physicians and senior nurses
- Assisted physicians in performing special procedures
- Assisted in emergency nursing procedure necessary for prompt control of changes in patient's physical condition
- Performed the techniques of cardiopulmonary resuscitation accurately and effectively
- Computer skills
- Customer service orientation skills in problem solving

Surgical Trauma Intensive Care Unit Registered Nurse

University Health System 4502 Medical Dr. San Antonio, Texas 78229

Director Name: Susan Gerhardt 210-743-1500

Hours work per week: Full-time 36hrs

08/2015 - 10/2016

- Assessed, planned, implemented and evaluated patient care in Trauma ICU
- Prepared patients for surgery and other diagnostic testing
- Provided careful and appropriate nursing interventions in emergency situations
- Developed the plan for nursing care in coordination with the patient, family and staff
- Communicated changes in the patient's clinical condition with the physicians and senior nurses
- Assisted in emergency nursing procedure necessary for prompt control of changes in patient's physical condition
- Performed the techniques of cardiopulmonary resuscitation accurately and effectively
- Educated patients and families and provided caring support
- Customer service orientation skills in problem solving

Medical/Surgical Intensive Care Unit Registered Nurse

Nix Health Care System 414 Navarro St. San Antonio, Texas 78201

Supervisor Name: Steve Castro 210-271-2000

Hours work per week: Pool 12hrs

08/2015 - 10/2016

- Worked together with members of an interdisciplinary team to plan, put into practice, organize and appraise patient care in discussion with patients and their families
- Oversaw licensed practical nurses and additional staff
- Planned and delivered patient care to critically ill patients
- Developed the plan for nursing care in coordination with the patient, family and staff
- Communicated changes in the patient's clinical condition with the physicians and senior nurses
- Assisted physicians in performing special procedures

- Assisted in emergency nursing procedure necessary for prompt control of changes in patient's physical condition
- Performed the techniques of cardiopulmonary resuscitation accurately and effectively
- Triage incoming patient in order to provide timely and cost-effective care
- Administer a variety of medications via various routes

Medical/Surgical Intensive Care Unit Registered Nurse

Nix Health Care System 414 Navarro St. San Antonio, Texas 78201

Supervisor Name: Steve Castro 210-271-2000

Hours work per week: Full-time 36hrs

02/2012 - 08/2015

- Worked together with members of an interdisciplinary team to plan, put into practice, organize and appraise patient care in discussion with patients and their families
- Oversaw licensed practical nurses and additional staff
- Planned and delivered patient care to critically ill patients
- Developed the plan for nursing care in coordination with the patient, family and staff
- Communicated changes in the patient's clinical condition with the physicians and senior nurses
- Assisted physicians in performing special procedures
- Assisted in emergency nursing procedure necessary for prompt control of changes in patient's physical condition
- Performed the techniques of cardiopulmonary resuscitation accurately and effectively
- Triage incoming patient in order to provide timely and cost-effective care

Medical Surgical/Telemetry Registered Nurse

Nix Health Care System 414 Navarro St. San Antonio, Texas, 78201

Hours work per week: Full-time 36hrs

02/2011- 01/2012

- Provide comprehensive nursing care to inpatient and outpatient medical-surgical patients based on physician medical care plan and the physical, mental, and emotional needs of the patient

- Assign staff to patient care duties based on patient condition and expertise of staff.
- Set up, operate and monitor specialized equipment such as cardiac monitor, respirator, and defibrillator
- Educate or monitor the patients regarding procedures, treatments, and discharge information

Licensed Practical Nurse

Christus Santa Rosa Pediatric Home Care-San Antonio, Texas

Hours work per week: Full-time 36hrs

02/2009 - 01/2011

- Provided skilled nursing care to pediatric patient in a home setting
- Assessed home health patients to identify the physical, psycho-social, and environmental needs
- Implemented/developed/documented the plan of care to ensure quality and continuity of care for pediatric patient
- Provided health education to patient and or caregiver
- Provided effective communication to patient/family, team members, and other health care professionals

Health Care Specialist/Acting Non-Commissioned Officer in Charge

United States Army-Dwight D. Eisenhower Army Medical Center Fort Gordon, GA

Hours work per week: Active duty 36hrs

07/2007- 07/2008

- Proficient in measuring and assessing vital signs, administering injections and immunizations, collecting specimens for analysis, as well as initiation of intravenous therapy
- Assessed the need for, ordered, obtained and interpreted appropriate lab tests
- Chronic patient care in medical surgical unit, adeptly handling all aspects of treatment from medication to wound care to monitoring patients
- Contributed substantially to successful department JCAHO accreditation
- Ensured HIPPA compliance
- Provided first response medical treatment to trauma/medical patients in the field, and ongoing focused treatment in clinical and hospital settings
- Supervised 24 medical personnel as standing Non-Commissioned Officer in Charge

Mailroom Non-Commissioned Officer

United States Army-Headquarters, Task Force Dragon, Multi-National Corps-Iraq

Hours work per week: Active duty 40hrs

10/2005-10/2006

- Performed daily pick up and distribution of mail for the Multi-National Force-Iraq, Multi-National Corps-Iraq, Coalition Forces, Department of Defense civilians and subordinate commands comprised of over 3,400 joint military service members and civilians
- Monitored and tracked \$1 million of all accountable mail which included registered, certified, insured, and delivery confirmation mail
- Demonstrated exceptional stamina and willingness to excel
- Instilled pride and motivation within her Soldiers to do their best to ensure the highest quality of professional service was provided

Human Resource Specialist

United States Army-Camp Yongsan, South Korea

Hours work per week: Active duty 40hrs

09/2002-09/2005

- Prepared and process recommendations for awards and decorations
- Prepared and monitored request for promotions and arranged for promotion ceremonies, to include promotion declinations, reconsiderations for promotion, and arranged for reduction and removal boards for Soldiers on local promotion standing lists
- Prepared and monitored requests for reductions, transfers, and discharges
- Prepared and monitored requests for identification cards and tags, leaves, and passes, line of duty determination, orders for temporary duty and travel, personnel processing, personnel security clearances, training and reassignment, retention, military and special pay programs, personnel accounting and strength management, transition processing, legal, meal cards, training Soldier support file, and unit administration.

LICENSES

Licensed Practical Nurse

United States Army Academy of Health Sciences-Fort Sam Houston, Texas 2007

Registered Nurse

Galen College of Nursing-San Antonio, Texas 2011

EARNED DEGRESS

Associate of Applied Science in Nursing

Galen College of Nursing-San Antonio, Texas 2011

Bachelor of Science in Nursing

Grand Canyon University-Phoenix, Arizona 2013

Master of Business Administration & Master of Science in 2018

Nursing: Nursing Leadership in Health Care Systems

Grand Canyon University-Phoenix, Arizona

CERTIFICATIONS

Basic Life Support

Advanced Cardiac Life Support

Medical Aesthetics Training: Injectables 2020