

Kristen Garza

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Results-driven Operating Room Registered Nurse offering 2-year background in pre- and post-operation care. As well as 11 years experience as an LVN. Well-versed in preparing patients for procedures, assessing conditions and transporting, Passionate and committed professional recognized for compassionate, calm demeanor.

Work Experience

RN Circulator

Advanced Pain Care - Round Rock, TX

April 2020 to Present

- Prepared operating rooms by setting out and verifying equipment and assessing for compliance with asepsis standards.
- Handled laboratory specimens and inspected containers for correct packaging and labeling.
- Transferred patients from operating room to recovery room on stretchers and in wheelchairs.
- Discussed surgical patients with healthcare team to address and resolve concerns.
- Assisted with nursing duties in short-staffed areas.
- Built relationships with pre- and post-surgical patients with compassion and positive attitude.

LVN and Scrub Tech

Carl R. Darnall Army Medical Center - Killeen, TX

October 2016 to March 2020

- Monitored bonding between mother and infant, initiating lactation support.
- Reported baby assessment findings and physical and psychosocial responses to nursing intervention for progress towards care goals.
- Initiated emergency resuscitative measures according to pediatric advanced life support protocols and directives.
- Bathed and fed newborns and checked vital signs
- Used effective communication skills to speak with parents regarding daily baby care.
- Responded to emergency situations with speed, expertise and level-headed approaches to provide optimal care, support and life-saving interventions.
- Set up equipment, tools and supplies for procedures and organize instruments as directed in surgeons' preference cards.
- Handed instruments and supplies to surgeons during procedures.
- Counted and recorded sponges, instruments, and needles at beginning and end of surgical procedures.
- Facilitated invasive, non-invasive, and minimally-invasive procedures by creating safe and functional operating room environments.
- Used retractors, sponges and suctioning and irrigating equipment to create unobstructed operating fields.

LVN

Complete Health Care - Jasper, TX

September 2014 to October 2016

- Health care Promotion team
- Perform Ankle Brachial Index
- Review patient health history and current status
- Biotec health risk assessment
- Educate patients on diabetes mellitus and hypertension

LVN

Advanced Pediatric Care - Beaumont, TX

December 2011 to September 2014

- Delivered high level of nursing care to ill children in residences.
- Charted changes in patient conditions and discussed concerns with supervising healthcare provider.
- Addressed patient care needs, collected vitals, dressed wounds and managed catheters.
- Assisted patients with activities of daily living and functional mobility to increase comfort and quality of life.
- Tracheotomy care
- Operating ventilators
- Monitoring fluid intake and output

LVN

Beaumont Bone and Joint - Beaumont, TX

May 2010 to December 2011

- Assisted physician with non-invasive procedures
- Scheduled surgeries
- Applied and removed casts and splints
- Staple and stitches removal

Education

Associate of Science in Nursing

Central Texas College - Killeen, TX

May 2020

LVN

Lamar State College - Orange, TX

August 2009

Bachelor of Science in Nursing

Lamar University - Beaumont, TX

Skills

- Planning
- Patient monitoring
- OR experience
- Patient education and counseling

- Medication and IV administration
- Advanced Cardiac Life Support (ACLS) certification
- Cesarean section preparation
- Strong medical ethic
- Pain Management
- Nursing
- Infant Care

Certifications and Licenses

LVN

PALS Certification

RN

ACLS Certification