

# Orlandra Cook

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To obtain a position as a Registered Nurse that allows me to use my skills and experience to improve the patient care outcome.

## Work Experience

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### **Registered Nurse (General Intensive Care Unit)**

Sentara Norfolk General Hospital

October 2020 to Present

Provides nursing care to assigned patients in the Intensive Care setting. Responsibilities includes constant monitoring and assessing highly unstable and critical patients, critical thinking, administering critical drips, managing various life support systems including ventilation and performing CRRT, heart monitoring and precisely delivered medications, closely monitor critical surgical patients that require, pressure support and airway management as well as close monitoring of fluid intake and output. Perform care to patients suffering from Alcohol withdrawal, Diabetic Ketoacidosis, Severe Cardiac Heart failure requiring close monitoring via Swan Ganz Catheter, or Cardiac patients requiring Intra-Aortic balloon pump therapy. Provide care for Covid patients that require airway management. Nursing duties also includes monitoring vital signs, insertion of IV's, recording I&O's, and inserting catheters, wound care, and educate the patient and family.

### **Registered Nurse (CCU)**

Riverside Medical Center

March 2019 to Present

Provides professional nursing care to assigned patients in the critical/coronary care unit. Responsibilities include assessing patients and collaborating with the Critical care team. Providing life sustaining measures and medications as needed: external pacemakers, CVP pressures, NG tubes, Arterial lines, Dopamine drips, etc. Administer critical drips to patient's suffering from Alcohol withdrawal, Diabetic Ketoacidosis, Hypertensive crisis. Perform nursing care to patient's post-cardiac procedures to include Cardiac catheterizations, femoropopliteal bypass, and cardiac ablations. Care for patients with chronic and acute health problems such as MI, arrhythmias, asthma, COPD and pneumonia. Provide care to Covid patients that require airway management. Make appropriate interventions by reading and interpreting cardiac heart monitors Monitor vital signs, insertion of IV's, recording I&O's, and catheters.

### **Registered Nurse**

Riverside Medical Center

March 2019 to July 2019

Position consisted of Managing a caseload of home bound patients. Acted as a link between the Patient and MD. Perform Oasis admission, discharges, Skilled Nursing visits to include education, wound care, IV visits, drawing labs, and performing recertifications.

### **Registered Nurse**

Riverside Medical Center - Newport News, VA

January 2016 to March 2019

Care for chronically and critically ill or post ICU patients who require extended hospital care. Perform initial and on-going assessment. Interpret assessment/diagnostic data including labs. Initiate and maintain critical drips. Respond to rapid response and Code events. Promote continuous quality improvement and teach and counsel patients/families. Perform wound care. Initiate and update patient care plans.

### **Registered Nurse**

Personal Touch

April 2018 to December 2018

Position consisted of Managing a caseload of home bound patients. Acted as a link between the Patient and MD. Perform Oasis admission, discharges, Skilled Nursing visits to include education, wound care, IV visits, drawing labs, and performing recertifications.

### **Rehab Nurse Manager**

Riverside Medical Center

January 2017 to March 2018

Registered Nurse

Position consisted of Managing a 46 bed unit with 30 staff members. Updated the patient's Careplan. Completed Quality assurance tools. Prepared data for COR and discussed implemented interventions. Assigned duties to staff. Ensured Survey readiness. Assisted with scheduling. Attended Standards of Care Rounds to monitor wounds. Mentored new nurses. Set up orientation for new staff. Updated Prospected Payment System report. Ensured cleanliness of unit. Resolved patient's complaints. Daily rounding done on all patients to include new admissions. Covered on call for the building monthly.

### **Registered Nurse**

Gentiva (Hospice Case Management)

October 2016 to February 2018

Position includes providing care to hospice patients in a home or facility. Initiated the start of service. Performed education to the patient and family members. Facilitated the usage of other disciplines to ensure a caring, supportive environment for the patient and the caregiver. Supervised the CNA's to ensure efficient care. Performed end of life Teaching at Assisted Living Facilities and Nursing Homes. Started and maintained the patient's Plan of Care to ensure current, effective nursing interventions. Ensured that medications and supplies were available to the patient.

### **Registered Nurse**

Endoscopy - Newport News, VA

June 2016 to December 2016

Care for patients pre and post Endoscopy procedures. This includes starting IV's, checking medication list, obtaining vitals signs, ensuring that procedure preparation is complete. Assisted in the recovery process. This included monitoring vital signs post moderate sedation. Give emergency medications if needed. Perform post- procedure education. Discontinue IV access. Discharge patients.

### **Registered Nurse**

SNF - Newport News, VA

November 2015 to January 2016

Job includes nursing care for long term rehab patients to include joint replacements, respiratory patients with and without trach's, post- CVA, and other post-general surgeries. Update 24 hour report. Supervise

LPN's and CNA's. Respond to emergencies and initiate facility protocol. Notify MD of changes in patient's condition.

### **Licensed Practical Nurse**

Staffing Resources - Hampton Roads, VA  
February 2014 to November 2015

Job includes traveling to different rehab nursing facilities and function as a staff nurse or charge nurse.

### **Licensed Practical Nurse**

SNF - Newport News, VA  
February 2013 to January 2015

Job includes nursing care for skilled and long term patients. Perform assessments, implementation, and evaluating. Pass patient medications. Update 24-hour report. Perform skilled assessments. Supervise CNA's. Respond to emergencies. Notify MD of changes in patient's condition.

## Education

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### **Bachelors of Science**

Aspen University  
February 2021

Breckinridge School of Nursing  
September 2015

Medical Careers Institute  
December 2012

### **Medical Assistant**

Sawyer Business School  
November 2001

### **Medical Specialists**

Academy of Health Science Fort Sam Houston  
August 1996

## Nursing Licenses

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### **RN**

Expires: October 2021

State: VA

## Skills

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- Critical Care Experience
- Hospital Experience
- ICU Experience

- Hospice Care
- Nurse Management
- Tube Feeding
- Laboratory Experience
- Nursing
- Epic
- Medication Administration
- Vital Signs

## Certifications and Licenses

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**ACLS Certification**

**BLS Certification**

**ACLS Certification**

**BLS Certification**