

Zain Kamara

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Virginia State Board Certified Registered Nurse with over 2 years of experience delivering high-quality care to patients at home, hospital and corrections. Advanced skill working with diverse patient populations. Demonstrated ability to foster relationships and coordinate with healthcare professionals to advance patient care. Focused on continuously advancing expertise in med/surge, corrections and home health while driving innovation.

Work Experience

Travel Registered Nurse

Care One at Wall - Taylorsville, NC

October 2019 to July 2020

- Provides inmate patient education and/or discharge planning
- Treated patients using pharmacological and non-pharmacological treatment modalities to address various disorders, diseases and injuries.
- Coordinates and/or administers medication, therapeutic agents, treatments, to inmate patients
- Reports reactions to treatments and medications, as well as changes in the inmates' emotional or physical condition
- Promotes a therapeutic environment to ensure inmates are treated in a professional, ethical and tactful manner

Med/Surg Registered Nurse

INOVA Alexandria Hospital - Alexandria, VA

April 2019 to October 2019

- Peripheral IV insertions, maintenance and removal.
- Administration of IV antibiotics, TPN, PPN, IVIG, Blood Administration.
- NG tube, Foley catheters and rectal tubes insertion.
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- Initiate patient education plan, discharging and recording all care information concisely and accurately.

Home Health RN

Gateway HealthCare Services - Fairfax, VA

February 2019 to October 2019

- Treated patients by administering various types of medications and therapies.
- Ventilation, tracheostomy, and percussion experience
- Helped patients and families feel comfortable during challenging and stressful situations, promoting recovery and reducing compliance issues.
- Developed care plans, covering goals based on nursing diagnosis and incorporating therapeutic, preventive and rehabilitative nursing actions.
- Provided home health aide care providers with training, guidance, support and supervision to achieve objectives.

- Counseled caregivers and families on end-of-life planning and educated on patient care options.
- Monitored diet, physical activity, behaviors and other patient factors to assess conditions and adjust treatment plans.

Trauma Acute Care Surgical RN

INOVA Fairfax Hospital - Fairfax, VA

October 2018 to April 2019

- Administered oral, IV and intra-muscular medications and monitored patient reactions.
- Traction, Ex-fixation, Wound Care, Spinal cord, Head trauma and abdominal surgery knowledge.
- Neurovascular Checks, C-spine precaution and positioning experience.
- Communicated with primary care physicians or emergency care providers to relay patient needs.
- Provided skilled direct nursing care to 4-6 patients in a Trauma step down department.

Home Health Aide

Reliance Home Healthcare - Alexandria, VA

June 2014 to March 2018

- Delivered activities that provided cognitive stimulation and entertainment to keep clients happy and healthy.
- Dressed, groomed and fed patients with limited physical abilities to efficiently handle basic needs.
- Developed strong and trusting rapport with each patient to facilitate best possible care and assistance.
- Monitored clients' progress to report necessary changes.
- Maintained clean and well-organized environment to promote client happiness and safety.
- Managed various daily job tasks, including patient transportation and appointment scheduling.

Education

Associate of Science

ECPI University - Manassas, VA

June 2018

MSN

Regis College - Weston, MA

Skills

- Care plan management
- Client safety and first aid
- Client documentation
- Compassionate client care
- Sound decision-making
- Ventilator care
- Electronic charting
- Patient advocacy
- Direct patient care
- Enthusiastic caregiver