

# Porche Fontenot

## **Staff Registered Nurse - Neuro Intensive Care Unit**

Fontana, CA 92336

[browp300@gmail.com](mailto:browp300@gmail.com)

+1 909 782 7009

## Work Experience

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### **Staff Registered Nurse**

Neuro Intensive Care Unit

March 2017 to Present

Kaiser Permanente Fontana

- Maintained comfort and quality of life, and alerted physicians about changes in patients' condition
- Provided continuous and precise assessment of patients pain and comfort levels
- Communicated all pertinent information and evaluations through clear and concise documentation
- Provide high-level quality care to a wide range of critically ill patients including, but not limited to, those involved with surgery, neurosurgery, stroke, and respiratory and cardiac issues.
- Familiar with administration and titration of multiple high-alert drips, including vasopressors, antihypertensives, heparin, insulin, paralytics, and those for pain and sedation.
- Proficient in various clinical skills and equipment, such as CVP monitoring, an arterial line with the Vigileo machine for monitoring of cardiac output, ventriculostomy drains for ICP monitoring, arctic sun machine, chest tubes and other drainage devices.
- Competent in computerized charting with Epic and the use of Pyxis for medication removal.
- End of life care

Licensure, Certifications, and Skills

### **California Registered Nurse License #**

2013 to Present

95021938

- 2018-2020 Basic Life Support Certification
- 2017- 2019 Advanced Cardiovascular Life Support Certification
- 2012- PRESENT Basic dysrhythmia Certification
- NIH Stroke Scale (NIHSS) certified.
- Excellent listening and communication skills with patients, their families, physicians, nurses, and other medical staff.
- Quick to learn and adapt to changing environments.
- Competent in the use of computers and technology
  - Proficient in Microsoft Windows OS, Microsoft Word, and Microsoft PowerPoint.
  - Typing speed of 45 wpm and ten-key by touch.
  - Proficient in Meditech, Epic and the use of the Pyxis and Omnicell machines

### **Staff Registered nurse, Cardiac intensive care unit (icu)**

Pomona Valley Hospital Medical Center

August 2016 to March 2017

- Treating cardiovascular diseases under the supervision of expert physicians
- Familiar with administration and titration of multiple cardiac related drips such as nitro, cardene, and vasopressors.
- Treating patients that have undergone multiple stents, and aortic valve replacements
- Helping patients to stand, and ambulate to the chair s/p 1 day after CABG without inflicting injuries
- Knowledge of treating patients with IAPB and PA catheters to monitor hemodynamic stability after open heart surgery.
- Ability to handle emergency situations and stabilize patients
- In-depth knowledge of cardiovascular diseases and the ways of prevention

### **Staff Registered Nurse, Surgical-Trauma Intensive Care Unit (ICU)**

Arrowhead Regional Medical Center - Colton, CA

2013 to August 2016

- Provide high-level quality care to a wide range of critically ill patients including, but not limited to, those involved with trauma, surgery, neurosurgery, stroke, and respiratory and cardiac issues.
- Familiar with administration and titration of multiple high-alert drips, including vasopressors, antihypertensives, heparin, insulin, paralytics, and those for pain and sedation.
- Proficient in various clinical skills and equipment, such as CVP monitoring, an arterial line with the Vigileo machine for monitoring of cardiac output, ventriculostomy drains for ICP monitoring, arctic sun machine, chest tubes and other drainage devices.
- Competent in computerized charting with Meditech and use of Pyxis for medication removal.
- Respond to Rapid Assessment Team (RAT) calls and hospital Code Blues.
  - Assess and evaluate patient, and discuss with physician, floor nurse, and respiratory therapist the patient's condition and need for higher level of care.
- Assisted assistant nurse manager in completing necessary documentation for all blood transfusions, maintained restraints log, and accucheck compliance issues.
- Recover ICU patients directly from the operating room.
- ICU Charge Nurse (since 2014)
  - Coordinate patient transfers and admissions with hospital bed management.
  - Assist nursing team in care for their patients.
  - Create patient assignments for oncoming nursing team.
  - Respond to Rapid Assessment Team (RAT) calls and hospital Code Blues.
- \* Assess and evaluate patient, and discuss with physician, floor nurse, and respiratory therapist the patient's condition and need for higher level of care

### **Student Nurse, Surgical Intensive Care Unit**

Arrowhead Regional Medical Center - Colton, CA

2011 to 2013

- Provides for activities of daily living by assisting with serving meals, feeding patients as necessary; ambulating, turning, and positioning patients; providing fresh water and nourishment between meals.
  - Provides adjunct care by performing nonsterile dressings, surgical preps, ice packs, heat treatments, applying restraints.
  - Maintains patient stability by checking vital signs and weight; recording intake and output information.
  - Provides patient comfort by utilizing resources and materials; transporting patients; answering patients' call lights and requests; reporting observations of the patient to nursing supervisor.
  - Documents actions by completing forms, reports, logs, and records.
- Maintains work operations by following policies and procedures.

- Serves and protects the hospital community by adhering to professional standards, hospital policies and procedures, federal, state, and local requirements, and jcaho standards.

Student Nurse Skills and Qualifications:

Multi-tasking, medical teamwork, bedside manner, infection control, nursing skills, health promotion and maintenance, creating a safe, effective environment, informing others, judgment, pain management, acute/critical care

## Education

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### **Bachelor's of Science degree in Nursing**

California State University of San Bernardino

2006 to June 2013

## Nursing Licenses

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### **RN**

## Skills

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- RN
- Staff Nurse
- Critical Care Experience
- Pain Management
- ICU Experience
- Epic
- Laboratory Experience
- EMR Systems
- Hospital Experience
- Vital Signs
- Medication Administration
- Patient Care
- Venipuncture
- Anatomy Knowledge

## Certifications and Licenses

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### **BLS, ACLS**

### **CPR Certification**

### **PALS Certification**