

# Sherrie Allan

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Compassionate and caring Registered nurse with over 10 years of direct patient care experience. Successful in providing fast and accurate assessments and working calmly under pressure. Adept at addressing patient needs in a timely manner while keeping compassion and dignity for the patient a top priority. A patient advocate maximizing satisfaction, safety, and wellness for patients of all backgrounds. Eager to learn new skills and well-versed in offering evidence based, therapeutic care.

## Work Experience

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### **Registered Nurse**

MAXIM HEALTH SERVICES - Clarksville, TN  
June 2022 to Present

Educates families regarding treatment, and change of status  
Adheres to infection control policies and procedures  
Maintains confidentiality and privacy  
Documents patient care services by charting care provided on nursing flow sheets  
Communicated concerns regarding patients' status, care and environment to nursing supervisors, clinical care supervisors and case managers.  
Educates and provides training to family on emergency plan in the event of a fire, storm, or medical emergency  
Assesses and prepares patients for procedures, performing initial and ongoing patient assessments.  
Monitored and managed various treatment and care interventions.  
Recorded patient condition, vital signs, recovery progress and medication side effects.  
Administered medications, tracked dosages and documented patient conditions.  
Maintained thorough, accurate and confidential documentation in electronic medical records.  
Advocated for patients by supporting and respecting basic rights, values and beliefs.  
Provided patient and family health education focusing on self-management, prevention and wellness.  
Evaluated patients, recognized and addressed complications and coordinated treatment with other members of health care team.  
Updated charts throughout shifts with current, accurate information to maintain strict recordkeeping standards.

### **Licensed Practical Nurse**

MAXIM HEALTHCARE SERVICES - Clarksville, TN  
May 2021 to Present

Collected and documented vital signs to track current patient conditions.  
Communicated concerns regarding patients' status, care and environment to nursing supervisors, clinical care supervisors and case managers.  
Documented patient intake and dietary requirements and aided with feeding and monitoring.  
Answered patient and family questions to educate on optimal treatment procedures.  
Promoted patient satisfaction by assisting with bathing, dressing and exercising.

Charted changes in patient conditions and discussed concerns with supervising healthcare provider.

### **Licensed Practical Nurse**

BRADFORD HEIGHTS NURSING AND REHABILITATION CENTER - Hopkinsville, KY

September 2020 to May 2021

Medication administration and treatments

Assists with admission, transfers, and discharges

Documents resident care services by charting EMR and department records

Educates residents and families regarding treatment, rehabilitation, and change of status

Adheres to infection control policies and procedures as well as facility policies and procedures

Consults with physicians regarding plan of care as well as notifying them of any changes

Maintains confidentiality and privacy

Assures quality of care by adhering to DOH standards of practice and facility standards of care

Assists with solving problems by working with the interdisciplinary team

Answered patient and family questions to educate on optimal treatment procedures.

Looked for physical, emotional and symptomatic changes in patient condition and obtained necessary care for medical concerns.

Promoted patient satisfaction by assisting with bathing, dressing and exercising.

Followed rehabilitation and treatment care plans to accelerate patient recovery, minimize pain and optimize patient outcomes.

Collected biological specimens and packaged for laboratory transport to complete diagnostic tests.

### **Licensed Practical Nurse**

TENNESSEE STATE VETERANS' HOME - Clarksville, TN

March 2020 to September 2020

Monitors, documents, and reports changes in status or conditions

Monitors and documents vital signs

Communicates with physicians, patients, and families

Prepares, administers, and documents medications

Provides input for care plans and implements accordingly

Administers treatments and provides wound care

Collects samples for diagnostic testing

Documents medical history and physical assessments

Documented patient intake and dietary requirements and aided with feeding and monitoring.

Monitored patient's respiration activity, blood pressure and blood glucose levels in response to medical administration.

Looked for physical, emotional and symptomatic changes in patient condition and obtained necessary care for medical concerns.

Promoted patient satisfaction by assisting with bathing, dressing and exercising.

Collected biological specimens and packaged for laboratory transport to complete diagnostic tests.

Addressed patient care needs, collected vitals, dressed wounds and managed catheters.

Cared for patients' acute and chronic wounds by changing dressings and applying medicated compounds.

Inserted, cared for and removed patients' catheters and monitored fluid output.

Administered prescribed medications and started intravenous fluids to address patient symptoms and underlying etiologies.

## **Certified Nursing Assistant**

CHEMUNG COUNTY NURSING FACILITY - Elmira, NY

October 2011 to February 2012

- Assisted residents with activities of daily living including helping with meals, transferring using assistive devices, bathing, dressing, and grooming
- Obtained vital signs, and reported changes in conditions to charge nurse
- Adhered to safety and infection control guidelines
- Documented all care provided in patient records
- Preserved patient dignity while minimizing discomfort during toileting and repositioning
- Answered call lights and addressed patient needs in a timely manner
- Provided emotional support to families during end of life
- Provided post mortem care

## **Certified Nursing Assistant**

HOPEWELL CONVALESCENT CENTER - Hopewell, VA

March 2010 to July 2010

- Assisted residents with activities of daily living including helping with meals, transferring using assistive devices, bathing, dressing, and grooming
- Documented daily information on the residents such as mood changes, mobility, appetite, and daily intake and output
- Maintained a clean, orderly, and well-stocked environment
- Adhered to safety and infection control guidelines
- Obtained vital signs, and reported changes in conditions to charge nurse
- Complied with HIPAA standards
- Answered call lights and addressed patient needs in a timely manner
- Preserved patient dignity while minimizing discomfort during toileting and repositioning.
- Assisted patients with shaving, bathing and oral hygiene to promote healthy habits and overall wellness.
- Facilitated activities of daily living, personal hygiene management, feeding and ambulation.
- Exhibited compassionate care and communication regarding issues surrounding death and dying.
- Maintained accurate, timely flow of information by completing thorough patient records and updating healthcare team on patient status.
- Used mobility devices to transport patients.
- Supported non-ambulatory residents in range of motion exercises.
- Distributed drinking water and nourishment to residents.
- Provided basic patient care by bathing and grooming patients, changing bedding and assisting in feeding activities.
- Recognized and reported abnormalities or changes in patients' health status to nursing staff for immediate assessment.
- Answered signal lights, bells and requests-for-service to assist patient services fulfillment.
- Documented patient intake and dietary requirements and aided with feeding and monitoring.
- Followed safe lifting techniques and individual resident lifting instructions.
- Performed light cleaning duties by emptying wastebaskets, sweeping, mopping and sanitizing surfaces.
- Turned or re-positioned bedridden patients to promote blood flow and prevent bedsores.

## **Chemical Operation Specialist**

UNITED STATES ARMY

February 2006 to October 2009

Decontaminated an area and tested liquid, gaseous, or solid materials for chemical toxicity, and other potential hazards

Maintained and organized (nuclear, biological, and chemical) equipment, and trained soldiers on the proper use of equipment

Provided supervision and training on how to properly decontaminate self if exposed to hazardous agents

Responsible for keeping accountability for over a million dollars' worth of equipment

## Education

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### **ASSOCIATE OF SCIENCE in NURSING**

Western Kentucky University

March 2021 to May 2022

### **PRACTICAL NURSING**

Tennessee College of Applied Technology - Dickson, TN

December 2019

### **ASSOCIATE OF SCIENCE**

Hopkinsville Community College - Hopkinsville, KY

December 2015

## Skills

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- Patient monitoring Tracheostomy care
- Medical screening Medication and IV administration
- Patient Care Immunization skills
- Palliative and Pain Management Patient discharging
- SBAR communication Long-Term Care
- Nursing Plan Development and Modification Gastrostomy tube care
- Patient education and counseling Culturally sensitive
- Direct and Indirect Patient Care IV and venipuncture certified
- Follow-up calls Family and patient support
- Patient care planning IV drug therapy management
- Acute and rehabilitative care Electronic Health Records Management
- Flow sheet charting Infectious disease control

## Certifications and Licenses

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### **RN License**

### **CNA**

### **LPN**