

# Lauren Vesely

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Dedicated Critical Care Registered Nurse with 4 years of direct patient care experience. Using SBAR daily for physician communication and emergent patient needs. Direct patient education with extensive knowledge of critical treatments and planning long-term for patients.

Successful at advocating patient needs and quick diagnoses. Handling emergent situations in a calmly, but fast manner, always putting patient safety first and keeping my patients well informed and up-to-date with their plan of care.

## Work Experience

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### **Registered Nurse, ICU**

Franklin Square Medical Center - Baltimore, MD

December 2019 to Present

- Communicated with healthcare team members to plan, implement and enhance treatment strategies.
- Conducted ongoing monitoring and evaluations of behaviors and conditions, and updated clinical supervisors with current information.
- Quickly responded to situations impacting safety and security to unit, actualizing crisis prevention
- ENLS certified/ multiple shifts completed in the ICU neuro surgical unit with Q1 hour neuro checks, brain codes & rushes trips to CT/ MRI
- Interventions to control and de-escalate situations.

### **Registered Nurse, Intensive Care Unit**

Harford Memorial Hospital. - Havre de Grace, MD

October 2018 to January 2021

- Delivered outstanding care to patients with various diagnoses and managed care from treatment initiation through to completion
- Facilitated therapeutic communication, conflict resolution and crisis intervention by redirecting negative behaviors and helping patients regain or improve coping abilities to prevent further disability
- Equipped patients with tools and knowledge needed for speedy and sustained recovery
- Monitored patient condition, including interpreting and tracking EKG readings, identifying irregular telemetry readings and updating team members on changes in stability or acuity
- Quickly responded to situations impacting safety and security to unit, actualizing crisis prevention interventions to control and de-escalate situations
- Adhered to strict safety measures by carefully determining proper dosages before administering medications
- Keep all equipment responsible to me clean throughout the entire hospital
- Make sure all my fellow co-workers were all caught up in my free time
- Train new employees and help them prepare to work shifts on their own
- Kept the office clean and organized Provided support and companionship to patients in need of assistance
- Ensured HIPAA compliance

- Properly completed forms for rentals, orders and other deliveries/pickups that my unit is in charge of
- Followed and respected hospital policy during shifts and any time spent in the hospital
- Helped coworkers when they were in need of help
- Waitress Kept my section clean and inviting
- The Greene Turtle Sports Bar & Attended all voluntary meetings and Grille - Bel Air, MD cleaning/decorating days
- Delivered quality service by providing a warm and welcoming environment
- Developed and maintained positive working relationships with others to reach business goals
- Quickly set up and cleared tables and stocked all service stations
- Sorted, soaked and washed flatware
- Wiped down kitchen surfaces with fresh cloths, hot water and company-approved cleaning products to prevent food borne illness
- Moved and arranged tables, chairs and place settings and organized seating for groups with special needs
- Folded napkins throughout the day to maintain an adequate supply
- Guided guests through menus while demonstrating thorough knowledge of the food, beverages and ingredients
- Followed all safety and sanitation policies when handling food and beverage to uphold proper health standards
- Skillfully promoted items on beverage lists and restaurant specials
- Cleared dirty dishes, refilled beverage glasses, cleaned tables and brought baskets of bread
- Displayed enthusiasm and knowledge about the restaurant's menu and products

## Education

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### **Associate of Science in Nursing**

Harford Community College - Bel Air, MD

2018

### **High School Diploma**

Churchville Christian School - Churchville, MD

2014

## Skills

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- ACLS
- BCLS
- CCSC
- ENLS
- Chronic disease management
- Patient and family advocacy
- Moderate sedation
- CRRT
- IV sticks
- Ventilator care

- SBAR communication with physicians
- Patient Care
- Critical Care Experience
- Nursing
- Epic
- ICU Experience

## Certifications and Licenses

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**RN License**

**ACLS Certification**

**AED Certification**

**CPR Certification**

**BLS Certification**