

# Franness Kamara

## **Experienced Nurse**

Fredericksburg, VA 22407

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16 years of experience working in both healthcare and home health settings.

Strong interpersonal communication skills with both patients and other members of a healthcare team.

Fast and effective assessment of a patient's current condition and nursing care plan needs.

Rapid recognition of and response to changes in a patient's condition or concerns with their recovery or a decline in their current condition

Experience using multiple medical record and electronic medical record management systems along with the ability to quickly new or updated electronic systems.

Proven ability to carry out all aspects of a nursing care plan, including the management of patient medications and the performance of specialized nursing Procedures

Supervisory experience working with certified nursing assistants and non-certified medical aides.

Willing to relocate: Anywhere

Authorized to work in the US for any employer

## Work Experience

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### **Director of Nursing**

Ariel's Safe Haven assisted Living, LLC - Fredericksburg, VA

January 2020 to Present

Direct, oversee and evaluate all nursing personnel, Guide staffing procedures, Set objectives and long-term goals for the nursing department, Organize and coordinate admission, nursing and patient care procedures, Develop and enforce policies aiming for legal compliance and high quality standards, Control budgets and monitor expenditures, Resolve issues and deficiencies when needed, Manage record-keeping procedures, Collaborate with other departments and professionals to streamline operations, Report to upper management

### **Nurse Manager**

Desired Living Home Care, LLC - Fredericksburg, VA

August 2018 to Present

Create goals and objectives for their department or facility and make sure they are met by the staff, Communicate with staff and department heads, Keep and organize records of the particular facility, Recruit and train nurses and other health professionals, Create work schedules for nurses, Ensure the facility they work in is compliant with current laws, Improve the quality and efficiency of the level of care delivered to patients, Solve any problems patients might have at the facility

### **Office Administrator**

Angels on Duty Homehealth care, Inc - Woodbridge, VA

August 2014 to Present

Healthcare Services

Coordinated all department functions for team of 5 employees.  
Maintained detailed administrative and procedural processes to improve accuracy and efficiency.  
Verified and logged in deadlines for responding to daily inquiries.  
Managed incoming and outgoing calls for busy medical office.  
Updated patient accounts and information on a daily basis.  
Directly supported CEO in managing operation work flow.  
Handled and processed confidential patient information.  
Coordinated admission processes and prepared medical records and agreement packets.  
Scheduled and confirmed appointments for entire management team.  
Contacted insurance providers to verify correct insurance information and get authorization for proper billing codes.

### **Assisted director of nursing**

Ultimate care, LLC - Springfield, VA  
February 2020 to September 2021

Supervising all nursing staff, Overseeing department budgets, Reporting to higher management in the healthcare facilities  
Maintaining high standards of care for all patients, Managing patients' data and medical records as confidential records, Communicating with doctors, patients and family members about patient health  
Recruiting, training and onboarding new nursing staff, Providing ongoing education classes, Implementing new procedures and training Nurses on policies

### **LPN Charge Nurse**

Birmingham Green - Manassas, VA  
February 2016 to February 2019

medication administration and accuracy of medication administration records; ensures proper check-in, storage, and destruction of all medication, including narcotics; daily input of physician orders in electronic medical records and corresponding changes to medication administration records; ongoing monitoring of residents' health status and documentation of same; physical notification of changes of resident status and/or clarification of orders. Supervises care providers in their efforts to provide resident care and ensures employee adherence to state/facility/company policies. Notifies DON/Nurse manager/Administrator when warranted, related to occurrences/incidents. Communication, Staff Development, Quality.

### **Licensed Practical Nurse (LPN)**

Erickson Retirement Communities LLC - Ashburn, VA  
January 2015 to February 2017

Healthcare Services

medication administration and accuracy of medication administration records; ensures proper check-in, storage, and destruction of all medication, including narcotics; daily input of physician orders in electronic medical records and corresponding changes to medication administration records; ongoing monitoring of residents' health status and documentation of same; physical notification of changes of resident status and/or clarification of orders. Supervises care providers in their efforts to provide resident care and ensures employee adherence to state/facility/company policies. Notifies Administrator when warranted, related to occurrences/incidents. Communication, Staff Development, Quality.

## **Licensed Practical Nurse (LPN)**

Fairfax Family Practice Center - Fairfax, VA

July 2008 to July 2016

### Healthcare Services

Rooming and collection patient's history and vital signs

Helped physicians examine and treat patients by assisting with instruments, injections and suture removal.

Performing EKGs, IV insertion and monitoring, INR

Telephone triage, Wound care, arranging consults and outside tests, such as x-ray, imaging etc..

Phoned calls to patient with laboratory results

Assisted patients with multiple chronic diagnoses, including COPD and asthma.

Supported patients with customized patient teaching tools.

Ensured efficacy of treatments through monitoring of treatment regimens.

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Provided treatment within scope of practice as defined by state law.

Educated patients about their treatments.

Served as a liaison between patients and physicians to assist patients in understanding their treatment plans.

Provided necessary health education training for patients.

Measured urine specimens and delivered them to the laboratory.

Performed lab tests and communicated results.

Monitored patients with acute conditions.

Maintained patient privacy and confidential patient information.

Tested patients' blood glucose levels

## **Medical Instructor**

INR - Springfield, VA

February 2007 to April 2009

## Education

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### **AAS in EDUCATION**

Hosanna school of nursing and medical institute - Florida

November 2018 to November 2019

### **Vocational**

Virginia school of nursing and medical institute - Springfield, VA

January 2005 to January 2006

### **Diploma**

West Potomac High School - Alexandria, VA

September 1999 to May 2002

### **Nursing Assistant**

Virginia State Board examinations

## Skills

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- EKG (10+ years)
- PHARMACOLOGY (10+ years)
- THERAPY (10+ years)
- TOXICOLOGY (10+ years)
- LPN (10+ years)

## Awards

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### **Train the trainer**

January 2008

## Certifications and Licenses

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### **Registered Nurse (RN)**

November 2018 to November 2019

### **Basic Life Support (BLS)**

January 2022 to January 2024

## Additional Information

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### SKILLS

acute and rehab. care Expert

Pharmacology, EKG, Tracheotomy care, G-tube, intravenous therapy Expert