

# MERISSA VARGAS

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## PROFESSIONAL SUMMARY

I am a punctual, responsible and committed RN who always treats my patients with dignity and compassion! I am driven and detail-oriented, with 4+ years of experience organizing and performing patient care tasks. Considered to be a hard worker with a strong desire to succeed. Ready for a new opportunity to put my outstanding nursing skills to work in a Medical Surgical/ Rehabilitation setting. Experienced nurse with demonstrated clinical knowledge, natural interpersonal skills, and technical abilities.

## SKILLS

- At-risk patient care
- Patient discharge
- Epic, Cerner, Meditech and Point-click care EMR use
- Procedure preparations
- Feeding pumps understanding
- Patient privacy and confidentiality
- Family Education
- Infection control measures
- Proper catheter insertion/removal
- Administering immunizations
- Insulin medication assistance
- Patient and family advocacy
- Physical assessments
- Patient Management
- Neurology awareness
- IV setup
- Removing sutures
- Charting and clinical documentation
- Medication distribution
- Foley catheters
- Palliative care awareness
- Confidentiality
- Direct patient care
- Tracheostomy care
- Oxygen saturation standards
- Medication administration
- Precepting
- Hospice philosophy understanding
- Strong clinical judgment
- Staff supervision

## EDUCATION

Pre-nursing Studies - Pre-nursing requisites	2015
Northwest Florida State College	Niceville, FL
Nursing - Associate of Science	2018
Cambridge College of Healthcare & Technology	Delray Beach, FL

## WORK HISTORY

Registered Nurse	October, 2021 to January, 2022
Encompass Health Rehabilitation Hospital of Concord	Concord, NH

- Educated patients and assisted them in recovering quickly and effectively.
- Kept track of the patient's condition, interpreting and tracking EKG readings, identifying abnormal telemetry readings, and informing team members about changes in stability or acuity.
- Planned and managed patient care in accordance with hospital standards of care.
- Treated patients for a variety of disorders, diseases, and injuries using pharmacological and non-pharmacological treatment modalities.
- Approached all tasks with a patient-centered mindset, looking for ways to improve processes and treatments.

Registered Nurse	April, 2021 to October, 2021
Encompass Health Rehabilitation Hospital of Franklin	Franklin, TN

- Educated patients and assisted them in recovering quickly and effectively.
- Oversew pain management plans while administering scheduled medications and therapies intravenously, rectally, orally, subcutaneously, and via intramuscular injections.
- Kept track of the patient's condition, interpreting and tracking EKG readings, identifying abnormal telemetry readings, and informing team members about changes in stability or acuity.
- Collaborated with healthcare professionals to develop imaging, lab, surgery, and intensive care plans.

Registered Nurse	January, 2021 to April, 2021
Marshwood Center	Lewiston, ME

- Educated patients and assisted them in recovering quickly and effectively.
- Oversew pain management plans while administering scheduled medications and therapies intravenously, rectally, orally, subcutaneously, and via intramuscular injections.
- Planned and managed patient care in accordance with hospital standards of care.
- Treated patients for a variety of disorders, diseases, and injuries using pharmacological and non-pharmacological treatment modalities.

Registered Nurse	November, 2020 to January, 2021
Berlin Health & Rehab Center	Barre, VT

- Educated patients and assisted them in recovering quickly and effectively.
- Approached all tasks with a patient-centered mindset, looking for ways to improve processes and treatments.
- Made sure that medication administration standards and patient care best practices were followed.
- Prioritized nursing tasks and assignments while accurately reporting on each patient's condition, resulting in better outcomes.

Registered Nurse	December, 2019 to September, 2020
saint johnsbury health and rehab	

- Was in charge of representing
- Educated patients and assisted them in recovering quickly and effectively.
- Oversew pain management plans while administering scheduled medications and therapies intravenously, rectally, orally, subcutaneously, and via intramuscular injections.
- Kept track of the patient's condition, interpreting and tracking EKG readings, identifying abnormal telemetry readings, and informing team members about changes in stability or acuity.
- Managed
- Offered advice.
- Assisted patients and caregivers in gaining a better understanding of the health-care system and its processes.
- Worked with management to develop initiatives aimed at increasing nurse satisfaction, retention, and morale.
- Implemented new floor assignments based on the evaluation of staffing requirements.
- Trained new nurses in proper techniques, care standards, operational procedures, and safety protocols to improve performance and safety.

Registered Nurse	September, 2019 to December, 2019
Keene Center	Keene, NH

- Educated patients and assisted them in recovering quickly and effectively.
- Kept track of the patient's condition, interpreting and tracking EKG readings, identifying abnormal telemetry readings, and informing team members about changes in stability or acuity.
- Planned and managed patient care in accordance with hospital standards of care.
- Provided care instructions to patients' family members and caregivers.
- Treated patients for a variety of disorders, diseases, and injuries using pharmacological and non-pharmacological treatment modalities.

Registered Nurse	December, 2018 to May, 2019
Springfield Rivers Nursing & Rehabilitation	Springfield, VT

- Educated patients and assisted them in recovering quickly and effectively.
- Facilitated therapeutic communication, conflict resolution, and crisis intervention by redirecting negative behaviors and assisting patients in regaining or improving coping abilities to prevent further disability.
- Approached all tasks with a patient-centered mindset, looking for ways to improve processes and treatments.
- Made sure that medication administration standards and patient care best practices were followed.
- Prioritized nursing tasks and assignments while accurately reporting on each patient's condition, resulting in better outcomes.

Registered Nurse	May, 2018 to December, 2018
Abbey Delray South	Delray Beach, FL

- Provided excellent care to critically ill patients who needed ventilator support, extensive wound care, and rehabilitation.
- Gave patients the tools and knowledge they needed for a quick and long-term recovery.
- Devised and implemented effective patient-care strategies.
- Prioritized nursing tasks and assignments while accurately reporting on each patient's condition, resulting in better outcomes.

Guest Services Representative	February, 2017 to May, 2018
Four Points by Sheraton Destin-Fort Walton Beach	Fort Walton Beach, FL

- Greeted 100+ daily visitors and customers upon their arrival, offered assistance, and answered questions to build rapport and retention.
- Provided accurate information on the course and technique.
- Instructed guests on important information regarding safety processes and procedures and educated them on hotel security features.
- Provided excellent and professional service to ensure guest satisfaction.
- Updated customer accounts with additional room charges, such as minibar usage and room service charges.

Certified Nursing Assistant	January, 2015 to March, 2017
Destin Healthcare and Rehabilitation Center	Destin, FL

- Built relationships with patients, caregivers, and healthcare professionals in order to help patients achieve their personal care plan goals.
- Met with a multidisciplinary healthcare team to discuss how regular testing and vitals assessments can help effectively manage patient conditions.
- Checked patient vitals such as temperature, blood pressure, and blood sugar to stay on top of symptoms and keep nurses informed of changes.
- Assisted with daily living activities and ensured a safe patient living environment.
- Assisted patients with their daily needs, such as feeding and bathing.
- Assisted patients with bathing, grooming, and other hygiene requirements.
- Worked with clients who had respiratory failure, diabetes, Parkinson's disease, and muscular dystrophy, among other diagnoses.
- Assisted a number of patients with their mobility and ambulatory care.

## ACCOMPLISHMENTS

- Clinical Skills - Monitored patients' respiration activity, blood pressure and blood glucose levels in response to medical administration.
- Intensive Care: Responsible for unit of 18 patients, providing daily functions such as grooming, bathing, feeding and turning in bed.
- Supervision: Headed onboarding process for new nursing staff.
- Vitals Testing: Measured average of 30 patients' weight, height, body temperature, pulse rate and blood pressure daily.
- Patient Advocacy: Explained treatment procedures, medication risks, special diets and physician instructions to patients.
- Documentation: Ensured charting accuracy through precise documentation.
- Charting - Developed and organized 300+ charts for all new and current patients, routinely updating information for physician reference.
- Admitted and treated over 15 patients per shift.