

HEATHER FLUGEL, BSN, RN, CNOR, RNFA

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CAREER SUMMARY

Over 16 years of experience in a diverse array of healthcare environments to include the operating room, hospital, critical care, clinic, and outpatient surgeries and procedures. Eager to elevate my experience by joining a team of like-minded, driven providers with a desire to improve the health of the community. Key qualifications include:

Efficient in organization and time management	Effective communication skills
Proponent for collaborative teamwork	Dedicated and strong work ethic
Adaptable to change and eager to expand knowledge	Dependable, reliable and trustworthy
Proficient with technology and informatics (EMR)	Highly motivated to excel in field

EDUCATION

Master of Science in Nursing (MSN) Chamberlain University (Addison, IL)	Anticipated: 06/2022
• Family Nurse Practitioner (FNP) Specialty Track	
Bachelor of Science in Nursing (BSN) Texas Tech University (Lubbock, TX)	07/2012
• Summa Cum Laude Presidents List	
Associate of Science in Nursing (ASN) Cisco College (Abilene, TX)	12/2008
Licensed Vocational Nurse (LVN) Texas State Technical College (Sweetwater, TX)	07/2004

LICENSURE & CERTIFICATION

Advanced Practice Registered Nurse (APRN) State of TX	In Progress
Family Nurse Practitioner – Board Certified (FNP-BC) American Academy of Nurse Practitioners	In Progress
Registered Nurse First Assist (RNFA) National Institute of First Assists	
Certified Perioperative Nurse (CNOR) Competency & Credentialing Institute # 1674136	Exp. 12/2022
Registered Nurse (RN) State of TX # 765639	Exp. 04/2023
Pediatric Advanced Life Support (PALS) American Heart Association	Exp. 05/2022
Advanced Cardiovascular Life Support (ACLS) American Heart Association	Exp. 08/2023
Basic Life Support (BLS) American Heart Association	Exp. 04/2023

NURSE PRACTITIONER PRACTICUM EXPERIENCE

Family Practice – Dr. Linda Esquivel, Family Health of South Texas (San Antonio, TX)	500 Hours
Pediatrics – Dr. Victor Diaz de Leon, Almouie Pediatrics (San Antonio, TX)	125 Hours

NP Skills include:

- Demonstrated expertise in supporting patients with multiple chronic co-morbidities, including diagnosing, treating and initiating medication, performing diagnostic interventions, and executing follow-ups as required
- Designed treatment plans adhering to standards of care and most recent professional practice guidelines
- Applied appropriate documentation of patient data involving assessment results, interventions, medications, patient responses and changes in treatment
- Analyzed and interpreted patients' histories, symptoms, physical findings, and diagnostic data to develop appropriate diagnoses related to illnesses, infections, and/or injuries

- Recommend diagnostic or therapeutic interventions with attention to safety, cost, invasiveness, acceptability, simplicity, adherence and efficacy
- Educated patients about self-management of illnesses, tailoring instructions to patients' individual circumstances

HEALTHCARE EXPERIENCE

- RN staff nurse, RNFA** – Freedom Spine and Pain (Boerne, TX) 01/2022 – Present
- Proficient at obtaining intravenous access and preparing patients for procedures and discharge home
 - Discusses with surgeon the nature of the surgical procedure, including operative consent, methods of operative exposure, diagnostic or laboratory data or other needs
 - Appropriately applies sutures, staples, or other materials to close skin, facia, or subcutaneous wound layers
- Suture Star Instructor** – National Institute of First Assists (Centennial, CO) 12/2018 - Present
- Instruct RNs, PAs, and NPs on basic and advanced suturing skills
 - Educate students on appropriate surgical assisting techniques
- Board Runner, Circulator, RNFA, OR** – Legent Orthopedic and Spine Hospital (San Antonio, TX) 12/2018 – 01/2022
- Coordinated safe and efficient care among perioperative staff for 8 operating rooms
 - OR circulator for a variety of cases including orthopedics, neuro/spine, and plastics
 - First assist for in various capacities including orthopedic, neuro, and spine
 - Proficient at applying sutures, staples, or other materials to close skin, fascia, or subcutaneous wound layers
 - Expert in perioperative care including sterile technique, passing instruments, suturing, and applying sterile dressings
- Orthopedic Service Line Coordinator, OR** – Methodist Stone Oak Hospital (San Antonio, TX) 04/2016 - 05/2019
- Oversaw the orthopedic and podiatry departments while assisting surgeons with onboarding and case preparation
 - Operating room circulator for cases of varying specialties
 - Assisted with scrubbing on cases such as orthopedics, podiatry, general and ENT
- Circulating Nurse, OR** – Advanced Surgery Center (San Antonio, TX) 09/2015-05/2016
- Operating room circulator for cases of varying specialties
 - Prepared patients for surgical procedures that included starting IV's, drawing blood work, and obtaining necessary diagnostic testing
 - Provided postoperative care and education to patients recovering from surgical procedures in an outpatient setting
 - Managed and maintained medication supply and ordering for perioperative department
- Circulating Nurse, OR** – Creekside Surgery Center (Anchorage, AK) 04/2014-07/2015
- Operating room circulator for cases of varying specialties
 - Provided postoperative patient care in busy inpatient and outpatient setting
- Staff Nurse, Preop/PACU** – Alaska Spine Institute Surgery Center (Anchorage, AK) 09/2013 – 04/2014
- Operating room circulator with experience in orthopedics, spine, pain, and podiatry cases
- Staff Nurse, Preop/PACU** – Alaska Surgery Center (Anchorage, AK) 07/2011 – 09/2013
- Prepared patients for surgical procedures in outpatient surgery center
 - Recovery of surgical patients that included airway and pain management
 - Operating room circulator for cases of varying specialties
- Resource Pool Nurse** – Abilene Regional Medical Center (Abilene, TX) 03/2007 – 05/2011
- Ability to float to various floors to care for patients of varying acuity including emergency room, intensive care unit, medical-surgical, progressive care unit, CVPCU, pediatrics, and oncology

PROFESSIONAL AFFILIATIONS & MEMBERSHIP

Member | American Association of Nurse Practitioners, AANP

03/2022- Present

SKILLS/TRAINING

Electronic Medical Records | Experience with Meditech and ECW