

Jan K. Sangrones, BSN, RN, SAMFE  
Lieutenant, Nurse Corps, United States Navy

## **EDUCATIONAL BACKGROUND**

Jacksonville University – Jacksonville, FL **08/2010 - 05/2014**  
*Bachelor of Science in Nursing*

## **PROFESSIONAL EXPERIENCE**

**Riverside Doctor's Hospital Williamsburg – Williamsburg, VA** **02/2021 - Present**  
*Emergency Department, Staff Nurse*

**Navy Medicine Readiness and Training Command Portsmouth** **11/2018 - Present**  
*Emergency/Trauma Department, Charge/Staff Nurse*  
*Sexual Assault Medical Forensic Examiner (SAMFE) Nurse*

**Orange Park Medical Center – Jacksonville, FL** **01/2018 – 10/2018**  
*Emergency/Trauma Department, Staff Nurse*

**Baptist Medical Center Southside – Jacksonville, FL** **10/2017 – 10/2018**  
*Emergency Department, Charge/Staff Nurse*

**St. Vincent's Medical Center Riverside – Jacksonville, FL** **06/2016 – 08/2017**  
*Emergency Department, Staff Nurse*

**St. Vincent's Medical Center Southside – Jacksonville, FL** **03/2016 – 06/2016**  
*Best Team/Float Pool, Charge/Staff Nurse*

**St. Vincent's Medical Center Southside – Jacksonville, FL** **12/2015 – 03/2016**  
*Post-Bariatric Surgery and Oncology Unit, Charge Nurse*

**St. Vincent's Medical Center Southside – Jacksonville, FL** **10/2014 – 12/2015**  
*Cardiology/Telemetry Unit, Staff Nurse*

## **PROFESSIONAL AND MILITARY EDUCATION**

**Sexual Assault Forensic Medical Examiner (SAMFE) Course** **07/2020 – 07/2020**  
*Inter-Service San Antonio, TX, SAMFE Nurse*

**Officer Developmental School – Newport, RI** **10/2018 – 11/2018**  
*Lieutenant Junior Grade, ODS Student*

**Navy Reserve Officer Training Corps – Jacksonville, FL** **08/2010 – 05/2014**  
*Midshipman, NROTC Student*

## LICENSURE, CERTIFICATION & AFFILIATIONS

<b>Registered Nurse License</b> <i>Department of Health, State of Florida, Active</i>	<b>exp. 03/2024</b>
<b>Advanced Cardiac Life Support (ACLS)</b> <i>America Heart Association (AHA)</i>	<b>exp. 08/2022</b>
<b>Basic Life Support (BLS)</b> <i>America Heart Association (AHA)</i>	<b>exp. 05/2023</b>
<b>Pediatric Advance Life Support (PALS)</b> <i>America Heart Association (AHA)</i>	<b>exp. 08/2022</b>
<b>Trauma Nursing Core Courses (TNCC)</b> <i>Emergency Nurse Association (ENA)</i>	<b>exp. 01/2023</b>
<b>Emergency Nurses Association (ENA)</b> <i>Virginia State Council, Tidewater Chapter, Member Number: 1688455</i>	<b>since 01/2019</b>
<b>Philippines Nurse Association of America (PNAA)</b> <i>North-East Florida Chapter/South-Central Region, Member ID: 42069290</i>	<b>since 10/2017</b>
<b>Federal Emergency Management Agency (FEMA)</b> <i>U.S. Homeland Security, FEMA Student Identification (SID) Number: 0002087694</i>	<b>since 03/2016</b>

## TEACHING EXPERIENCE

<b>Trauma Nursing Core Courses (TNCC) Instructor</b> <i>Emergency Nurse Association (ENA)</i>	<b>03/2019 – Present</b>
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## VOLUNTEER EXPERIENCE

<b>Sailor 360 COMREL</b> <i>Navy Medicine Readiness and Training Command Portsmouth (NMRTCP)</i> Provided aid to cleaning the environment at a local Paradise Creek Nature Park by trimming the excess unnecessary plants surrounding the old trees.	<b>01/2019</b>
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## DECORATION/AWARDS

Armed Forces Service Medal Award	<b>09/2020</b>
Humanitarian Service Medal Award	<b>09/2020</b>
Sea Service Ribbon Award	<b>11/2019</b>
Pistol Qualification Award	<b>03/2019</b>
Rifle Qualification Award	<b>04/2019</b>
Living Our Values Every Day (L.O.V.E.D.) Award	<b>01/2017</b>
National Daisy Award Recipient	<b>06/2015</b>