

# ANTOINETTE CASTANEDA

Registered Nurse

Motivated and teamwork-oriented family nurse practitioner with strong communication and critical thinking abilities, seeking to provide quality care to patients within a hospital or outpatient clinic.

• 521 2<sup>ND</sup> AVE W, SEATTLE, WA 98119

• ANTOINETTE.CASTANEDA@GMAIL.COM

• 904-609-1317

---

## EDUCATIONAL BACKGROUND

### BACHELOR OF SCIENCE IN NURSING

University of Central Florida  
May 2016-August 2017

### BACHELOR OF SCIENCE IN ATHLETIC TRAINING

University of North Florida  
August 2011-April 2014

---

## WORK EXPERIENCE

### SEATTLE CHILDREN'S HOSPITAL

February 2022-present

Occupational Health

*Registered Nurse*

- Conduct screening, testing and immunization of workforce personnel for communicable disease and other health requirements
- Manage evaluation, treatment, and referrals for work-related injuries and illnesses including COVID-19
- Interviewed and counseled staff regarding risk of exposures to communicable diseases and coordinated and administered prophylaxis and baseline testing

### ADVENT HEALTH

August 2021-December 2021

Occupational Health

*Registered Nurse*

- Completed pre-employment and pre-participation employee health screenings which included assessment, vital signs, immunization administration, blood tests and urine drug screens.
- Ordered and evaluated laboratory results to ensure compliance with hospital standards and to determine job performance capabilities and rule out communicable disease.
- Provided first care treatment for minor illness and injuries and initiated tests for exposure to blood borne pathogens, bodily fluids, and infectious diseases.

### AMPLIVIVE

March 2021-December 2021

IV Therapy and Infusion

*Registered Nurse*

- Administered intravenous drip therapy and intramuscular injections to deliver vitamins, minerals and antioxidants as determined based on patient's needs and assessment.
- Implemented modalities such as cryotherapy, assisted stretch, hyperbaric oxygen therapy and infrared to help enhance patient performance and aid in recovery.

**PAIN MEDICINE GROUP**

October 2018-October 2020

Interventional Pain Management

*Pre-Op/PACU Registered Nurse and Clinical Practice Manager*

- Collaborated with physicians and nurse practitioners to develop and implement a plan of care for patients using conventional and complementary healing techniques
- Assisted physicians and nurse anesthetist during interventional procedures through preparation of the procedure room, maintenance of sterility of surgical instruments, and knowledge of medications to be utilized
- Educated patients and family on safe and effective methods of pain control including interventional procedures, physical therapy, medication management, and specialist referrals

**PAIN MEDICINE GROUP**

January 2018-October 2018

Interventional Pain Management

*Pre-Op/PACU Registered Nurse and Clinical Supervisor*

- Conducted initial assessment on patients by gathering subjective and objective data including health, family, and medication history, and opioid risk
- Continuously monitored vital signs and respiratory function and reported any deviations in baseline to physicians and anesthesia provider
- Prepared patients preoperatively by obtaining vital signs, explaining procedures, ensuring understanding with signed consents, and completing intravenous therapies
- Enhanced patient safety and adherence to office narcotic policies by utilizing state monitoring program and implementation of random urine, blood and oral fluid collection for analysis

**ORLANDO REGIONAL MEDICAL CENTER**

May 2017-January 2018

Orthopedic Trauma and Elective Surgery

*Registered Nurse*

- Coordinated treatment with health care team to ensure patient safety and continuity of care was achieved
- Assessed neurovascular status and overall health of pre and post-operative patient completing orthopedic and elective surgeries
- Instructed patients on surgical site maintenance, proper pain medication management, and safety concerns with falls and ambulation

**BROOKS REHABILITATION**

May 2014- May 2015

Outpatient Orthopedics, Women's Health and Neurology

*Therapy Aide*

- Monitored patients during therapeutic exercises to ensure safety and proper form
  - Applied cryotherapy and thermotherapy modalities to acute and chronic injuries
  - Designed patient-specific exercises for injured individuals during strength and conditioning programs
- 

## CERTIFICATIONS

*American Heart Association, Basic Life Support for Health Care Providers (CPR and AED)*

*American Heart Association, First Aid*

*American Heart Association, Advanced Cardiovascular Life Support for Health Care Providers*