

# Belita Rashid

## **Registered Nurse**

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To obtain a registered nurse position Long Term Care or Behavioral Health setting, which will create opportunities to expand practical experience and knowledge, while at the same time providing quality healthcare and discharging duties effectively.

Authorized to work in the US for any employer

## Work Experience

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### **Psychiatric Nurse**

Maximum Healthcare / Crestwood Behavioral Center - California

July 2022 to Present

Make nursing diagnosis of the medical and emotional status of patients and recommend treatment options. Consult with psychiatrists and other behavioral health staff in designing appropriate treatment plans for clients. Administer and note reactions to psychotropic drugs and other medications. Provide a safe environment for clients and staff.

### **Health Coach and Trainer**

Islamic Holistic Outreach Program for Everyone - Decatur, GA

July 2017 to Present

Responsibilities include but are not limited to the following:

- Health and Wellness Consultation / Coaching: worked with proactive clients in their health and well-being. Evaluated recent diagnosis from a medical doctor along with labs, scans, and other reports relating to diagnosis and help the client understand his/her findings. Tailored lifestyle plan and change that promoted well-being, so that the individual could create a conducive environment for the body to return to optimum health.
- In-Home Coaching: All of the services offered in the Health and Wellness Consultation service applies here, along with a two-hour home visit.

### **Registered Nurse**

BAYSIDE MARIN - San Rafael, CA

March 2022 to June 2022

Rehab and Recovery Nursing at Bayside Marin Rehab and Recovery center for mental health and covering addicts. Responsibilities include medication administration and monitoring. Admission and Discharging of clients. Carrying out new and changed provider's orders. Assessments and Detox observation of newly admitted clients. Chart auditing, Medication list, Urine drug screens. Computer charting via BestNotes arranging telehealth screening between clients and providers.

### **ER RN**

Brikama District Hospital - Brikama, Gambia

November 2021 to February 2022

- Provide nursing care to level 1 Trauma unit patients, handling multiple medical emergencies, including stroke, cardiac arrest, car accidents, head injuries, poisoning, burns, and sexual assaults.
- Assess patients and provide necessary and prescribed treatments for stabilization.
- Supervised Nurses and EMT techs each shift, directing daily duties, managing schedules, answering questions, and assisting other staff, when needed.
- Provided lifesaving interventions as part of the multidisciplinary team in the Emergency Department.
- Handled intubations, defibrillations, blood transfusions, IVs, splinting, suturing, and other necessary clinical procedures as part of patient care plan.
- Built trust and working rapport with staff, patients, and family members to enable effective communication of instructions and other information pertinent to the patient's well-being and care.
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### **Director, English teacher and Tutor - THE N.E.T. Teveragh Zain**

The N.E.T - Nouakchott, MR

June 2014 to January 2017

Mauritania

Responsibilities include but are not limited to the following:

- Developed a detailed tailored English language course called the Intense preparatory program that prepared non-English speaking students to speak at an upper to advance ESL level within in 10 months. Four hours a day for five days students learn from the "American Heady" series book for students and staff.
- Hosted the first AMERICAN ENGLISH COFFEE HOUSE IN NOUAKCHOTT to improve communication skills through a natural learning environment.
- Taught English to language learners ranging from 3 years old to university-level adults.
- Tutored students from TLC and AISN from grades pre-k, K1, 2nd, 3rd, 4th and 9th throughout the 2014-2015 school year. All students improved in their academic work and afterschool exercises.
- Maintained a consistent English language environment to enhance language retention in a creative, fun and interactive learning scheme.

### **Director and English Instructor**

The New Horizons Language Center-ELOK - Nouakchott, MR

December 2013 to August 2014

Mauritania

Responsibilities include but are not limited to the following:

- ❖ Conducted a one month teacher training program to assist teachers with developing their teaching and classroom management skills in an ESL classroom.
- ❖ Developed detailed tailored English language lesson plans for students and staff.
- ❖ Developed Conversation lesson plans and program to improve communication skills through a natural learning environment.
- ❖ Taught English to adult language learners
- ❖ Maintained a consistent English language environment to enhance language retention in a creative, fun and interactive learning scheme.
- ❖ Worked as a team player to improve student skills and staff work performance.

### **Instructor and Teacher Trainer**

The New Horizons Language Center-ELOK - Nouakchott, MR

December 2013 to August 2014

Mauritania

Responsibilities include but are not limited to the following:

- ❖ Taught and intense ten month English language class for students entering the University of Nouakchott.
- ❖ Developed students speaking, listening, reading and writing skills through interactive and creative lessons that enhanced the students language skills.
- ❖ Used visuals, games, speaking exercises, and listening lessons to assist with skills development.
- ❖ Constructed weekend workshops to improve the teaching skills of local teachers as well as implement new teaching strategies for aiding in students success.

### **Long term Substitute Teacher Grade K+**

American International School of Nouakchott

August 2013 to October 2013

Responsibilities include but are not limited to the following:

- ❖ Substituted for the K1 class for 6 weeks as the primary school teacher. Prepared a weekly lesson plan based upon school curriculum and cared out the lesson in a time fashion.
- ❖ Justed quickly and precisely in the position and became a team player to help carry out daily lesson planning and academic success.
- ❖ Assisted the primary permanent teacher for the school year for two weeks to help transition her into the classroom and help the children adjust to the sudden teacher change within the six weeks.

### **Staff Nurse**

Sutter Eden Medical Center - Castro Valley, CA

September 2005 to October 2009

- Provide nursing care to level 1 Trauma unit patients, handling multiple medical emergencies, including stroke, cardiac arrest, car accidents, head injuries, poisoning, burns, and sexual assaults.
- Assess patients and provide necessary and prescribed treatments for stabilization.
- Supervise 1 LPN and 2 EMT techs each shift, directing daily duties, managing schedules, answering questions, and assisting other staff, when needed.
- Provided lifesaving interventions as part of the multidisciplinary team in the Emergency Department.
- Handled intubations, defibrillations, blood transfusions, IVs, splinting, suturing, and other necessary clinical procedures as part of patient care plan.
- Built trust and working rapport with staff, patients, and family members to enable effective communication of instructions and other information pertinent to the patient's well-being and care.
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### **Rehabilitation Nurse**

Eden Medical Center (Laurel Grove) - Castro Valley, CA

March 2004 to April 2005

- Provided physiological and psychosocial care to patients as per doctor's instructions
- Taught patients how to use wheelchairs prosthetic limbs and similar medical devices
- Alerted physicians of any issues with assigned therapies and made adjustments
- Coordinated with medical staff to develop customized rehab plans for each patient
- Supervised and trained support staff assisting with therapy sessions
- Provided information to family members on how to provide necessary support
- Transferred patients from beds to wheelchairs for therapy sessions
- Prepared daily assessments of patient abilities and noted progress

- Assisted recovering patients with their daily activities
- Implemented physician-directed therapy techniques
- Evaluated the existing capabilities of each patients and established rehab goals.
- Directed patients through various therapies as per physician's orders.
- Carefully tracked patient progress after each session.
- Provided constructive and supportive patient feedback.
- Set realistic goals for each patient.

## Education

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### **Certificate in Certified English Language Teacher for Adults (CELTA)**

The British Institute / Cambridge University - Jakarta, ID  
May 2011 to July 2011

### **Bachelors of Arts in Education**

Almeda University - Distance Learning  
March 2009

### **Diploma of Nursing RN in Registered Nurse License**

Episcopal Hospital School of Nursing - Philadelphia, PA  
March 1998

### **High school diploma in General Studies**

Community College of Philadelphia - Philadelphia, PA  
August 1996

## Skills

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- Classroom Management
- Teaching
- Tutoring
- Nursing
- Writing Skills
- Special Education
- Public Speaking
- Math
- ESL
- Tefl
- Literature
- Speaker
- GED
- Medication Administration
- Communication skills
- Customer service

- Computer literacy
- Documentation review
- Typing
- English
- Phone etiquette

## Languages

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- Arabic - Intermediate

## Certifications and Licenses

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### **CELTA**

June 2011 to Present

Certified English Language Teaching Adults

### **CPR Certification**

### **RN License**

### **Teaching Certification**

### **BLS Certification**

## Assessments

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### **High school classroom management — Proficient**

March 2022

Minimizing classroom disruption and engaging students

Full results: [Proficient](#)

Indeed Assessments provides skills tests that are not indicative of a license or certification, or continued development in any professional field.

## Additional Information

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CELTA CERTIFIED ENGLISH AS A SECOND LANGUAGE INSTRUCTOR  
REGISTERED NURSE EMERGENCY, TRAUMA, CVA, SPINAL CORD INJURY  
LANGUAGE TEACHER