

Anabel Valdez

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Authorized to work in the US for any employer

Work Experience

Registered Nurse (RN)

Lee's Summit Medical Center - Lee's Summit, MO

November 2020 to Present

RN, BSN in Ortho, Neuro and Spine

- Acted as primary RN on orthopedic, neurology, medical-surgical and telemetry unit
- Worked directly with physicians, pharmacists and patient and physicians
- Provided nursing care for up to 6 patients per shift
- Admitted patients
- Collected and interpreted patient data
- Formulated and evaluated health care plans
- Facilitated the plan of care
- Administered medication and treatments through Meditech
- Delivered patient education

Utilization Management Review Nurse

AmeriHealth Caritas - Delaware

October 2021 to March 2022

The Utilization Management Nurses role is to ensure that health care services are administered with quality, cost efficiency, and within compliance.

Job Description:

- Perform utilization review activities, including precertification, and retrospective reviews according to guidelines.
- Determine the medical necessity of requests by performing first level reviews using approved evidence based guidelines/criteria.
- Answer Utilization Management directed telephone calls; managing them in a professional and competent way.
- Refer cases to reviewing physician when the treatment request did not meet necessity per guidelines, or when guidelines were not available.
- Conduct and document rate negotiations with out of network providers, utilizing appropriate reimbursement methodologies.
- Identify and refer potential cases to Disease Management and Case Management appropriately for proper follow up.

Registered Nurse - Skilled and Rehabilitation Unit

United Methodist Healthcare Recruitment - Chicago, IL

March 2019 to October 2020

Render total nursing care to residents in a Sub-acute setting. Includes Nursing Process deliverance as follows: assessment, care planing, nursing intervention, evaluation of outcome of care rendered, drug administration and appropriate referrals to physicians.

Utilization Management Nurse Associate/Process Specialist

Cognizant Technology Solutions

May 2018 to February 2019

4th floor 18/20 Building

Upper Mckinley Hill

Taguig City Philippines

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- Identify and refer potential cases to Disease Management and Case Management appropriately for proper follow up.

Volunteer Nurse

Tondo Hospital - Manila

July 2018 to January 2019

Philippines

Completed 448 duty hours in Medical Surgical Ward

Utilization Management Nurse Associate/Subject Matter Expert

EXL Philippines

March 2017 to May 2018

6th Flr. One E-com, Harbor Drive

MOA Complex, Pasay City

Philippines

Job Description:

The primary responsibility of the utilization review nurse is to review medical records and prepare clinical appeals (when appropriate) on medical necessity, level of care, length of stay, and authorization denials for hospitalized patients. An understanding of the severity of an array illnesses, intensity of service, and care coordination needs are key, as the nurse must integrate clinical knowledge with billing knowledge to review, evaluate, and appeal clinical denials related to the care provided to the hospitalized patient.

The utilization review nurse works with the multidisciplinary team to assess and improve the denial management, documentation, and appeals process of such findings.

The utilization review nurse manages all activities related to the monitoring, interpreting, and appealing of clinical denials received from third-party payers and ensures accuracy in patient billing. The position is integral to the organization, as successful appeals by the nurse result in the overturning of denied claims and recovered revenue for the health care provider. Those in the position also work in collaboration with physician advisers to support policy development, process improvement, and staff education related to clinical denial mitigation.

A bachelor's degree and state licensure in the relevant jurisdiction as a registered nurse is required. Strong candidates generally have three or more years' adult or pediatric clinical experience in a hospital setting, including at least one year as a utilization review nurse. Excellent written and oral communication skills are a must, as is the ability to work and meet deadlines in a fast-paced environment. Strong computer and customer service skills are required as well. Registered Nurse (RN), Utilization Review (UR) Tasks:

- Audit and analyze patient records to ensure quality patient care and appropriateness of services.
- Interview or correspond with physicians to correct errors or omissions and to investigate questionable claims.
- Analyze information gathered by investigation, and report findings and recommendations.
- Modify patient treatment plans as indicated by patients' responses or case history.

SME Tasks:

- Demonstrate proficiency in the subject aligned with the clinical process, contribute to the integrity of the process development and maintenance.
- Provide support to the team of Nurse Reviewers, and act as an Assistant Manager Apprentice if needed.
- Keep an open communication with UM Nurse Consultants onshore to relay any clarification, verification, or validation of information received from the facility UR or Case Management Department.
- Contribute ideas that will improve the workflow and achieve timeliness of submission of cases reviewed by the team.
- Participate in the monthly/emergency meetings regarding issues being raised by the team or UMNC onshore, or even by the clients themselves and provide action plan to address the issues.
- Always keep self updated with the workflow changes and make sure to communicate it to the team as soon as possible.

Inbound/Outbound Nurse Associate - Medical Precertification

EXL Philippines - Pasay

January 2015 to March 2017

A Pre-certification Nurse is responsible for obtaining prior authorizations for all procedural orders by successfully completing the authorization process with all commercial payers.

School Nurse

Al Hussan International School

November 2011 to October 2014

Al Rakah, Al Khobar, Kingdom of Saudi Arabia

Job Description:

School Nursing is specialized practice of professional nursing that advances the well being, academic success, and life-long to normal development; promote health and safety; intervene with actual and potential health problems; provide case management services; and actively collaborate with others to build student and family capacity for adaptation, self-management, self advocacy, and learning.

1. Provides First Aid and medically prescribed basic healthcare services to the students during the school days thereby minimizing student absence due to illness, and creating a climate of health and well being in the school.
 - Conducts medical screening at the beginning of the school year which includes checking of vision and hearing of students, as well as gathering information regarding their health condition.
 - Is available for emergency care especially in fire case and actively involved during fire drills and evacuation plans.
2. Consults with School Administration to establish, review and revise policies and procedures for comprehensive school health program.
3. Provides staff development on health-related topics for school staff and volunteers to help them achieve optimal level of wellness.
 - Prepares and distributes health topic bulletins to students, staff members and parents.
 - Arranges in-service programs for school personnel for First Aid, emergency care procedures and current health issues.
4. Maintains at all times confidentiality about students' health, illness and staff issues.
5. Notifies the appropriate staff and parents of students, through the school administration, about students' illnesses, physical defects and potential health problems. Also provides health counseling directed toward pursuit of appropriate action.
6. Orders medical supplies and equipments for the school.
 - Conducts inventory of supplies and places orders when necessary, ensuring timely arrival of supplies.
 - Maintains health center clean with necessary stock items and supplies, monitors overflow and disposes of medical wastes.
 - Manages and safeguards medication.
 - Observes aseptic Techniques in all clinic procedures (sterilization of OS, CB, Forceps).
7. Maintains health records for students and staff.
 - Creates a file on each student and staff which consists of general health inventory with any current health problems.
 - Submits accident/injury reports to the director or designee.
 - Keeps daily log of all students clinic visits.
 - Documents nature of visits and care provided.
 - Reports to School Administration, students who may abuse the health services through unnecessary visits to the clinic.
 - Takes all necessary precautions and early detection and treatment to ensure a "No Lice" school zone.
8. Periodically submits reports reviewing the current status of health delivery system for the school. Also submits recommendations that are felt to be necessary to better serve the students' health needs.
9. Assists in identification of safety and health hazards on school vicinity.
10. Performs other duties as assigned by the School Administration.

Staff Nurse

Intensive Care Unit

September 2000 to October 2002

New Jeddah Clinic Hospital

P.O. Box 7692 Jeddah 21472

Kingdom of Saudi Arabia

Job Description:

1. Provides good quality nursing care based on policies and procedures of the hospital and the unit.

- 1.1. Renders routine care to patients, ambulatory and bedridden, daily bath/bed bath, eye and mouth care, special care of patients with endo/nasotracheal tube.
- 1.2. Maintains bedside tidiness, care of bedside equipments, and other life support and monitoring devices provided to patient.
- 1.3. Observes patient safety at all times, proper positioning of the patient, proper operation of bedside equipments, placing the bedside rails up while the patient is asleep or unconscious.
- 1. Makes an eligible and neat documentation of care.
- 1.4. Utilizes nursing process.
 - 1.4.1. Assesses patient as a whole and identifies patient's problems, needs, and capabilities.
 - 1.4.2. Formulates nursing care plan, setting priorities based on presented problems.
 - 1.4.3. Implements the plan of care to patient.
 - 1.4.4. Evaluates the outcome of care rendered.
- 1. Assists the physician as required, and carries out their order.
- 1. Assists in diagnostic procedures performed within the unit such as lumbar puncture and bone aspiration.
- 1. Assists in providing emergency procedures like CPR and other procedures such as oral/nasal intubation, CVP insertion and wound dressings.
- 1. Provides proper nutrition to critically ill patients; monitors their nutritional status; observes enteral and/or parenteral feeding as ordered by the physician.
- 1. Performs post-operative care and recognizes complications.
- 1.5. Utilizes pain management and control; identifies the location and severity of pain; and administers pain relievers as per doctor's order.
- 1. Administers medications according to the Five Rights of Drug Administration (close monitoring for patients receiving thrombolytic therapy, Dopamine and Dobutrex infusions, Glyceryl Trinitrate infusion; calculates proper dosage of any drug before giving to the patient.
- 1. Administers blood and blood products as ordered by the physician.
- 1. Inserts I.V. line, urinary catheter, NGT; extracts peripheral or arterial blood percutaneously, removes arterial and CVP line.
- 1. Constantly and consistently monitors patient's condition. Monitors and records vital signs (Body Temp., HR and rhythm, RR, BP) and other parameter like CVP measurement, oxygen saturation, neurological observations for patients admitted with cases of head injury, comatose, and CVA; monitors ECG tracings and prints abnormal tracings seen on the monitor.
- 1. Provides oxygen therapy, sets up ventilators, suction patient's secretions intermittently thru oral, nasal, ETT or tracheostomy.
- 1. Attends/participates in "CODE BLUE" (Basic/Advance Cardiac Life Support).
- 1. When acting as Charge or In-charge, assign tasks to other members of the unit; emphasize 1:2 ratio nursing care or 1:1 ratio as need arises.
- 1. Performs other duties and responsibilities as designated.
- 1. Provides good quality nursing care based on policies and procedures of the hospital and the unit
- 16.1 Renders routine care to patients, ambulatory and bedridden, daily bath/bed bath, eye and mouth care, special care of patients with endo/nasotracheal tube.
- 16.2 Maintains bedside tidiness, care of bedside equipments and other life support and monitoring devices provided to patient.
- 16.3 Observes patient safety at all times, proper positioning of the patient, proper operation of bedside equipments, placing the bedside rails up while the patient is asleep or unconscious.
- 17. Makes an eligible and neat documentation of care.
- 17.1 Utilizes nursing process.
 - 17.1.1 Assesses patient as a whole and identifies patient's problems, needs and capabilities.

- 17.1.2 Formulates nursing care plan, setting priorities based on presented problems.
- 17.1.3 Implements the plan of care to patient.
- 17.1.4 Evaluates the outcome of care rendered.
- 18. Assists the physician as required and carries out their order.
- 18. Assists in diagnostic procedures performed within the unit such as lumbar puncture and bone aspiration.
- 18. Assists in providing emergency procedures like CPR and other procedures such as oral/nasal intubation, CVP insertion and wound dressings.
- 18. Provide proper nutrition to critically ill patients; monitors their nutritional status; observes enteral and or parenteral feeding as ordered by the physician.
- 18. Performs post-operative care and recognizes complications.
- 22.1 Utilizes pain management and control; identifies the location and severity of pain; and administers pain Reliever as per doctor's order.
- 23. Administers medications according to the five rights of drug administration (close monitoring for patients receiving thrombotic Therapy, Dopamine and Dobutrex infusions; calculates proper dosage of any drug before giving to the patient.
- 23. Administers blood and blood products as ordered by t he physician.
- 23. Inserts I.V. line, urinary catheter, NGT; extracts peripheral or arterial blood percutaneously, removes arterial and CVP line.
- 23. Constantly and consistently monitors patient's condition, monitors and records vital signs (body temp. HR and rhythm, ,RR, BP) and other parameter like CVP measurement, oxygen saturation, neurological observation for patients admitted with cases of head injury, comatose and CVA; monitors ECG tracings and prints abnormal tracings seen on the monitor
- 23. Provides oxygen therapy, sets up ventilators. Suctions patient's secretions intermittently thru oral, nasal, ETT or tracheostomy.
- 23. Attends/Participates in "CODE BLUE" (Basic/Advance Cardiac Life Support).
- 23. When acting as Charge or In-Charge, assign tasks to other members of the unit; emphasize 1:2 ratio nursing care or 1:1 ratio as need arises.
- 23. Performs other duties and responsibilities as designated.

Staff Nurse

Al-Iqbal Polyclinic - Jeddah, SA

February 1999 to June 2000

Kingdom of Saudi Arabia

Job Description:

1. Assesses the actual and potential health and nursing needs of the client.
2. Organizes plan of care based on immediate recovery of the client.
3. Implement plan of care based on standard policies and procedures.
4. Makes modification in the plan of care based on the problems and needs presented by the client.
5. Integrates results of both invasive and non-invasive procedures in the immediate plan of care.
6. Collaborates with the other health care team members in the interpretation of recorded information about client's health status and the kind of care required for the client's recovery.
7. Acts as a liaison between client, his family, and the health team.
8. Provides health teaching to the patient and his family to help them recover immediately after discharge.

Education

Bachelor's in Nursing

Central Luzon Doctors' Hospital Educational Institution - Tarlac City

June 1993 to March 1997

High school diploma in High School

Camiling Catholic School - Tarlac City

June 1989 to March 1993

Nursing Licenses

RN

Expires: April 2023

State: MO

Skills

- Aseptic Technique
- Critical Care Experience
- Hospital Experience
- ICU Experience
- Utilization Management
- Utilization Review
- Pain Management
- Skilled and Rehabilitation
- Vital Signs
- Medication Administration
- Nursing
- Laboratory Experience

Certifications and Licenses

BLS Certification

Present

Advanced Cardiovascular Life Support (ACLS)

Present

NIH Stroke Scale

Present