

Sandra Oguah
sandra_oguah@yahoo.com
231-299-9624

OBJECTIVE

I am a compassionate, dedicated, and hardworking registered nurse seeking a challenging role where my professional skills, knowledge, and expertise will be fully utilized and enhanced.

BACKGROUND SUMMARY

I am currently working as a psychiatric registered nurse: responsible for the direct care of mental health patients, I report/update patient behavior status, maintain and document patient care; also responsible for assessment, care plan development, crisis intervention, and management and care of psychiatric patients; attending treatment team meetings to implement, evaluate and update the progress of the patients. Administer and chart medications, supervised staff.

LICENSES AND CERTIFICATION

- Registered Nurse License number 975077 August 2019
- BLS/CPR, Handle with Care Training Certification Oct 2021
- Crisis prevention/handle with care

SKILLS

- Suicide risk assessment
- Exceptional problem solver
- Psychiatry population familiarity

TECHNICAL SKILLS

- Microsoft: word, excel, and PowerPoint
- Epic software
- Meditech software

EDUCATION

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| Bachelor of Science in Nursing Grand Canyon University BSN | 2021 |
| Master in Public Administration University of Central Oklahoma MPA | 2014 |

PROFESSIONAL EXPERIENCE

Registered Nurse II -Psychiatric Emergency Unit

Jan 2022 to current

HCA Healthcare Houston

- Functioning as a team leader or team member while performing various aspects of direct patient care from admission to discharge.
- Debriefing incoming staff on any development or issues that might affect patient care or staff
- Triageing/ managing acutely psychotic patients in the Psychiatric Emergency Room.
- Administering emergency psychiatric drugs to patients during the acute phase of their mental illness
- Assessing and coordinating patient discharge planning needs with HCAT (social worker), staff, and family members.

Registered Nurse II -Psychiatric Emergency Services (Relief Staff)

Oct 2021- current

The Harris Center for Mental Health and IDD (NPC)

- Utilization of the nursing process as a staff nurse and medication nurse to care for adult patients experiencing acute mental distress
- Reviewing clinical cases for appropriate placement for psychiatric sub-acute and CSU level of care
- Performance of ongoing crisis and medical assessments for walk-in crisis clients, upon admission, throughout inpatient stay, and upon discharge
- Practicing safe medication administration and monitoring to support symptom management and stabilization
- Strategic delegation of duties to staff in maintaining therapeutic milieu, ensuring patient safety, and optimizing team morale
- Collaboration with psychiatrists, nurse practitioners, physicians, therapists, case workers, milieu counselors, and fellow nurses to maintain a safe environment while optimizing the delivery of care

Registered Nurse I

August 2020 to Feb 2022

Kingwood Pines Hospital

- Assess patients in active withdrawal and provide interventions to manage physical and psychological withdrawal symptoms.
- Organize update and maintain patient charts and confidential files.
- Accurately document all elements of nursing assessment, treatment, discharge instructions, and follow-up care.
- Evaluate patient care needs prioritize treatment and maintain patient flow.
- Provided necessary health education training for patients.

Holly Hall Retirement Community

October 2019-July 2020

Registered Nurse – Rehab/Post-Acute Care, Long-term, Skilled nursing

- Scheduled and implement patient admissions and discharges.
- Assess patient status and notify physicians of clinical changes.
- Educate patients/families on health care needs, disease conditions, and therapeutic regimens.

- Assist in the orientation of new staff members.
- Monitor and maintain patient charts and confidential files.
- Management of IV lines and drainage catheters
- Perform CPR and assist in Resuscitation procedures