

Jennifer Cardenas

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Objective

To secure a position as a Nurse that will enable me to use my strong nursing skills, educational background, and ability to work well with people.

Licensures & Certifications

- **Registered Nurse: Virginia State Board of Nursing. Exp. 10/2023**
License number: **0001290941**
- Basic Life Support (BLS) by the American Heart Association.

Experience

Registered Nurse **09/2021 to 06/04/2022**
Comfort Care Home Health & Hospice with Chesapeake Regional Medical Center
Chesapeake, Virginia

- Establish and utilize the plan of care to implement and direct patient care; complete progress notes reflecting utilization of the care plans.
- Recognize the patient and family as the unit of care.
- Inform the patient's insurance case manager via the Managed Care Liaison about the ordered visit frequency plan(s) for patient care and patient's status.
- Reviewed and/or updated with each onsite visit and initiated Home Health Aide (HHA) care plans; the original is kept on the chart and staff are responsible for weekly updates.
- Perform HHA onsite supervisory visits every 14 days according to Medicare guidelines, and conduct an onsite with the HHA during the first week after start of care.
- Perform all aspects of skilled nursing (SN) (Ex: administer IV antibiotics, lab draws, wound care, wound vacs, etc.) in the home environment.
- Plan and prepare for the visit.
- Perform skilled interventions including teaching, pain management, and symptom control
- Report changes in patient condition or other pertinent data to physician as needed
- Document assessment of patient's status and response to skilled intervention and teaching on SN progress note.
- Document ongoing discharge planning from the start of care and prepare discharge summary according to agency policy.
- Ensure that documentation shows subsequent planned visits with patients.
- Report unexpected changes in patient condition or other pertinent data to the physician according to agency policy.
- Utilize supply requisition process in an appropriate and cost effective manner.
- Inform the Managed Care Liaison of patient updates regarding care, status, and frequency of visits for all disciplines.

- Teach and counsel the patient/family/primary caregiver about care needs, disease process, and health maintenance measures.
- Ensure that the patient's medical record reflects that the patient and caregiver are included in the planning and rendering of care as evidenced by patient/family response to plan of care/intervention/instructions.
- Demonstrate courtesy, compassion, tact, patience, and respect for patients, families, and co-workers.
- Recognize and assume patient/family advocacy roles.
- Document all patient care in reimbursable and professional terminology as evidenced by audit review.

Registered Nurse **06/2020 to 09/18/2021**
Chesapeake Regional Medical Center - 2E Med Surg/Ortho/Neuro/GI
Chesapeake, Virginia

- Developing patient care plans, including assessments, evaluations, and nursing diagnoses.
- Administer medications and treatment as prescribed by a physician.
- Managing the care of post-operative patients through discharge.
- Chronic patient care on a Med-Surg unit, adeptly handling all aspects of treatment from medication to wound care to monitoring care for up to 6 patients per shift.
- Followed infection control procedures.
- Position patients in proper alignment post ortho/neurosurgeries, using an understanding of body mechanics.
- Assist patients with bathing, dressing, feeding, lifting, and transferring.
- Enhance patient status to return to baseline or better, using a multi-modal approach and communicating with various therapies and resources (PT, OT, RT, social worker, case management).
- Manage pain effectively, implementing position changes, cold therapy, activity, timely administration of analgesics with consideration of prior function (chronic pain, assistive devices, emotional requirements).
- Monitor patients for post-op complications.
- Perform post-op and wound care dressing changes per physician or wound care orders.
- Working knowledge of EPIC.

Registered Nurse **12/2019 to 05/2020**
Davita Leigh Dialysis
Norfolk, Virginia

- Setup hemodialysis machine.
- Start and terminate the patient's dialysis treatments.
- Monitor patients before, during, and after dialysis treatment.
- Measuring and recording stats and patient observations.
- Administer medications pre, intra, and post-treatment.
- Perform pre and post-nursing assessments.
- Create personalized care plans for patients.

Manufacturing Specialist **06/2007 to 10/2009**

Samsung Semiconductor

Austin, Texas

- Monitored manufacturing process and made improvements to increase profit.
- Troubleshoot problems with equipment, devices, or products.
- Adhered to all applicable regulations, policies, and procedures for health, safety, and environmental compliance.

Lead Production Operator

10/1999 to 06/2007

Cypress Semiconductor

Round Rock, Texas

- Provided onsite training.
- Utilized a manufacturing system to analyze and optimize processes, resolve deficiencies, and control costs.
- Actively suggested operational improvements to enhance quality, improve production times, and reduce cost.
- Monitor and adjust production processes or equipment for quality and productivity.

Education

Bachelor of Science: Nursing

May 2019

Sentara College of Health Science

Chesapeake, Virginia

Attended 2017-2019

Tidewater Community College

Virginia Beach, Virginia

Attended 2016

Olympic Community College

Bremerton, Washington

Attended Spring 2012-2014

Austin Community College

Austin & Round Rock, Texas

Attended 2010-2011

High School Diploma

1997

Pleasanton High School

Pleasanton, Texas