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# ALISHA A. TOTTY, RN, BSN

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2012 E. Belle Ave. Belleville, IL 62221 ♦ 618-250-6140 ♦ totty.alisha@gmail.com

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## PROFESSIONAL SUMMARY

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Dedicated to patient-centered nursing care on multiple high acuity medical/surgical units. Expertise in providing therapeutic care for patients with mental, behavioral and poly-substance disorders. Team-oriented with success in leading nursing teams and coordinating care for child to geriatric patient populations.

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## SKILLS

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- Patient and family advocacy
  - Strong clinical judgment
  - Infection control and aseptic procedures
  - Chronic disease management
  - Process improvement
  - At-risk patient care
  - Crisis response (CPI certified)
  - ACLS
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## WORK HISTORY

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### Registered Nurse, 01/2020 to Current

#### HSHS – O' Fallon, IL

- Provide bedside care for a wide variety of medical patients, including pre- and postsurgery patients.
- Prepare, administer (oral, subcutaneous, IV, IM) and record prescribed treatment. Report adverse reactions and patient concerns to attending physicians .
- Initiate corrective action if the patient displays adverse symptomatology.
- Respond to critical situations based upon nursing standards and protocol.
- significant others how to manage their illness/injury, by explaining: post-treatment home care needs.
- Prepare equipment and aids physicians during examination and treatment of patients.
- Dressing change, catheter and IV insertion.
- Participates in discharge planning by providing community resources.

### Registered Nurse, 06/2016 to Current

#### SSM Health – St. Louis, MO

- Partner with physicians, social workers, activity therapists, nutritionists and case managers to implement individualized care plans, documented all patient interactions and interventions in Epic EHR.
- Inform patients and families of effective treatment options and at-home care strategies, enhancing long-term outcomes.
- Educate patients, families and caregivers on diagnosis, prognosis, treatment options, disease process and
- Cross train on all behavioral health units including crisis stabilization, emergency department, alcohol/opiate withdrawal.
- Collect blood, tissue and other laboratory specimens.
- Manage patient evaluations, care plan development, treatment and medication administration for comprehensive patient services.
- Advocated for patients by communicating care preferences to practitioners, ensuring interventions met treatment goals and identifying insurance coverage.

### Registered Nurse Senior/Charge Nurse, 08/2014 to 1/2020

#### St. Louis Psychiatric Rehabilitation Center – St. Louis, MO

- Trained new nurses in proper techniques, care standards, operational procedures and safety protocols to optimize performance and safety.
  - Managed staffing issues and create assignments for nurses, technicians, and CNAs.
  - Interdisciplinary coordination of care with social workers, forensic case managers, psychiatrists, collaborating practitioners, and outside agencies to promote continuity of care.
  - Nursing care to adults recovering from a severe, persistent mental illness for which they are criminally committed.
  - Patient and family education regarding ordered tests, diet alterations, and new diagnoses.
  - Updated patient charts using MetaCare EHR, adding new and existing medications, to keep records current and support accurate treatments.
  - Provided rapid response to psychiatric and medical emergencies throughout the facility.
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## EDUCATION

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### Bachelor of Science: 2015

#### Goldfarb School of Nursing At Barnes-Jewish College - St Louis, MO

- Coursework in research, epidemiology, genetics, and community health nursing to encourage a holistic, patient-centered care approach.
- Graduated magna cum laude

### Associate of Science: Nursing, 2014

#### Lutheran School of Nursing - St. Louis

- Completed over 1,000 clinical hours in multiple acute care settings.
- 3.7 GPA