

Gloria A. Almero RN, BS Chemistry
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Registered Nurse with 6+ years of experience, 6+ years as LPN, experienced in Mental Health, Skilled Nursing, Ambulatory Surgery-PACU/Post Op, Medical Surgical, Hospital Inpatient and Outpatient setting.

SKILLS

- Experience with medical record & medication systems
- Ability to react decisively & quickly in emergency situations
- Ability to maintain confidentiality
- Work efforts reflect a passion for exceeding customer expectations
- Display responsibility by taking ownership of patient quality care
- Demonstrate interpersonal excellence
- Ability to draw blood sample for blood testing
- Ability to start peripheral IV line.
- Performs specialized functions, including responding to audible and visual cardiac alarms and wound packing
- Performs focused interview to identify specific patient needs.
- Assess signs and symptoms indicating physiologic and psychosocial changes in the patient's condition
- Collects, analyzes, and interprets data and information from health care members
- Identifies and prioritizes actions based upon patient care requirements
- Monitors consistency between patient plan of care and actions of medical staff
- Performs interventions per identified priorities, plan of care, and the hospital policies and patient care outcome standard.

EDUCATION

- **Basic Concepts & Technology in IV therapy Program**
IV Nurse Consultants Puyallup WA, October 9, 2018
- **Clover Park Technical College**, Lakewood WA
Associate Degree in Nursing (RN Program) – Graduate with Honor, Aug 2015
- **BOCES**, Watertown NY
License Practical Nursing Diploma – Honors and NTHS, Jan 2011
- **B.S. in Chemistry, CEU**, Manila Philippines
Bachelor of Science Degree in Chemistry, March 1982

WORK EXPERIENCES:

Skilled Nursing Services- (Self-employed)

DSHS/DDA Client Services Independent Contractor #2105799

DBA: GAA Delegation & Nursing Services-Puyallup, WA Aug 2019- Present

- Provides consistent standard of nursing care to nursing assistants or home care aides.
- Performs independent professional decisions on the delegation of a nursing task.
- Delegate specific nursing care tasks to nursing assistants or home care aides meeting certain requirements and providing care to individuals in a community-based care setting defined by RCW 18.79.260 and to individuals in an in-home care setting defined by RCW 18.79.260.
- Determines specific criteria are met, and the patient is in a stable and predictable condition.
- Ensures delegated tasks are complaints to the Washington state nursing care quality assurance commission.
- Educate home care aide and nursing assistant on how to perform basic nursing tasks.
- Complete documentation per DSHS policy.

**Metropolitan Development Council, Psychiatric Treatment & Evaluation -Tacoma WA
Registered Nurse (32 hours per week) Jan 2019 – May 2020**

- Provides nursing care following established nursing service objectives and standards
- Ensures all safety and infection control practices are followed
- Distributes and documents medications (including narcotics) according to established standards and regulations.
- Updates Medication Administration Records (eMar) in a timely and accurate manner for all clients as orders change.
- Responds to emergency situations to help support the clinical and nursing E&T staff in delivery of services to the E&T guests
- Documenting all provided services in the E&T guests medical record, ensuring required documentation is complete and follows regulations, standards, and established deadlines in accordance with WAC laws
- Instructing E&T guests in required health hygiene techniques and providing support when necessary
- Communicates with patients and families regarding treatment and care
- Assure confidentiality is always maintained.
- Complete administrative documentation in a timely and accurate manner, such as time sheets, time off requests, etc.
- Provide all required annual documentation to Human Resources and complete all required training in a timely manner

**Integrated Healthcare Staffing Tukwila WA (Agency Nursing) Dec 2017-Jan 2019
Recovery RN/PACU**

NW ENT Face and Body, Kirkland WA (13wk)

Proliance Ambulatory Surgery, Renton WA (13wk)

Cascade ENT (1 year)

- Assesses patient's condition and monitored post-surgical recovery.
- Implement post-surgical treatment plan and provided detailed report to med/surg nurse for patient transfer/admission.
- Review and implement physician orders.
- Establish safe and encouraging environment.
- Identify/Initiate emergent situations and procedure.
- Initiate immediate care during post-operative recovery period.
- Communicate changes in patient status to Physician, CRNA, and RN.
- Educate client and responsible guardian of post-operative instruction, including infection, post-operatic complications, preventative measures, and medication administration.
- Assess and documented clients' medical histories, including allergies and other assessment parameters.
- Start IV's
- Discharge Teaching.

**Dept. of Health & Social Services/Western State Hospital (PT/On Call)
Registered Nurse Oct 2015 – Dec 2017**

- Provides direct quality care to patients including daily monitoring, recording, and evaluating psychiatric medical conditions of up to 31 patients per day.
- Lead and train newly staff registered nurses on unit routine, hospital protocol, and direct patient care, and duties within the unit.
- Respond to numerous volatile situations and violent outbreaks, earning the respect of physicians and coworkers for calm, levelheaded and quick thinking to restore the safety and security of patients and staff.
- Develop and implemented treatment plans for patients with broad range of mental health issues.

- Ensure that doctors' orders were effectively carried out, including testing, medical procedures, consultations and stat orders for restraint.
- Document observations of patient's behavior and status.
- Provided therapeutic interactions with patient to assist them in identifying sources of anxiety.
- Administer medications and treatments ordered by a physician.
- Identify behavioral problems to make suitable recommendations.
- Act in accordance with facility policy and appropriate nursing standard of care.
- Maintained the therapeutic milieu using acceptable standards.

**DSHS/Western State Hospital, Tacoma, WA
LPN II (Part Time)**

May 2013 - Nov 2015

- Assesses offender health status.
- Venipuncture.
- Med pass/Pill line.
- Collect and monitor information about offender health status.
- Ensure that necessary care is provided and that offenders are housed safely.
- Evaluate offender health complaints.
- Arrange for additional health care expertise when necessary
- Provide treatment in response to emergencies and as ordered.
- Communicate with patient's health care providers.
- Inform and teach offenders about their medication.
- Communicate with others so that each offender's health care continues.
- Delegate tasks and supervise other members of the nursing team.
- Organize, track, monitor and reschedule health care activities within an area.

**Lakewood Healthcare Center, Lakewood WA
LPN**

Jun 2010 – Apr 2013

- Administer patient's medication & treatment
- Utilize the nursing process with patients who have psychiatric and physical illnesses.
- Responsible for observing and documenting patient's behavior
- Document treatment interventions
- Intervene to maintain and/or restore optimal mental and physical health and dignity promote safety and a comfortable therapeutic milieu and communicate respectfully and professionally.
- Participate with patients during the patient's daily routine of program activities, recreation and activities of daily living.
- Acts as a patient advocate in health maintenance and clinical care
- Develop a therapeutic relationship with patients.
- Proficient in the use of the following equipment: weight scales, lifting devices, thermometers, glucometer, blood pressure cuff, stethoscope, Pyxis machine and Medi-Mar computer medication administration system
- Skin assessment and perform wound care when necessary
- Delegation of non-clinical duties to nursing staff
- Administering PPD skin tests and annual flu shots