

THOMAS J. McCULLOUGH BSN, RN

Tom.McCullough16@gmail.com

2011 Golden Bay Lane • League City, TX 77573 • (832) 385-7195

EDUCATION

The University of Houston **Bachelor of Science in Nursing** December 18, 2020
College of Nursing Overall GPA: **3.6**

The University of Texas at Austin **Bachelor of Science in Kinesiology and Health** August 15, 2016
Concentration: *Exercise Science*
Overall GPA: **3.3**

WORK EXPERIENCE

Baylor University Medical Center – CVICU Nurse; Dallas, TX February 2021-October 2022

- Provided quality care in 35-bed Cardiothoracic-Transplant ICU shared with ECMO department
- Successfully and safely managed patients on various devices, including ECMO, VAD, IABP, and Impella
- Admitted fresh post-operative cases with additional role as a PACU nurse
- Facilitated learning and competence to student nurses and new hires as a preceptor
- Level 1 Trauma and Magnet recognized facility

Life Time Fitness – Personal Trainer; Friendswood, TX June 2019-December 2019

- Tracked body composition of clients weekly to create tailored exercise/diet plans
- Inspired to members to make lifestyle modifications towards a healthier way of life

Gateway Chiropractic South Shore – Exercise Physiologist; League City, TX May 2018-December 2019

- Worked alongside head chiropractor in relieving pain, and correcting movement patterns
- Developed exercise programs and instructed post-treatment exercises, to ensure quick patient recovery

ESPN Houston 97.5 FM – Media Assistant; Houston, TX July 2016-July 2017

- Interviewed promising Houston Texans players after observing weekly practices
- Contributed live sports insights and interview clips on the radio show, *Reality Check*

VOLUNTEER EXPERIENCE

Soaring with Eagles – Strength & Conditioning Instructor; La Marque, TX January 2017-May 2019

- Led group workouts for program members and high school athletes
- Provided free meal services and fun after-school activities to keep kids out of trouble

Earl Campbell's Flavors of Austin Philanthropy Event – Volunteer; Austin, TX January 2015-May 2016

- Assisted Earl Campbell's family in event planning and execution to benefit Multiple Sclerosis

High School 7-On-7 Football – Coach; League City/La Marque, TX Summer 2012, 2013, 2018

- Coached varsity players at their 7-On-7 practices, games, and tournaments
- Instructed Clear Creek HS (2012 & 2013) and La Marque HS (2018)

ADDITIONAL INFORMATION

Compact License: Registered Nurse with Texas Board of Nursing #1024794 - valid through 7/31/2023

Certifications: American Heart Association BLS and ACLS provider - valid through 6/30/2024 (PALS included)

Immunizations: Currently up to date on all immunizations, including fully COVID vaccinated (Moderna)

Computer Skills: EPIC charting, Microsoft Word and PowerPoint

Interests: Flag football, skiing, cooking, and dog breeding