

# Stormy Foster

## **RN, BSN**

Grover, CO 80729

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Objective: Dedicated Registered Nurse-BSN with 9 years in the field with 3 years RN-BSN experience. Seeking a full time remote or travel position to make use of my comprehensive health care training, and self-directed prioritization.

I live 50 miles from any town and commute can be somewhat difficult with my chronic illness. I have POTS syndrome; many are disabled and I haven't yet given up.

I have a background in family medicine, corrections, pediatrics, as well as urgent care, hospice, occupational & emergent care management, in-patient psychiatric nursing/ detox & geriatrics.

Profile:

- Excellent time management skills & self motivation!
- Strong analytical skills to assess condition and provide efficient intervention quickly.
- Known for readily developing rapport with patients, families, staff and health care professionals over the phone and in person.
- Demonstrated ability to meet a wide variety of diverse needs in patient populations.
- Passion for providing comfort & working in a timely manner to achieve relief for my patients!

Authorized to work in the US for any employer

## Work Experience

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### **Registered Nurse (RN)**

Turn Key Health Clinics - Greeley, CO

February 2021 to Present

- Intake screenings.
- Health Assessments.
- Covid-19 Screenings.
- Large med pass 150 + inmates or so.
- Nursing Protocols.
- Lab testing such as flu swabs, Covid-19, cultures, UA's, GCC, etc.
- IV infusion management.
- Splinting and casting limbs.
- Wound Care
- Emergency Management & transfers
- Management of acutely ill psychiatric patients
- De-escalation of violent patients
- ETOH/Benzo/Opiate Detox Management

## **CEO**

Foster Cattle Company - Grover, CO

January 2019 to Present

- Interviewing & recruiting new hires
- Management of The Canyon
- Recruiting new team members in the farm & ranching industry.
- Tracking Cattle & vaccines.
- Doctoring Cattle, helping with delivery of calves
- Discussing treatment options with vet and delivering appropriate care to animals.

## **Temp Occupational Medicine Registered Nurse (RN)**

JBS - Greeley, CO

October 2020 to December 2020

- Assessment, care and counsel for employees with illness or injuries including assessment, first aid, follow-up care, rehabilitation service, and case management. Also provided first aid, minor treatment, counseling, referral and medical liaison for non-occupational health concerns.
- Scheduled health assessments and evaluation of employees for return-to-work, fitness for duty, and medical surveillance in accordance with health management and safety protocols and the authorized physician's written directives.
- Developed and maintained efficient occupational health care process appropriate to the needs of the facility with respect to the size and nature of work activities

## **Temp Occupational Medicine RN**

Health Reach - Cheyenne, WY

2019 to 2019

- Obtain, verify, and update patient information and health history.
- Collect and chart patient information into the EMR system as reported by the patient, to include a review of the current medication list, allergies, past surgical history, and family history.
- Obtain patient vital signs, administer basic wound and first aid, therapeutic modalities, i.e. nebulizer treatment, etc., phlebotomy and point of care testing (including CLIA-waived testing)
- Administer subcutaneous injection, intramuscular injection, and intradermal injection, and medication administration (with the exception of narcotics)
- Electrocardiography includes placement of electrodes and obtaining EKG
- Minor surgery assists, includes surgical tray set-up pre/post-surgical care, and suture removal
- Specimen handling; i.e. urine, throat, vaginal, stool, and sputum
- Assist in eye irrigation as directed by treating provider
- Vision testing - acuity, and color
- Conduct occupational physicals, including DOT examinations
- Job specific testing including lifting test, aerobic capacity tests, grip strength and muscle range of motion

## **Temp RN**

Grace Pointe - Greeley, CO

2019 to 2019

- Use of EMAR
- Wound management.
- Chronic Care Management.
- Collaboration with hospice & home health to meet dying patient needs.

- Communicating with Family members over patient cares and requests.
- Delegation of duties.
- IV therapy; wounds; drains; treatments.
- Astute assessment of residents post fall or change in condition.

### **Dental Assistant**

Kevin Keys Family Dentistry - Childress, TX  
2017 to 2018

Summary of duties:

- Prepares treatment room for patient by following prescribed procedures and protocols.
- Provides instrumentation by sterilizing and delivering instruments to treatment area; positioning instruments for dentist's access; suctioning; passing instruments.
- Helps dentist manage dental and medical emergencies by maintaining CPR certification, emergency drug and oxygen supply, and emergency telephone directory.
- Educates patients by giving oral hygiene, plaque control, and postoperative instructions.
- Documents dental care services.
- Maintains patient confidence and protects operations by keeping information confidential.
- Protects patients and employees by adhering to infection-control policies and protocols.

### **LVN Pediatric Nurse**

Epic Health Services- Pediatric Health Services - Amarillo, TX  
2016 to 2017

Summary of Duties:

- Medication administration via gastrostomy button.
- Changing gastrostomy button.
- Hep lock flush subclavian port.
- Blood draw from subclavian port.
- Gastrostomy pump and gravity feed.
- Collaboration with physician and RN supervisor for changes in patient status.
- Going with family to all family functions to monitor the patient and assist with total patient care throughout the day.
- Application of orthopedic devices.

### **LPN Correctional Nurse**

CRMC- TDCJ Corrections - Childress, TX  
2014 to 2015

Summary of Duties:

- Nurse Sick Call (nurse protocols).
- Provider Sick Call (similar to clinic).
- Triage.
- Scheduling.
- Colostomy bag changes.
- Stock medication orders.
- Management of the chronic care patient.
- Large med pass.
- Wound care.
- Emergency care.
- Referrals to appropriate department.

- Protocols for sending out inmates during emergent situation.
- Post emergent assessment and documentation.
- TB Testing.
- DOT meds.
- Intake screening and disposition-assessment of medical history including mental/dental health.
- Lab draws.
- Assisted the disease control nurse with antibiotic therapy for things such as syphilis, flu shots, TB, HIV management, Hepatitis, MRSA, also assisted w/ flu shots and TB tests for staff.

### **Charge LVN Days Part Time**

Childress Healthcare Center

2014 to 2015

- Daily Skin Assessments & management of emerging conditions.
- Monthly Assessments for specific residents.
- Care of the patient with Dementia and Alzheimer's.
- Diabetic and chronic care management.
- Keeping track of narcotic counts.
- IV therapies as needed.
- Wound care for diabetic and decubitus ulcers.
- Application of orthopedic devices.

### **LPN Charge Nurse**

Paducah Nursing Center - Paducah, TX

2013 to 2014

- Collaboration with DON & physicians to maintain a current plan of care.
- Reporting changes of patient status to make a collaborative care plan for patients
- Admission & Discharges of patients
- Delegation of duties to CNAs.
- Treatments & Wound Care.
- IV Therapy, cath care, wounds & drains.
- Care of the dementia patient.

## Education

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### **Bachelor's in Nursing**

Grand Canyon University - Phoenix, AZ

January 2020 to Present

### **ASSOCIATES DEGREE IN NURSING in NURSING**

Morgan Community College - Fort Morgan, CO

2019

### **CERTIFICATE in Vocational Nursing**

Clarendon College - Childress, TX

2013

## Nursing Licenses

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### **PN**

State: CO

### **RN**

Expires: September 2023

State: CO

## Skills

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- Solid communication skills
- Team player
- Vitals- ability to interpret urgency
- FOLEY CATHETERS
- Temperature Control DURING SURGERY/ NB/ HYPOTHERMIC/HYPERTHERMIC/ PACU
- All routes of MEDICATION ADMINISTRATION
- DRAINS AND TUBES
- OXYGENATION
- FLUID RESUSCITATION
- PAIN MANAGEMENT
- CAN SUCCESSFULLY START AN IV, MAINTENANCE CARE
- BLOOD PRODUCT ADMINISTRATION
- ASSIST PHYSICIANS/CRNA WITH PROCEDURES
- ADVANCED FOCUSED PHYSICAL ASSESSMENTS, FAMILIAR WITH BASIC/CRITICAL EKG ABNORMALITIES
- EKGs
- TAKING A TOTAL PMHX/INTERVIEW TECHNIQUES
- PSYCHIATRIC NURSING TECHNIQUES- DESCALATION, THERAPEUTIC COMMUNICATIONS
- CARE FOR CENTRAL LINES/ PERIPHERAL LINES/ PICC LINES
- PREPPING SURGICAL SITES
- PATIENT POSITIONING FOR PROCEDURES
- COMPUTER/PAPER CHARTING
- RESPIRATORY SUPPORT
- BASIC LIFE SUPPORT
- APPROPRIATE DELEGATION
- CPR
- EMR Systems
- Triage
- Infusion Experience
- Nurse Management
- Computer literacy

- Emergency management (3 years)
- Medical Office Experience
- Venipuncture
- Conflict management
- Supervising Experience
- Managed Care
- Management
- Business management (1 year)
- Medical Surgical
- Hospital

## Awards

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### **Valedictorian of LPN class of 2013**

August 2013

### **Dean's List GPA 3.7**

August 2013

Clarendon College

## Certifications and Licenses

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### **BLS for Healthcare Providers**

January 2021 to January 2023

through AIMS community college

### **RN**

through DORA

### **LPN**

through DORA

### **CPR Certification**

### **Compact State Nurse License**

## Assessments

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### **Clinical judgment — Expert**

June 2019

Assessing a patient's condition and implementing the appropriate medical intervention.

Full results: [Expert](#)

### **Work style: Conscientiousness — Highly Proficient**

February 2020

Tendency to be well-organized, rule-abiding, and hard-working.

Full results: [Highly Proficient](#)

### **Electronic health records: Best practices — Expert**

June 2019

Knowledge of EMR data, associated privacy regulations, and best practices for EMR use.

Full results: [Expert](#)

### **Clinical judgment — Proficient**

May 2021

Assessing a patient's condition and implementing the appropriate medical intervention

Full results: [Proficient](#)

### **Work style: Conscientiousness — Completed**

May 2021

Tendency to be well-organized, rule-abiding, and hard-working

Full results: [Completed](#)

### **Case management & social work — Proficient**

June 2021

Prioritizing case tasks, gathering information, and providing services without judgment

Full results: [Proficient](#)

### **Work style: Reliability — Proficient**

July 2021

Tendency to be reliable, dependable, and act with integrity at work

Full results: [Proficient](#)

### **Clinical judgment — Proficient**

May 2021

Assessing a patient's condition and implementing the appropriate medical intervention

Full results: [Proficient](#)

Indeed Assessments provides skills tests that are not indicative of a license or certification, or continued development in any professional field.

## Additional Information

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- Volunteer speaker at the orientation of the incoming RN students of 2020 at Morgan Community College
- Volunteered at the cottage village while in middle school to help the elderly with fun activities such as calling out bingo, feeding them, serving them, and answering call lights
- Volunteered to create a slideshow and be a speaker at the Childress Junior High School during drug free week.