

# Trinicia Flores-Shinholster

12592 Colebrook Court  
Woodbridge, Va 22192

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Aug 2022

Dear Recruiter:

I recently completed an associate nursing degree program and have been licensed as a Registered Nurse. Prior to returning to school, I worked as a Licensed Practical Nurse with a wound care specialty. My goals are to continue to grow professionally and go on to pursue a BSN at the appropriate time.

I am writing to inquire about the OR nurse position within your organization. As my resume states, I am specialized in wound care, orthopedics, OR, pre- and post-operative care. I possess many skills that make me a well-rounded candidate that could assist in the operative area threefold. Additionally, I have a lot of experience with the operating room environment. My background in safety and infection control has taught me the importance of critical thinking and paying attention to detail, to ensure the safety and well-being of the client. Additionally, my experience includes educating, collecting data, and conducting research processes, and maintaining relationships across a multitude of medical disciplines.

I am a motivated, self-starter who takes initiative to learn and contribute in an efficient manner. I have exceptional communication skills both written and verbal. I have high quality interpersonal skills, and I am incredibly open and sensitive to different cultures. I am a very enthusiastic and compassionate individual, who is committed to improving the health and life balance of myself and others. I am well-versed in the social and economic laws regarding the healthcare system. I have strong leadership qualities and can work well independently or in a team environment.

I am in pursuit of an environment that nurtures further education, professional advancement opportunities and personal growth. I am looking forward to serving my patients, supporting my place of employment, and continuing to learn, maintain, and build on the skills I need to continue to be a competent and awesome nurse.

I am available for an interview upon your request. Thank you for considering my application.

Respectfully,  
Trinicia Flores-Shinholster  
Enclosure

# Trinicia Flores-Shinholster

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## ☐ Professional Skills/Licensure and Certification

- ABWM Certified Wound Care Nurse current through 1/2023
- Virginia-Multi-State Privilege RN License # 0001314000 6/2025 -BLS current through 12/2022
- Virginia-Multi-State Privilege LPN License #0002092443 6/2023

## ☐ Clinical Skills Summary and Areas of Experience

- \*Wound care \*Assessment \*IV insertion \*G and peg tube management \*Blood glucose monitoring
- \*Patient and staff education \*Trach tube management \*Foley catheter insertion \*Customer service
- \*ECG setup and data collection \*APU, OR, and PACU \*Peds (home health setting) \*Research (military)
- \*Orthopedics (all ages) \*Rehabilitation/gait and crutch training \*Oncology and Lymphedema care
- \*Occupational health \*Infection control \*Homeopathic care

## ☐ Education

- |  |                           |
|--|---------------------------|
| Laurel Ridge Community College (formally Lord Fairfax)<br>Associate Degree in Nursing Program                                  | Warrenton, VA<br>5/2022   |
| Wound Educators Specialty Certification Course<br>CWCA certification <i>awarded through American Board of Wound Management</i> | Great River, NY<br>8/2018 |
| Ultimate Health School<br>Licensed Practical Nurse Certification   | Manassas, VA<br>4/2015    |
| McDaniel College<br>Bachelor of Arts and Science in Exercise Science and Spanish   | Westminster, MD<br>5/2007 |
| Universidad de Pablo de Olavida<br>Received certificate of completion for semester abroad for art and language studies         | Séville, Spain<br>10/2005 |

## ☐ Work Experience

### **Fauquier Hospital-Prep and Hold, OR, and PACU Title: RN preceptorship student**

**Warrenton, VA  
4/2022-5/2022**

- Support staff and patients across all surgery areas in a busy rural hospital
- Collect and ensure accuracy of health history
- Report, document, and communicate important patient information to surgical team
- Perform quick physical assessment including collecting vital signs
- Prep and ensure patient readiness for surgery
- Insert IV's
- Perform blood glucose checks
- Administer pre op medications
- Stock and retrieve necessary equipment including priming fluids
- Perform safety checks and disinfect equipment
- Perform time out for anesthesia team and OR team
- Document surgery activity
- Perform safety checks
- Ensure equipment is functioning properly and assist with surgical procedure set up
- Retrieve and open tools/medical equipment and products for the surgeon and OR staff
- Help transport patients from gurney to the operating room table
- Perform post op assessment in the PACU and report findings to nurse
- Support and document patient recovery

**Fort Belvoir Community Hospital-Department of Surgical Services****Ft. Belvoir, VA****Title: LPN-Orthopedics/Physical Therapy Clinic****12/2016-11/2021**

- Manage, coordinate, and organize operations for multidisciplinary post-op clinic in the hospital
- Gather patient health history, triage, document, and verify identity via hospital guidelines
- Remove bandages, casts, and wraps/prepare patient for assessment by the orthopedic surgeon
- Use nursing judgment to assess surgical site healing at one- and six-week post op
- Remove post-surgical sutures and staples, and provide wound care and dressing changes
- Float to different departments in the hospital to assist with wound care support i.e., ER, Occupational Health, Wound care, and General surgery clinics
- Maintain post-op clinic area i.e., stocking necessary supplies, organizing area, and maintaining safe environment
- Assist orthopedic surgeon and physical therapist with additional care and scheduling appts
- Continually cultivate and maintain relationships with orthopedic surgeons, nurses, and physical therapy team to provide greater continuity of care for all patients in the clinic
- Perform collateral duty as Infection Control representative for the department
- Create presentations and perform in-services for the clinic to educate about safety, wound care, and handwashing
- Developed standard operating procedure and process improvements for the clinic that produced positive outcomes for staff and patients i.e., reducing infection percentage and increasing continuity of care and patient satisfaction

**Leewood HealthCare Center****Annandale, VA****Title: PRN-Wound Care Nurse (Volunteer 16 hours per month)****2/2018-12/2018**

- Provide and assist in wound care for residents in a skilled nursing facility
- Help prepare and stock nurses cart with necessary wound care supplies
- Perform full body assessments on new admissions
- Document and measure wound details
- Follow doctor's orders along with using nursing judgement to assess and provide proper care for wounds
- Help educate responsive residents and family members on proper care of wound site

**Fefa LLC Medical Staff contracting company-Fort Belvoir Community Hospital****Ft. Belvoir, VA****Title: LPN-Anesthesia Tech****10/2016-12/2016**

- Provide pre-operative support to military patients and their families in the APU clinic of the hospital
- Perform patient assessments, i.e., collecting vital signs, EKG set-up, medical history data collection
- Start pre surgical IV sticks and blood draws as needed
- Assist doctors with medical procedures as needed (i.e., nerve blocks, and drawing up medications)
- Ensure cleanliness and organization of pre surgical prep areas following OSHA guidelines
- Restock operating room medical supplies and instruments regularly and respond to the supply needs of surgical staff before, during and after surgery using Voccera device
- Perform quality assurance testing of OR machinery to ensure equipment is safe and working during surgery.
- Assist nursing and anesthesia personnel with counting and documenting medications in the Pyxis medication dispensing cabinet
- Provide superb customer service to patients and staff surgeons and anesthesia staff doctors

**Title: Occupational Health Nurse****5/2016-9/2016**

- Provided occupational pre-employment and employment screenings for both military and civilian personnel
- Performed patient assessments: i.e., collecting vital signs, height, weight, ECG, and spirometry screenings
- Performed Titmus and Stereo Optical Tests, Ishihara, Amsler grid and Snellen vision screenings
- Ordered immunizations, labs, and perform Tuberculosis pre-screenings
- Followed-up with patients to ensure compliance of health screening process
- Stocked exam rooms with necessary supplies, and ensured proper functioning of medical equipment
- Developed standard operating procedure and process improvements for the clinic i.e., helping save the US government money by limiting redundant pre-screens for new employees, and improving appointment flow.

**Continuum Pediatrics****McLean, VA****Title: PRN-Private Duty Nurse 16 hrs. per month****4/2015-4/2018**

- Use nursing judgement to provide safe and competent care to pediatric patients in their home
- Follow patients plan of care to ensure positive progression of patient's health
- Provide post-surgical wound care and dressing changes
- Perform physical assessments and vital signs
- Administer medication and feeds via NG-tube and G-tube
- Provide trach care including replacement, cleaning, and suctioning as needed
- Administer inhalation therapy via nebulizer
- Accept and record verbal doctor's orders, and documentation as appropriate
- Document patient care and activities for the day, and communicate regularly with Clinical Care manager
- Attend annual training to ensure appropriate nursing care competency

# Trinicia Flores-Shinholster

## □ References Page □

### **Fauquier Hospital**

**500 Hospital Drive, Warrenton VA 22186**

Emily Martin- /MSN/Nurse Educator

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**e-mail:** emartin@laurelridge.edu

Donna Burke RN/MSN/Nurse Preceptor

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**e-mail:** Burked@fauquierhealth.org

Andrea Payne MBA, BSN, RN Nurse Educator

**Ph.** (540) 522-3962

**e-mail:** n/a

### **Leewood Health Care Center**

**7120 Braddock Rd, Annandale, VA 22003**

Casper Roachford-CWOCN/LPN/Educator

**Ph.** (678) 571 6860

**e-mail:** egeria571@gmail.com

### **Department of Surgical Services (DSS)**

**Fort Belvoir Community Hospital**

**9300 Dewitt Loop, Ft Belvoir VA 22060**

### **Orthopedics and Physical Therapy Clinic**

Kristen Lorek-DPT,CLT/Lymphedema spec

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### **Occupational Health Department**

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