

Paulina Noel St.Rose

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Profile: Professional caregiver, patient advocate, and newly Registered Nurse; Skilled in critical thinking, customer service, collaboration, communication, and culturally competent evidence-based care.

EDUCATION

Baltimore City Community College, Baltimore city, MD
Associate of Science Degree in Nursing | June 2016

Currently at Walden University: December 2023

Bachelor Of science Degree in Nursing

Certifications

- ❖ Registered Nurse: R224566
- ❖ Basic life support (BLS) certified by American Heart Association: **Feb 2024**
- ❖ ACLS certified by American heart Association : **October 2022**
- ❖ National institute of health stroke scale certification.

NURSING EXPERIENCE

American Mobile Healthcare Company

Currently employed as a travel nurse with American Mobile. Assignment details below.

Mary Washington Hospital

Travel RN November 2021, Employment Type: Travel Contract/ internal contract

Facility Type: Acute Care Hospital

Teaching Facility: Yes

Unit Beds: 32

Unit: Cardiac Progressive Care/Step down

Trauma Level: II

Facility Beds: 451

- Perform assessments and monitor patients with acute and chronic cardiac disease
- Provide care for patients undergoing anticoagulant therapy, and prepare patients for procedures including TEE, stress testing, and echocardiography
- Provide both pre-op and post-op care for patients having a cardiac-catheterization as well as pacemaker/AICD implantation
- Patient education on management of cardiac and cholesterol care
- Patient care for post-operative cardiothoracic surgery patients
- Assisted CABG patients and provided appropriate nursing care to address acute coronary syndrome

Clinical nurse II

Medstar Union memorial Hospital 2017 -2022

Telemetry, Stroke, Medical surgical and Advanced cardiac life support

- Evaluated patient's response to treatment and progress toward goals.
- Worked together with physicians to discuss and identify patient's treatment needs
- Experienced in physical assessment, administration of medications, and assisted physicians with bedside procedures.
- Function as a charge nurse: create nurse assignments, liaise with nurse manager to solve staffing issues, address patient concerns.
- Performed daily bedside care.
- Monitored cardiac rhythms and initiated ordered intravenous medication drips.
- Cardiac rhythms such as Atrial fibrillation, heart blocks, Vtach/fib & knowledge of appropriate treatment.
- Perform Neurological Assessment Using the NIH stroke scale
- Knowledgeable of Cath lab appropriate assessment for vital signs, affected limb, insertion site, & restriction in activity immediately after procedure.
- Informed physicians regarding abnormal lab values, arrhythmia, & pertinent events
- Prepare patients for stress testing, echocardiograms, peripheral diagnostic studies, cardiac catheterization procedures and the operation room.
- Administered blood and blood product transfusions and monitored patients for adverse reactions
- Monitored chest tubes, JP drains, PD catheters, nephrostomy tubes and pacer wires.
- Prepared and administered oral, rectal, NG/PEG tubes, SUBQ, IM, IV, and recorded prescribed medications.
- Managed and provided clinical direction to CNAs.
- Offered patients and family guidance and support in illness management, homecare, medication and side effects, diet, nutrition, and exercise.
- *As a registered Nurse, I support efficiency and quality client care as the preceptor to newly hired RNs by providing hands on training and regularly introducing professional development opportunities.*
- Enable compliance and high standards of client care by demonstrating all policies and procedures of the unit. Ensure that all core competencies required for success are developed and acquired.

Highlights

- Patient Care
- Detail Oriented
- Medication Administration
- Organized
- Assessments
- HIPPA Compliance
- Blood draws from central lines.
- Problem Solver
- Proficiency Epic health systems and Cerner Charting System

Home health Nursing Aide

Advanced healthcare providers home care agency May 2014- December 2016

- Enhance client satisfaction level by 60% through delivery of compassionate care, vigilant monitoring and effective physician family communication.
- Revive basic physical activity in many depressed clients by providing high quality companionship and exercise assistance
- Assisted clients in bathing, toileting and personal hygiene.
- Monitor the client's vitals on daily basis, coordinate with client's family and physician regarding progress and communicate any changes in health immediately.
- Provide high quality companionship to clients and ensure the medicines are being administered as prescribed.

OTHER EXPERIENCES

Advanced Healthcare pros Aug 2009- May 2014

Administrative Assistant

- Prepare, proofread all correspondence and memos between manager and staff.
- Created invoices for home health clients and Medicaid waiver.
- Audited all financial payments, using spread sheets and flow sheets.
- Record and prepare all interviews and meetings
- Determine and recommend all office procedures and policies.
- created and uphold manual and automated information filing systems.
- Maintained stock and record of all office and healthcare supplies.
- Schedule and verify work schedules for all healthcare personal.