

# Catia Algarvio

New Bedford, MA 02740

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Employment as a beginning registered nurse that will provide the opportunity for professional development and advancement toward medical-surgical nursing.

## Work Experience

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### **Registered Nurse**

Southcoast Health - New Bedford, MA

September 2021 to Present

- Performs a variety of duties involving coordinating total nursing care for patients
- Participates in patient and family teaching and providing leadership by working with ancillary nursing and other patient team personnel.
- Maintain standards for professional nursing practice within an assigned patient care unit.
- Has knowledge and skills necessary to provide care that is appropriate to the age group of patients regularly served.
- May assume charge responsibility for assigned personnel and activities as required or directed.

### **Mental Health Specialist**

McLean Hospital - Middleboro, MA

January 2019 to September 2021

- Establishes therapeutic relationships with patients, maintaining professional boundaries.
- Identifies patient behaviors that contribute to the development of a crisis; utilizes non-verbal and verbal techniques to deescalate crisis.
- Completes a mental health assessment every shift.
- Performs daily vital signs, ADLs care, and documentation.

### **Community Residence Counselor**

McLean Hospital - Middleboro, MA

May 2018 to January 2019

- Conduct ERP (Exposure & Response Prevention) to OCD adolescents.
- Provide direct patient care through group and individual counseling in accordance with the behavioral therapist/social worker's treatment plan.
- Daily documentation on client's mental health status, food intake, ADLs.

## Education

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### **Associates in Nursing**

Cape Cod Community College - Hyannis, MA

September 2019 to 2021

## **Bachelor's in Psychology**

Bridgewater State University - Bridgewater, MA

January 2017 to August 2018

## **Associates in Health Sciences**

Bristol Community College - Fall River, MA

January 2010 to May 2013

## Skills

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- Bilingual in Portuguese
- Very Friendly/Courteous
- Communication and listening skills.
- Epic/Meditech/Microsoft Programs
- BLS Certified

## Languages

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- Portuguese - Fluent

## Certifications and Licenses

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### **BLS Certification**

### **RN**

### **CPR Certification**