

Freddy Benitez

Registered Nurse

2209 Main St. #207
Santa Monica, CA, 90405

310-597-1647

freddybr11@gmail.com

RN License Number: 95278830

Associates Degree in Nursing
Santa Monica College Nursing Program

Senior Practicum 108 Hours on ICU/Med-Surg unit at the VA-GLA

Bachelor of Science in Nursing (9/11/22)
Grand Canyon University

High School Diploma
Palisades Charter High School

July 11, 2022

To Whom It May Concern:

My name is Freddy Benitez, and I am writing to be considered as a Registered Nurse. I am a recent graduate of Santa Monica College's ADN-RN program. I am also currently enrolled in a BSN program at Grand Canyon University, on track to graduate by September 12, 2022.

During my time as a student at Santa Monica College, I completed all the required clinical hours. Of this time most notably I spent over 500 hours on med-surg, 100 hours in ICU, 36 hours in ED. In this experience I found that I have a great passion for this field and have come to find my best fit is in the ICU. I feel this experience has adequately prepared me as a new nurse who is ready to begin but also ready and open to further learning.

Most of my professional experience comes from the restaurant business. I have worked many different positions including chef, server, prep cook, and manager/shift lead. Most recently I have been working as a New Grad RN in the Stepdown/ICU units. In this experience I have found much relation in the work ethic of the two fields. I have used my skills gained from my time in the service industry including patience and consistency during skilled-based tasks, client centered service, teamwork, professionalism, leadership, forward thinking, problem-solving, and organization and found they are widely applicable to the health care setting.

In conclusion, I would say although I have only just finished a new grad program, I would be a great fit to your team as I am versatile, reliable, always aim for consistency, and I understand the importance of teamwork. To be a great nurse many would agree on the importance of eagerness and willingness to learn, teamwork, adaptability, and passion; and I can provide assurance I possess all those traits and more.

Sincerely,

Freddy Benitez

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2209 Main St Apt 207 Santa Monica, CA, 90405
M (310)597-1647

Education

Santa Monica College

- Registered Nursing, ADN
- Life Science, AA
- Liberal Arts, AA

Grand Canyon University

- Nursing, BSN (9/22)

Work Experience

Southern California Hospital at Culver City (June 2022 - Present)

New Grad RN Residency in ICU/Stepdown

- Completed Critical Care training program
- Experience assessing and calling a code blue / rapid response
- Experience titrating drips per MD protocol
- Experience with ventilated / sedated patients
- Medication administration
- Head-to-toe assessments of all body systems
- Experience with interdisciplinary communication
- Admission assessment and facilitating discharge planning
- Experience with 2-1 ICU ratio and 3-1 Step Down ratio
- Experience Shadowing Infection Control department
- Skilled in PICC/Midline/Central line assessment and dressing changes
- Went to every unit to ensure proper dressing and labeling of lines, foley catheters, ventilator tubes, IV tubing, and wounds

Trattoria Natalie Restaurant (December 2021 - February 2022)

Line cook: Meat Station / Team Lead

- In charge of training new staff
- Regulating Breaks between staff
- In charge of carrying out various orders in a timely manner

800 Degrees Neapolitan Pizzeria, Santa Monica (August 2017-October 2021)

Lead / Trainer / Manager Trainee

- Provide proper training to all staff
- Ordering of produce, ingredients, and supplies
- Prepare daily Bank deposit, assure bank reserve is at its proper amount, assure tills(registers) are reset to their proper amount, assure daily tips are at their proper amounts and portioned out.
- Deal with customer complaints with satisfactory assurance
- Take customer orders, Serve beer and wine, Explain menu
- Serve / Run food to tables
- Prepare and Cook pizzas
- Assure preparations cooking is at a proper amount for the day
- Cover ANY position of those on break

Meat on Ocean (June 2018- August 2019)

Chef

- Meat and Fish station
- Team lead

Trattoria Bistro, Culver City (Jan. 2016 - July 2017)

Server

- Guide guests through Drinks/Food menu and make suggestions
- Take orders and communicate with kitchen
- Deal with customer complaints with satisfactory assurance
- Cash out Registers at end of night

Biology Lab at UC Riverside (Sept. 2013 - Dec. 2014)

Research Assistant Intern

Student Clinical Experience

UCLA Santa Monica (Santa Monica, CA)- Geriatrics and Oncology

Veterans Affairs Hospital (Los Angeles, CA) - Psychiatrics and Med-Surg Preceptorship

Kaiser Permanente (Los Angeles, CA) - Med-Surg, Labor and Delivery, ICU, CCU

Harbor UCLA (Torrance, CA) - Pediatrics, NICU, Emergency Department

- Learn proper patient centered-care strategies
- Familiarized with ICU ventilator equipment (Kaiser Permanente WLA)

- Advocated for patients to promote best patient care outcomes that incorporated patient values and needs
- Developed and coordinated care plan for the shift
- Practiced all pertinent skills including invasive device insertion
- Gave SBAR reports to Physicians, RNs, and NAs
- Demonstrated competency in all required skills including but not limited to IV insertion/assessment, urinary catheter insertion/assessment, NG tube insertion/assessment, medication administration, Vltal sign assessment, head to toe assessment, infant/pediatric assessment.
- Implemented various methods of therapeutic communication
- Practiced staying calm and collected during high stress situations and procedures
- Practiced defusing an intense patient interaction from becoming violent

Certifications and Licensure

- Registered Nurse, Exp. 2/29/2024 (95278830)
- Basic Life Support, 2020-Present
- NIHSS Stroke Certified
- ACLS, Exp. 8/2024

Skills

- Knowledge of EHR systems - CPRS, EPIC, Allscripts
- Proficient in Word, Powerpoint
- Fluent in Spanish
- Proficient in French, Portuguese