

Lynda Sims

Registered Nurse

Houston, TX 77071

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A Nurse with compassion and understanding of patient needs, with excellent patient care seeking a position as a Registered Nurse in health care facility where top notch educational and training achievements can be put to use in addition to interpersonal skills, to provide quality healthcare to patients.

Willing to relocate: Anywhere

Authorized to work in the US for any employer

Work Experience

Registered Nurse (RN)

Infinity Infusion Nursing - Houston, TX

July 2022 to Present

- Set up patient with an IV or other infusion device to administer fluid or medication.
- Co-ordinates with the regional nurse manager / Pharmacy to ensure the right dosage of the medication is delivered.
- Reassure patient by answering any questions they may have about their treatment.
- Create a Calming environment and make sure the patient is comfortable during the treatment,

Registered Nurse (RN)

Memorial Hermann Health System - Sugar Land, TX

March 2022 to Present

- Facilitated the plan of care
- Formulated and evaluated health care plans
- Collected and interpreted patient data
- Admitted patients
- Administered medication and treatments through Point Click Care
- Delivered patient education
- Worked directly with patient and physicians

Registered Nurse

Cantex Continuing Care Network - Houston, TX

December 2019 to Present

- Restores and promotes patient's health by completing the nursing process.
- Collaborates with physicians and multidisciplinary team members.
- Provides physical and psychological support to patients, friends, and families.
- Identifies patient care requirements by establishing personal rapport with patients and their families.
- Establishes a compassionate environment by providing emotional, psychological, and spiritual support to patients, friends, and families.

- Assures quality of care by adhering to therapeutic standards; measuring health outcomes against patient care goals and hospital or regulatory standards.
- Resolves patient problems and needs by utilizing multidisciplinary team strategies.
- Maintains safe and clean working environment by complying with procedures, rules, and regulations.
- Protects patients and employees by adhering to infection-control policies and protocols; medication administration and storage procedures; and controlled substance regulations.
- Documents patient care services by charting in patient and department records.
- Maintains continuity among nursing teams by documenting and communicating actions, irregularities, and continuing needs.
- Maintains patient confidence and protects operations by keeping information confidential.

Registered Nurse Qualifications/Skills:

- Clinical skills
- Bedside manner
- Infection control
- Physiological knowledge
- Administering medication
- Medical teamwork
- Multitasking, listening, and verbal communication
- Health promotion and maintenance

Education, Experience, and Licensing Requirements:

- Registered Nurse (RN)
- Active state licensure
- American Heart Association issued BLS and ACLS
- Clean background check and clean drug screen

Licensed Practical Nurse

Cantex Continuing Care Network - Houston, TX
March 2017 to December 2019

Responsibilities :

Assisted in the delivery of healthcare through patient assessments, interventions and monitoring. Administered medications to the patients and monitored and documented the effectiveness of all medications. Assured the safety and comfort of residents and supervised caregivers Performed skin assessments and implemented standing orders as needed to treat skin breakdown/wounds.

Wound Dressing & Care Ventilator & Tracheostomy Suctioning/Care G-Tube Feedings & Care Respiratory Treatments & Assessments IV Therapy Patient Bathing & Hygiene Assistance Glucose Checks & Blood Pressure Monitoring Rehabilitation Therapy

Patient Care Technician

St. Joseph Medical Center - Houston, TX
January 2015 to January 2016

Provide compassionate care to patients with different cultural backgrounds.

Provides patients' personal hygiene by giving bedpans, urinals, baths, backrubs, shampoos, and shaves; assisting with travel to the bathroom; helping with showers and baths.

Provides for activities of daily living by assisting with serving meals, feeding patients as necessary; ambulating, turning, and positioning patients; providing fresh water and nourishment between meals.

Provides adjunct care by administering enemas, douches, nonsterile dressings, surgical preps, ice packs, heat treatments, sitz and therapeutic baths; applying restraints.

Maintains patient stability by checking vital signs and weight; testing urine; recording intake and output information.

Provides patient comfort by utilizing resources and materials; transporting patients; answering patients' call lights and requests; reporting observations of the patient to nursing supervisor.

Documents actions by completing forms, reports, logs, and records.

Maintains work operations by following policies and procedures.

Protects organization's value by keeping patient information confidential.

Serves and protects the hospital community by adhering to professional standards, hospital policies and procedures, federal, state, and local requirements, and standards.

Updates job knowledge by participating in educational opportunities; reading professional publications; participating in professional organizations; maintaining licensure.

Enhances nursing department and hospital reputation by accepting ownership for accomplishing new and different requests; exploring opportunities to add value to job accomplishments.

Skills Used

a. Efficient ability to record important signs that incorporate respiration, body temperature, pulses, and blood pressure

b. Competent knowledge about infectious disorders and elementary methodologies employed for infection control

c. Sound understanding about physiological issues, including common disorders and workings of body systems

d. Ability to observe Privacy/HIPAA regulations along with direct patient care functions

e. Ability to ensure patient safety and personal hygiene at all times

f. Keen eye and quality observation skills for marking the patient's mental and physical health

g. Ability to prioritize work and demonstrate state-of-the-art organizational and time management abilities

h. Strong verbal and concise written communication skills

i. Interpersonal skills such as empathetic care and compassion

j. Capability to consistently abide by the predetermined protocols

Nursing Aide

EL-SHADDI REHAB - Redding, CA

July 2014 to January 2015

Performed a wide range of resident care activities effectively.

● Took TPR, vital signs, and blood pressure

● Assisted residents in bathing, nail care, mouth care, hair care, feeding and toileting

● Helped licensed nursing staff with catheterizations and enemas

● Recorded patients' intake and output

● Transported and ambulated patients

● Changed linen and collected soiled laundry

● Emptied and changed catheter drainage bags

Education

Bachelor's in RN-BSN

Texas Tech University Health Sciences Center - Lubbock, TX

March 2020 to Present

Nursing Licenses

RN

Expires: November 2023

State: TX

Skills

- a. Efficient ability to record important signs that incorporate respiration, body temperature, pulses, and blood pressure b. Competent knowledge about infectious disorders and elementary methodologies employed for infection control c. Sound understanding about physiological issues, including common disorders and workings of body systems d. Ability to observe Privacy/HIPAA regulations along with direct patient care functions e. Ability to ensure patient safety and personal hygiene at all times f. Keen eye and quality observation skills for marking the patient's mental and physical health g. Ability to prioritize work and demonstrate state-of-the-art organizational and time management abilities h. Strong verbal and concise written communication skills i. Interpersonal skills such as empathetic care and compassion j. Capability to consistently abide by the predetermined protocols (3 years)
- Tube Feeding
- Nursing
- Medication Administration
- Vital Signs
- Critical Care Experience
- Anatomy Knowledge
- EMR Systems
- Experience Administering Injections

Languages

- English - Advanced

Certifications and Licenses

Certified Nursing Assistant

October 2015 to October 2017

Nurse's License

October 2017

State: TX

CPR

Certified Nursing Assistant (CNA)

RN

BLS Certification