

Cindy Espinoza, BSN, RN.

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PROFESSIONAL HIGHLIGHTS

- Bachelor of Science in Nursing, University of Maine Fort Kent, Fall 2020.
- Fluently read, write and speak in **Spanish, Portuguese and English.**
- Basic Life Support Certified (BLS).
- Advance Life Support (ALS).
- Extensive experience working in Special Care Unit and Corona virus unit.

EDUCATION

University of Maine Fort Kent Bachelor of Science in Nursing Active Register Nurse License	Fort Kent, ME	09/2016 – 12/2020
	Honors Cum Laude	
Eastern Maine Community College Associates Liberal Arts Dean's List 2010 - 2012	Bangor, ME	02/2010 – 05/2012

PROFESSIONAL EXPERIENCE

Ascension Seton Hays Hospital Level II Trauma <i>Intensive Care Unit –ICU –Register Nurse</i>	Austin, Texas	07/2021-Present
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- Provide patient care, perform assessments and nursing interventions at a 30 bed ICU unit for surgical, medical, cardiovascular, neuro and trauma patients.
- Assess patient's condition, notified physicians of clinical changes as well as prepared and implement patient care plans.
- Monitored vital signs, adequacy of ventilation and levels of consciousness and pain.
- Provide direct medical care to patients needing intensive medical treatment, including those with septic shock, cardiogenic shock and respiratory failure.
- Ensure 100 % accuracy and completeness when documenting procedures, patient conditions and the administration of medications.
- Communicate the patient's condition to family members in a compassionate and non-technical manner.

Unplugged Rehab*Acute Detox Facility – Register Nurse*

Austin, Texas 3/1/2021-Present

- Administer drugs, medications, treatments, inoculations, and tests as allowed by law.
- Implementing verbal physician orders and authenticating in writing, within a reasonable time, and included in the patient record.
- Pre-screening of new patients for appropriateness for admission, including TB screening.
- Obtaining physical assessment data and health history
- Executes prescribed treatments and medical interventions, including transcribing and administering routine and prescribed medications in accordance with procedures established by the Medical Director and the organization.

Maine Medical Center*Special Care Unit – SCU*

Portland, ME 08/2019-02/2021

Certified Nurses Aide

- Provided patient care under the direction of a registered nurse.
- Assisted patients with basic hygiene and activities of daily living.
- Assisted Registered Nurse with admissions, transfers and medical procedures.
- Assisted and responded appropriately during emergency situations.
- Prepared, updated and disseminated unit reports and patient records.
- Answered patient called lights or intercom systems to determine patient's needs.
- Documented or otherwise reported observations of patient behavior, complaints, or physical symptoms.

Maine Medical Center*Float Pool*

Portland, ME 09/2017– 08/2019

Certified Nurses Aide

- Assisted Patients with ADL's. Responded to calls; helped reposition, transfer patients
- Monitored vital signs, measured blood sugars, performed EKGs and collected specimens.
- Responded appropriately in an emergency situations.
- Assisted registered nurses with admissions and medical procedures.
- Monitored patient's input, output and calorie intake.

Student Clinical Experience

Nursing Care of Acute Ill Adults Maine Medical Center	Cardio Thoracic Intensive Care Unit CTICU 240 Hours	09/2020-12/2020
Nursing Care of Adults Pen Bay Medical Center	Medical surgical, Emergency department, Operating Room and Special Care Unit 180 Hours	02/2020-05/2020
Nursing of Community Maine General Hospital	Maine General Women's Residential 120 Hours	02/2020-05/2020
Mental Health Nursing Northern Light Acadia Hospital	Psychiatric Unit 120 Hours	02/2019-05/2019
Childbearing Family Nursing Maine General Medical Center	Labor and Delivery Unit 120 Hours	02/2019-05/2019
Nursing Care of Adults Pen Bay Medical Center	Medical surgical, Emergency department and Special Care Unit 180 Hours	09/2018-12/2018
Family Centered Nursing of Children Eastern Maine Medical Center	Pediatric Unit 120 Hours	09/2018-12/2018
Nursing Care of Adults Northern Light Mayo Hospital	Medical Surgical 120 Hours	02/2018-05/2018

KNOWLEDGE, SKILLS & ABILITIES

- Excellent interpersonal and communication skills.
- Interest in working with diverse populations.
- Manage multiple tasks and challenging situations.
- Interpretation in two languages.
- Documentation with EPIC software.
- Microsoft Word, Excell, Outlook, Power Point.