

Julia Pugh

Winchester, VA 22603

jewl@comcast.net

+1 540 771 7483

Authorized to work in the US for any employer

Work Experience

RN Care Manager

myPotential at home - Winchester, VA

April 2022 to Present

Manager of a home care company.

Wound Care Nurse

Stonerise Healthcare - Martinsburg, WV

April 2021 to April 2022

Assessed and treated all wounds for a 120 bed SNF.

RN Staff Nurse

My Potential at Home, Home Health Agency - Winchester, VA

July 2020 to March 2021

assessed clients in their homes and admitted them into services. Provided skilled care that included, wound care, PICC line care, disease process education.

RN intake

Blue Ridge Hospice - Winchester, VA

February 2019 to September 2019

went into patients home to admit them into BRH. Assessed patients for End of Life care,

RN Staff Nurse

Shenandoah Valley Westminster Canterbury - Winchester, VA

April 2016 to December 2018

Unit coordinator for Memory care unit for one year. Staff RN for two years. Assessed patients for skilled care, administered medications, maintained skin care. Supervised CNAs and LPNs.

RN Staff Nurse

Valley Health Winchester Medical Center - Winchester, VA

April 2005 to September 2015

Responsibilities

Worked on the surgical telemetry floor for 10+ years. Took care of post op surgical patients: Open Heart surgery, Lung surgeries, amputations, and general surgeries. Also took care of non-surgical cardiac patients.

Skills Used

IV insertions, Foley catheters, wound care,

RN Staff Nurse

Rose hill nursing home - Berryville, VA

May 1998 to March 2005

Responsibilities

I planned care for 30- 60 residents, gave medicine, took care of wounds, tube feeds. I collaborated with the doctor and kept residents family members up to date on care.

Accomplishments

I was able to provide steady care and help prevent skin issues by taking care of residents skin quickly.

Skills Used

Was charge nurse/ only nurse many times. Was able to delegate to other members of the health team well. Able to teach other staff members skills; i.e. Foley catheter insertion, wound vacs, tube feeding

Education

BSN

Shenandoah University

ADN

Shenandoah university

Nursing Licenses

RN

Expires: May 2022

State: VA

Skills

- IV (10+ years)
- Catheter care
- Tube Feeding
- Nursing
- Medication Administration
- Critical Care Experience
- Hospital Experience
- Home Care
- Memory Care
- Vital Signs
- Nursing
- Microsoft Outlook

- Caregiving
- Nurse Management
- Hospice Care
- Patient Care
- Home health
- Typing
- Acute care

Awards

Valor award

November 2015

Received this award because I went to Walmart one day with my oldest son. He is tall and noticed a man falling to the ground, he called me over to the man I instantly noticed he was not breathing and didn't have a pulse. I started CPR. The man survived.

Certifications and Licenses

BLS Certification

CPR Certification

Compact State Nurse License

May 2022 to May 2024

Additional Information

I have truly enjoyed working with cardiology. I feel that I have a strong grasp on most diseases and treatments that pertain to the heart.