

# Meghan Keites

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Qualified and compassionate Advanced Registered Nurse Practitioner with multiple years of comprehensive experience providing acute care, wellness exams and chronic disease management for diverse and challenging populations. Skilled at analyzing patient histories and preliminary test results to build diagnosis. In-depth knowledge of multiple software systems/EMR's. Self-directed and solutions-oriented with fantastic communication skills. Committed to increasing the quality of patient care through top-of-the-line time management and prioritization. Possess DEA, MCSR, and X-Waiver.

## Work Experience

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### **Telehealth Nurse Practitioner**

TelevisitMD - Mendon, MA  
June 2022 to Present

- Assessing a patient's condition and implementing the appropriate medical intervention
- Understanding privacy rules and regulations associated with patient records
- Assessed patients to determine individual needs and develop care plans in coordination with multidisciplinary healthcare professionals.
- Discussed care plans with patients and explained test results and proper use of medications.

### **Nurse Practitioner**

UMass Memorial Medical Center - University Campus - Worcester, MA  
December 2021 to Present

- Discussed care plans with patients and explained test results and proper use of medications.
- Assessed patients to determine individual needs and develop care plans in coordination with multidisciplinary healthcare professionals.
- Utilized customized patient teaching tools to support patients.
- Evaluated new patients by taking vital signs, reviewing lab results and taking visual assessment of patients.
- Adhered to hospital procedures, policies and protocols to support patient safety.
- Performed patient physicals and compared and contrasted results with established medical records to provide proper diagnosis and facilitate appropriate treatment.
- Educated and guided patients on disease prevention and healthy lifestyle habits to prevent Type-2 diabetes and other complications.
- Provided medical services and care to patients with chronic and acute conditions.
- Applied and removed casts, sutured soft tissue injuries and changed dressings.

### **Lead Camp Nurse**

Bridgton Sports Camp - Bridgton, ME  
June 2022 to August 2022

- Administered medications to 150 campers and staff and monitored response to medications.
- Maintained medication safety in clinic

- Provided emergency care and first aid to injured campers and staff
- Performed triage on incoming patients and determined severity of injuries and illnesses.
- Advocated for and strived to protect health, and safety of campers.

### **Crisis ER RN, ER Nurse**

Trusted Health - Marlborough, MA

September 2021 to December 2021

- Planned, prioritized and provided nursing care by applying advanced specialty clinical nursing knowledge and skills to support comfort and safety of patients and families.
- Adhered to required infection control, isolation procedures and aseptic techniques in delivery of patient care.
- Fostered professional collaboration and participation of staff in decisions affecting patient care and practice environment.
- Assembled equipment and supplies for diagnostic or treatment procedures in specialty service areas.
- Observed and recorded signs, symptoms, behaviors and physiological status of patient.
- Collected laboratory samples and performed testing in accordance with established policies and procedures and COLA and CLIA regulations.
- Educated patients and answered questions about health condition, prognosis and treatment.
- Updated patient charts with data such as medications to keep records current and support accurate treatments.

### **Crisis ER**

ER, RN, Angel Staffing - Houston, TX

August 2021 to September 2021

- Adhered to required infection control, isolation procedures and aseptic techniques in delivery of patient care.
- Observed and recorded signs, symptoms, behaviors and physiological status of patient.
- Assembled equipment and supplies for diagnostic or treatment procedures in specialty service areas.
- Fostered professional collaboration and participation of staff in decisions affecting patient care and practice environment.
- Educated patients and answered questions about health condition, prognosis and treatment.

### **Camp Registered Nurse**

Bridgton Sports Camp - Bridgton, ME

June 2021 to August 2021

- Administered medications to 150 campers and staff and monitored response to medications.
- Maintained medication safety in clinic
- Provided emergency care and first aid to injured campers and staff
- Performed triage on incoming patients and determined severity of injuries and illnesses.
- Advocated for and strived to protect health, and safety of campers.

### **Crisis Response ER RN**

Trusted Health - New York, NY

April 2020 to September 2020

- Provided skilled, timely and level-headed emergency response to critically-ill patients.
- Sustained quality standards by performing routine medication audits and upholding internal and industry best practices.
- Participated in [Type] policy committee to discuss policies, propose revisions and implement changes.

- Performed frequent checks on life support equipment and made necessary adjustments to preserve optimal patient conditions.
- Communicated with healthcare team members to plan, implement and enhance treatment strategies.
- Participated in evidence-based practice project implementation, nursing competency development and nursing simulation activities.

## **Nurse**

Vibrant Hydration Therapy, Infusion - Huntsville, AL  
August 2019 to April 2020

- Kept optimal supply levels in treatment rooms, triage and other areas to meet typical patient loads.
- Trained new nurses in proper techniques, care standards, operational procedures and safety protocols.
- Informed patients and families of effective treatment options and at-home care strategies, enhancing long-term outcomes.

## **Registered Nurse**

BriovaRx, RN - Huntsville, AL  
April 2018 to August 2019

- Managed care from admission to discharge.
- Provided direct patient care, stabilized patients and determined next course of action.
- Collaborated with administrative and pharmacy staff to plan refill scheduling and deliveries of medications.
- Instructed patients and caregivers in standard care, developed and revised individual plans of care and implemented physician orders.
- Supported account executives and clinical liaisons by providing educational programs or visits to referrals sources as requested.
- Conducted pre-discharge patient assessments in hospital or clinic setting when appropriate, submitting required patient care documentation and reports.

## **Senior Occupational Health Nurse**

BASF Chemical - Huntsville, AL  
November 2014 to July 2017

- Delivered array of employee health services at company, which included health screenings and immunizations.
- Educated all employees on flu symptoms, illness prevention, benefits of good hygiene and smoking cessation programs.
- Promoted high level of service to every individual while observing confidentiality rules and company regulations.
- Assisted with accident investigation program to identify root cause of incidents and near-misses.
- Provided individualized medical counseling for employees and coordinated examination requirement activities.
- Utilized well-honed communication and active listening skills to conduct pre-employment screenings.
- Collaborated with physicians or other licensed practitioners to arrange further medical treatment.
- Followed all personal and health data procedures to effectively comply with HIPAA laws and prevent information breaches.
- Performed frequent checks on life support equipment and made necessary adjustments to preserve optimal patient conditions.
- Recorded details regarding therapies to keep patient charts updated.

Cumberland County Jail - Portland, ME  
June 2008 to August 2009

### **LPN**

Darnall Army Medical Center - Fort Hood, TX  
May 2005 to December 2007

### **LPN**

LPN - Temple, TX  
December 2003 to May 2005

US Army - Fort Hood, TX  
March 2003 to November 2003

### **Soldier**

United States Army - Fort Hood, TX  
October 1999 to November 2000

- Secured and protected military property, assets and personnel.
- Worked in dirty and uncomfortable conditions, sometimes in dangerous, deployed locations.
- Gave individual evaluations based on fitness and combat readiness.
- Served in on-call capacity for last-minute or late-night taskings from leadership.
- Responded to and assisted in medical emergencies.
- Upheld code of conduct and maintained professionalism in stressful situations.

## Education

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### **Master of Science in Nursing**

University of Alabama Huntsville - Huntsville, AL  
December 2020

### **BSN in Nursing**

Chamberlain University - Downers Grove, IL  
May 2014

### **Associate of Science in Nursing**

Southern Maine Community College - South Portland, ME  
December 2011

## Skills

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- Support Staff Supervision
- Health Care Evaluation
- Women's Health Exams
- Drug Regimen Counseling
- Infection Control Procedures
- Test Results Interpretation
- Physical Examinations

- Compliance Reporting Expertise
- Diagnosis and Treatment
- HIPAA Guidelines
- Patient Records Maintenance
- Diagnostic Test Ordering
- Disease Prevention Education
- Laceration Repair
- Diabetes and Nutrition Treatments
- Diagnostic Screenings
- Health Promotion
- Documentation review
- Phlebotomy
- Acute care
- Clinical trials
- Blood sampling
- Experience administering injections
- EMR Systems
- Triage
- ICU Experience
- Hospital Experience
- Botox Experience
- Occupational Health Experience
- Supervising Experience
- Home Care
- Venipuncture
- Dermal fillers
- Occupational health
- Assessing a patient's condition and implementing the appropriate medical intervention
- Protecting patient privacy
- Highly Proficient
- Understanding privacy rules and regulations associated with patient records

## Military Service

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**Branch: United States Army**

Service Country: United States

Rank: E-4

October 1999 to December 2003

## Certifications and Licenses

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### **PALS Certification**

### **Certified Nurse Practitioner**

### **BLS Certification**

### **DEA Certification**

### **RN License**

### **TNCC Certification**

### **ACLS Certification**

### **APRN**

### **DEA**

Present

### **MCSR**

Present

### **X-Waiver**

Present