

JESAMAE M. ALEGARBES

1923 Mulholland Dr. Lathrop, CA 95330

E-mail: jesamae05@yahoo.com Mobile Phone: (209) 938-7685

CAREER OBJECTIVE:

Dedicated Registered Nurse seeking a staff nurse position. To work in a hospital that nurtures me in gaining more knowledge, skills, and attitude with a purpose of contributing, serving, and reaching optimal healthcare standards and performance in the workplace while promoting professionalism, excellence and integrity.

CERTIFICATION AND LICENSE:

- Registered Nurse - California State - License #: 95248174
- Basic Life Support (CPR and AED) - Ecard Code: 215415216364
- Advanced Life Cardiac Support (ACLS) - Ecard Code: 225408281607

WORK EXPERIENCES:

Unit Manager Registered Nurse - Windsor Hampton Care Center

April 2022- Present

- Ensure that departmental mission and objectives are maintained for our unit and interpret to staff as needed.
- Assess complexity of patient care and department service needs to coordinate with assignment of nursing staff to meet all required services for designated shift.
- Ensure implementation of operational standards which promote maintenance of patient rights.
- Establish and maintain communication channels with medical staff and other department serving as a conduit with members of management team regarding problems/concerns.
- Supervise personnel providing direct patient care with delegation of activities based on patient care needs and competencies of available patient care staff.
- Provide care and ongoing supervision with regard to conflict resolution and personnel policy compliance , including input for performance evaluations.
- Teach, supervise and serve as a resource from staff, facilitate student/preceptor assignments as appropriate.
- Organize, coordinate and facilitate delivery of patient care activities, bed assignments, discharge planning, census, and support in completion of physician orders while providing continuity of care.
- Deliver medications via oral, IV and intramuscular injections, monitoring responses to address new concerns.
- Maximize team performance by monitoring nursing care, including patient assessment processes and treatment implementations.
- Completes admission and discharge assessments.

- Train new nurses in proper techniques, care standards, operational procedures and safety protocols to optimize performance and safety.
- Collaborate with physicians to quickly assess patients and deliver appropriate treatment while managing rapidly changing conditions.
- Educate family members and caregivers on patient care instructions.
- Strengthened unit care standards and policies with focus on patient safety and dignity.

Charge Registered Nurse - Windsor Hampton Care Center

August 2021- Present

- Administered medications and treatments to patients as ordered by physician, maintaining accountability for accurate narcotic count at the end of the shift.
- Observe patients, charting and reporting changes in patients conditions, such as adverse reactions to medications or treatment, and taking any necessary action.
- Provide basic patient care or treatments, such as taking temperatures or blood pressure, dressing wounds, treating bedsores, giving enemas or douches, rubbing with alcohol, massaging, or performing a catheterization.
- Documented patient vitals, behaviors and conditions to communicate concerns to supervising Case Manager.
- Work as a part of healthcare team to assess patients needs, plan and modify care, and implement interventions.
- Collect samples, such as blood, urine, or sputum from patients, and perform routine laboratory tests on samples.
- Documented medications administered and treatments and procedures performed on appropriate records to protect privacy and confidentiality of patient information.

Home Health Registered Nurse - Global Healthcare Services

March - May 2022

- Developed and initiated individualized plan of care and assumed responsibility for ongoing development in partnership with patient, family and caregivers.
- Helped to achieve and maintain continuity of patient care by planning and exchanging information with other health professionals.
- Conveyed treatment options, diagnosis information and home care techniques to patients and caregivers to continue care consistency.
- Managed patients recovering from medical or surgical procedures, including facilitating wound care, ostomy care, pressure ulcer prevention and pain management.
- Collaborated with physicians to quickly assess patients and deliver appropriate treatment while managing rapidly changing conditions.
- Educated family members and caregivers on patient care instructions.
- Conducted ongoing monitoring and evaluations of behaviors and conditions, and updated clinical supervisors with current information.
- Observed and documented patient factors such as diets, physical activity levels and behaviors to understand conditions and effectively modify treatment plans.
- Educated patients and answered questions about health condition, prognosis and treatment.

- Guided patient's loved ones and caregivers in such as pain management, wound care and medication dosing.
- Communicated with primary care physicians or emergency care providers to relay patient needs.

SKILLS AND ABILITIES:

- Languages: Cebuano, Tagalog and English

EDUCATION:

Dipolog Medical Center College Inc.

- Bachelor of Science in Nursing - Dipolog City, Zamboanga del Norte

Date Taken: June 2007- March 2011

REFERENCES:

Kim Nasados- 206-376-2961

Alvin Mercado - 209-598-7553