

Fredarina Monique Watson

Lexington, SC 29073 (803) 931-2475 monique2wat@yahoo.com

Professional Summary

Empathetic, compassionate and dedicated Registered Nurse with 4+ years of experience in Intermediate/Stepdown unit. Fostering a trusting relationship with diverse patient population to improve health outcomes. Efficiently coordinate with healthcare professionals to improve outcomes and advance patient care.

Work History

Travel Nurse, Progressive Transitional Care Unit 01/2022 – Current

Aya Staffing – Self Regional Medical Center, Greenwood South Carolina

- Asses patients and quickly deliver rapid and appropriate treatment while managing changing condition on a 1:4 patient ratio.
- Providing care and treatment to critical patients experiencing a wide-range of illness and abnormalities including but not limited to, acute kidney injury, hypertension, heart failure, covid related pneumonia, dysrhythmias, stokes, GI bleed and pre and post-surgical intervention.
- Administer critical medications intravenously that help regulate irregular heart rates, hypertension and fluid overload.
- Monitor patient condition including interpreting and tracking EKG readings, identifying irregular arrhythmias and updating team members on changes in stability.

Travel Nurse, Intermediate Care Unit 10/21 – 12/21

ADEX Staffing – St Francis Medical Center, Greenville South Carolina

- Delivered outstanding care and managed care to patients with various diagnoses. From treatment initiation to completion of stay.
- Maintained detailed records of patient conditions, reactions and progress in alignment with physician orders. Managed patient recovering from medical or surgical procedures, including facilitating wound care, ostomy care, pain management and pressure ulcer prevention.
- Administer medications and treatment to patients and monitor responses while working with healthcare teams to adjust care plans.
- Prioritize and revise patient care activities bases on acuity of symptoms and patient preferences.

Registered Nurse, Intermediate Care Unit 04/2019 – 08/2021

Lexington Medical Center – West Columbia, South Carolina

- Provide treatment and care to patient with critical issues to include but not limited to: compromised respiratory status requiring BIPAP and/or Hi-Flo nasal cannulas, cardiovascular/cardiothoracic, gastrointesimal, peripheral vascular and urological procedures.
- Accurately perform and document assessments, identify patient needs, initiate and respond to interventions and evaluate outcomes of patient care.
- Administer, monitor and titrate medication to include but not limited to: Amiodarone, Cardizem, Cardene, Dilaudid/Morphine PCA pumps.
- Collaborate with physicians to quickly assess patients and deliver appropriate treatment while managing rapidly changing conditions.

Registered Nurse, Surgical Trauma Unit 07/2018 – 10/2019

Palmetto Health – Columbia, South Carolina

- Provide care to patients with serious conditions afflicted with trauma such as Cerebrovascular accidents (CVA), suicidal attempts, gunshot wounds, motor vehicle accidents and Myocardial Infarcts (MI).
- Diligently and empathetically stabilize trauma victims and prevent secondary complication such as respiratory distress, shock or even death.
- Assist physicians with stabilizing patients by administer IV fluids, medication and carrying out additional physician and surgeons' orders as directed.
- Assess and prioritize patient with rapidly changing conditions on 1:4 patient ratio while accurately assessing, documenting, initiating and responding to patient interventions.

Skills

- ACLS
- Critical Care
- BLS
- Intravenous Therapy
- EPIC and Cerner training
- Chronic Disease Management
- Tracheostomy care
- Patient Discharge
- Preventive Health
- Chest pain management
- Gastrostomy tube experience
- Insulin Medication assistance
- Medication Administration
- Palliative & Hospice Awareness

Education

Associate Degree in Nursing: 12/2017

Midlands Technical College – Columbia, SC

Recognition/Awards

Peggy Pearson Clinical Excellence Awards – Midlands Technical College