**CYNTHIA ALVAREZ, BSN, RN**

**14548 Jesus Almeida Ave.| El Paso, TX, 79938 | (915) 345-2028| cynthia.alvarez.ep@gmail.com**

Passionate, energetic, dedicated bilingual (Spanish) Critical Care Registered Nurse seeking position with your organization, in which I will personally utilize my earned skills and knowledge by delivering high-quality patient care and ability to foster and implement team-building strategies.

***EDUCATION***

**Bachelor of Science in Nursing** ~ The University of Texas at El Paso ~ Awarded: December 2018

**Bachelor of Science in Business Management** ~Park University Ft Bliss, TX~ Awarded: June 2014

 ***PROFESSIONAL EXPERIENCES***

**JUNE 2022-PRESENT**

 **(NICU) NEONATAL INTENSIVE CARE UNIT (CERNER)**

* Managed daily medical matters of critically ill infants requiring nearly 24/7 observation.
* Educated parents in detecting early symptoms of issues that could require emergency hospital transportation.
* Patient Management; respiratory, thermoregulations and hemodynamics
* Direct Patient Care
* Excellent Multitasking Skills; during codes and admissions
* Safety Procedures
* Maintaining Documentation
* Training Skills
* Breastfeeding Techniques & IDF Protocol
* Time Management
* Problem-Solving

**JANUARY 2019 – PRESENT**

**(ICU) INTENSIVE CARE UNIT, THE HOSPITALS OF PROVIDENCE/TRA PRN ICU FLOAT POOL (CERNER)**

* Floated to ER, Telemetry, ER Hold as Charge RN (contract), Medical Surgical, Rehabilitation, IMC, PCU and Oncology
* COIVD-19 patient care
* Telemetry patient monitoring
* Assisted physicians with emergent situations and procedures at bedside
* Administered and maintained sedative and vasopressor medications
* Applied and/or monitored cardiac monitors, pressure lines, mechanical ventilators, RotoProne beds, chest tube devices, Intracranial Pressure (ICP), BiPap, Hi Flow/VapoTherm,
* Collaborating with multidisciplinary medical teams for patients' comfort and plan of care
* Implemented nursing protocols and standards and responded to critical situations
* Maintain complete patient confidentiality
* Patient Management; respiratory, thermoregulations and hemodynamics
* Collaboration with patients/families and other members of the healthcare team
* Direct Patient Care
* [Excellent Multitasking Skills](https://zety.com/blog/multitasking)
* Safety Procedures
* Maintaining Documentation
* Training Skills
* [Time Management](https://zety.com/blog/time-management-skills)
* [Problem-Solving](https://zety.com/blog/problem-solving-skills)
* Arrhythmia analysis
* Titration and management of medications that include heparin, morphine, nitroglycerine, and Cardizem
* Administration of medications that include bicarbonate, epinephrine, dopamine, digoxin, atropine and lidocaine
* Assisted team with cardioversion and defibrillation

**NOVEMBER 2021 – JUNE 2022**

**EMERGENCY ROOM, UNIVERSITY MEDICAL CENTER (CERNER) TRAUMA LEVEL 1**

* Demonstrated interpersonal skills and strong communication skills by working with the team of emergency staff and all other areas to appropriately stabilize our incoming trauma patients
* Maintained stamina and composure in stressful situations
* Time management; by multi-tasking while being assertive, empathetic and flexible
* Triage incoming patients based on level of injury or illness; main hospital and in the satellite locations
* Immediately stabilize incoming patients according to protocol
* Administer medication as instructed by physicians
* Start intravenous lines, EKGs and adhered SEPSIS protocol
* Assist with chest tube insertions, splints and intubations
* Manage patients on ventilators, CPAPs, BiPAPs and medication drips to maintain adequate hemodynamics
* Help transfer stable and unstable patients to other areas of the hospital

**JULY 2021 –OCTOBER 2021 (CONTRACT)**

**(ICU)** **INTENSIVE CARE UNIT, LAS PALMAS MEDICAL CENTER (MEDITECH)**

* COIVD-19 patient care
* Assisted physicians with emergent situations and procedures at bedside
* Administered and maintained sedative and vasopressor medications
* Applied and/or monitored cardiac monitors, pressure lines, mechanical ventilators, RotoProne beds, chest tube devices, Intracranial Pressure (ICP), BiPap, Hi Flow/VapoTherm,
* Collaborating with multidisciplinary medical teams for patients' comfort and plan of care
* Implemented nursing protocols and standards and responded to critical situations
* Maintain complete patient confidentiality
* Patient Management; respiratory, thermoregulations and hemodynamics
* Collaboration with patients/families and other members of the healthcare team
* Direct Patient Care
* [Excellent Multitasking Skills](https://zety.com/blog/multitasking)
* Safety Procedures
* Maintaining Documentation
* Training Skills
* [Time Management](https://zety.com/blog/time-management-skills)
* [Problem-Solving](https://zety.com/blog/problem-solving-skills)
* Arrhythmia analysis
* Titration and management of medications that include heparin, morphine, nitroglycerine, and Cardizem
* Administration of medications that include bicarbonate, epinephrine, dopamine, digoxin, atropine and lidocaine
* Assisted team with cardioversion and defibrillation

**FEBRUARY 2021 – MAY 2021 (CONTRACT)**

**(ICU) INTENSIVE CARE UNIT (MICU/SICU), ATRIUM MERCY, CHARLOTTE, NC (CERNER)**

* COIVD-19 patient care
* Assisted physicians with emergent situations and procedures at bedside
* Administered and maintained sedative and vasopressor medications
* Applied and/or monitored cardiac monitors, pressure lines, mechanical ventilators, RotoProne beds, chest tube devices, Intracranial Pressure (ICP), BiPap, Hi Flow/VapoTherm,
* Collaborating with multidisciplinary medical teams for patients' comfort and plan of care
* Implemented nursing protocols and standards and responded to critical situations
* Maintain complete patient confidentiality
* Patient Management; respiratory, thermoregulations and hemodynamics
* Collaboration with patients/families and other members of the healthcare team
* Direct Patient Care
* [Excellent Multitasking Skills](https://zety.com/blog/multitasking)
* Safety Procedures
* Maintaining Documentation
* Training Skills
* [Time Management](https://zety.com/blog/time-management-skills)
* [Problem-Solving](https://zety.com/blog/problem-solving-skills)
* Arrhythmia analysis
* Titration and management of medications that include heparin, morphine, nitroglycerine, and Cardizem
* Administration of medications that include bicarbonate, epinephrine, dopamine, digoxin, atropine and lidocaine
* Assisted team with cardioversion and defibrillation

**FEBRUARY 2020 – FEBRUARY 2021**

**(ICU) INTENSIVE CARE UNIT, DEL SOL MEDICAL CENTER (MEDITECH) LEVEL 2 TRAUMA**

* COIVD-19 patient care in a Level 2 Trauma facility
* Assisted physicians with emergent situations and procedures at bedside
* Administered and maintained sedative and vasopressor medications
* Applied and/or monitored cardiac monitors, pressure lines, mechanical ventilators, RotoProne beds, CRRT machine, chest tube devices, Intracranial Pressure (ICP), BiPap, Hi Flow/VapoTherm, Cryoamputation
* Collaborating with multidisciplinary medical teams for patients' comfort and plan of care
* Implemented nursing protocols and standards and responded to critical situations
* Maintain complete patient confidentiality
* Cooling and warming up patient according to protocol
* Patient Management; respiratory, thermoregulations and hemodynamics
* Collaboration with patients/families and other members of the healthcare team
* Direct Patient Care
* [Excellent Multitasking Skills](https://zety.com/blog/multitasking)
* Safety Procedures
* Maintaining Documentation
* Training Skills
* [Time Management](https://zety.com/blog/time-management-skills)
* [Problem-Solving](https://zety.com/blog/problem-solving-skills)
* Arrhythmia analysis
* Titration and management of medications that include heparin, morphine, nitroglycerine, and Cardizem
* Administration of medications that include bicarbonate, epinephrine, dopamine, digoxin, atropine and lidocaine
* Assisted team with cardioversion and defibrillation
* Care of patients receiving TPA
* Postmortem care

**MARCH 2006 – JANUARY 2017**

**LOAN SERVICES REPRESENTATIVE/BRANCH SERVICES SUPERVISOR, GREATER EL PASO CREDIT UNION**

***LICENSE/CERTIFICATIONS***

* Registered Nurse- Texas Board of Nursing License #964007: 10/2023
* Basic Life Support (BLS) Certified- American Heart Association: 07/2023
* Advanced Cardiac Life Support (ACLS) Certified- American Heart Association: 10/2023
* The National Institutes of Health Stroke Scale (NIHSS) certification: 11/2023
* Crisis Prevention intervention (CPI): 07/2025
* Neonatal Resuscitation Program (NRP) American Heart Association: 07/2024
* Trauma Nursing Core Course (TNCC) 8/2026
* S.T.A.B.L.E Program 10/2024