

Sara Brecht

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EDUCATION

Kirkwood Community College , Cedar Rapids, Iowa	
▪ ADN	May 2022
▪ LPN	December 2021
Institute for Integrative Nutrition , New York, New York	
▪ Certified Health Coach	July 2015
Kirkwood Community College , Cedar Rapids, Iowa	
▪ Associates degree Dental Assisting	June 1997
University of Iowa , Iowa City Iowa	
▪ Biology Major	June 1995
Buena Vista University , Storm Lake, Iowa	
▪ Athletic Training major	June 1994

LICENSURE & CERTIFICATION

RN , Kirkwood Community College	Spring 2022
LPN , Kirkwood Community College	December 2021
CHC , Institute for Integrative Medicine	July 2015
BCS , American Heart Association	January 2022
Stop the Bleed American College of Surgeons	January 2022

PRECEPTORSHIP

- Burn/Trauma** (172 Hours) | University of Iowa Hospitals and Clinics, Iowa City, Iowa
- Provide burn and wound care for patients.
 - Provide safe and effective nursing care to an assigned patient population.

CLINICAL ROTATIONS

- **Med-Surg Compass Memorial Hospital** Marengo Iowa
- **Orthopedics Mercy Hospital** Cedar Rapids, Iowa
- **Cardiothoracic UIHC** Iowa City, Iowa
- **Neurology UIHC** Iowa City, Iowa

CLINICAL EXPERIENCES

- Provided safe and effective nursing care to an assigned patient population.
- Worked in a collaborative role as part of a team to maintain and support the standards of nursing care and practice, to meet the health care needs of patients, and the patient's families.
- Reviewed medication and provided patient education, and medication administration per physician order accurately assessed the pain levels and effects of administered pain medications.

WORK EXPERIENCE

LPN/Health Coach/ Medical Assistant

June 2017-Current -Integrative Health and Hormone Clinic, Hiawatha, Iowa

- Greet patients, provide direct patient care, counsel patients to educate and support lifestyle changes.
- Correspond with patients face to face, and via email and telephone offering support or additional information to resolve issues.
- Continue research to maintain current information relevant to the industry.
- Create and maintain relationships with retail vendors.
- Assist the medical provider with public events and maintain a media presence for promotional and marketing purposes.
- Obtain vital signs, health histories, complete medication reconciliation.
- Assist surgical procedures, document and prepare lab specimens, send prescriptions.

Medical Assistant

December 2020-November 2021-Forefront Dermatology, Cedar Rapids, Iowa

- Obtained vital signs, health histories, complete medication reconciliation
- Assisted surgical procedures, scribe on behalf of the provider during physical assessments, document and prepare lab specimens, send prescriptions.

HR Shared Services

September 2016-2017-Transamerica, Cedar Rapids, Iowa

- Assisted Employees with various subject topics, including but not limited to annual enrollment in benefits, updating personal information in our system platforms, payroll issues, the retirement process, the separation process, timecards, time off, and any other benefit that is part of the employment package.
- Corresponded with employees via telephone or email providing resolution to issues or inquiring regarding various topics
- Assisted with preparation and execution with sensitive subject matters including but not limited to separation, declined benefits, verification letters for employment or benefit coverage