

Sarah L. Parr

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OBJECTIVE	RN looking for a position in health care, where I can make the most of my nursing education and training, in addition to my interpersonal skills to give the highest level of care.
EDUCATION	<p>2006 - 2010 Blue Ridge Community College, Weyers Cave, VA</p> <p>Associate Degree Nursing Program</p> <ul style="list-style-type: none">▪ Graduated May 2010. <p>I had clinical rotations on the skilled nursing unit at Augusta Health and Bridgewater nursing home; Medical/ Surgical floor at Augusta Health, Martha Jefferson Hospital and UVA transplant unit. I had a mental health clinical rotation at Western State mental health hospital. I had a clinical rotation at DaVita and Augusta Health OB unit. I volunteered at Augusta Health in the HOPE unit.</p>
CERTIFICATIONS	<ul style="list-style-type: none">▪ GPA: 3.875 <p>BLS: expires May 2023</p> <p>Oncology Biotherapies Nov 2017</p> <p>WA State RN: rn60587835</p> <p>VA State RN: 0001226486</p> <p>CPI June 2022</p>
RELEVANT	I work under stressful conditions, remaining calm and

EXPERIENCE AND SKILLS	<p>exercising sound judgment.</p> <p>I am skillful in dealing effectively with the public in emotional situations, detecting potential problems and preventing escalation.</p> <p>I work with a variety of individuals from diverse backgrounds.</p> <p>I work with a trauma informed care model, ensuring vulnerable patients get high quality care with no judgement.</p> <p>I am proficient in Harm Reduction</p> <p>I can de-escalate my patients in a calm manner. I listen to the patient, to hear the base root of their complaint</p> <p>I am comfortable working with addiction, Narcan</p> <p>I am CPI certified and can use my skills to de-escalate and listen before the client turns violent</p> <p>Give autologous and allogenic stem cells</p> <p>Administer CAR-T cells and follow CRS/neurotoxicity protocols</p> <p>Administer prescribed medications, noting times and amounts given on patients' medication administration records.</p> <p>Provide medications and feedings via PEG tube, per facility protocol and have inserted a PEG tube under MD guidance.</p> <p>I start intravenous lines and give medications and fluids via IV's and central lines.</p> <p>I have accessed port a caths, and have worked with midlines, ports, piccs, central lines.</p> <p>Have provided the patient with TPN when ordered.</p> <p>Have assisted with surgical procedures while working in the ED.</p> <p>Complete a personalized care plan for each admission and patient I am taking care of</p>
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Assess learning needs and readiness of patients and their families

Teach patients about their care and needs to optimize success upon discharge

Observe patient's, charting and reporting any changes in the patient's condition, taking the appropriate actions necessary to keep the patient's health at their optimal level.

Work as part of a healthcare team to assess patient needs, plan and modify care, and implement interventions.

Supervise nurses' aides or assistants and LPNs.

Evaluate nursing intervention outcomes, conferring with other healthcare team members as necessary.

Have used Meditech, Epic, Cerner, and Point Care Click electronic medical record systems as well as paper charting system.

Make sure that every need of the patient is met to the best of my ability. If there is a need or a want that I cannot get accomplished, I will do everything in my power to make it done for the patient if it does not hinder their stay at the facility.

Assemble and use equipment, such as catheters, tracheotomy tubes, oxygen supplies, CPM, IV pumps, CADD pumps, kangaroo pumps and wound vacs.

Set up and assisting with vaginal pelvic exams and assisting with spinal taps. Set up slit lamps. I have assisted with synchronized cardioversions, as well as externally pacing patients in emergent situations.

12 lead EKG and cardiac monitoring

Assisted the MD with conscious sedation using versed, propofol, and ketamine using the safety protocol of the facility.

Assisted with sitting up a sterile field and assisted with sutures and removal. Fit patients with Tennessee walking boot,

	<p>crutches, and walkers along with teaching them how to properly use the assistive devices.</p> <p>Inventory and requisition supplies and instruments</p> <p>Make appointments for patients to have follow ups at clinics or doctor offices.</p> <p>Admit new patients to the facility; get orders in a timely manner to ensure their medications are there for them when they need them.</p> <p>Assisted in getting critically ill patients from door to corresponding clinic as quickly as possible to maximize survival rate.</p> <p>I have Med/Surg, ER, oncology, BMT, behavioral health,LTAC, Public Health and long-term care experience</p>
<p>JOB HISTORY</p>	<p>Emerald City Medical Staffing:</p> <p>Royal Life Center: August 2022- Present: Admitting clients into a detox setting and determining whether Librium or Subutex taper is appropriate for their medical and detox needs. Give comfort medication to facilitate detox in a comfortable and safe environment after detox, client moves to the residential side of the program and therapy and encouragement continues. Offer support and growth for the client and resources so they can be successful when they re-enter the community.</p> <p>Navos Inpatient Hospital: July 2022- October 2022: Worked 12 hour evening and night shifts inpatient on second and third unit. Did screenings for admissions, admitted patients, ordered medication, labs, and put in order sets. Called providers for any needs or concerns the patients had. Used knowledge-based care in providing care for the patient. I provide medications to the patient as scheduled, and offer PRN meds as indicated. I listen to the patient when they want to talk, and offer advice as able. I discharge per provider protocol.</p> <p>King County Isolation and Quarantine Center: January 2022- June 2022</p> <p>I work with clients in a mental health sector. I de-escalate</p>

REFERENCES

clients when they are in crisis. I listen to clients about their concerns and try to help them find a solution in a healthy way. I use trauma informed care to offer homeless guests the best possible care. We use a harm reduction model to ensure guests have access in knowledge-based care with addiction and offer them treatments while they are in our facility. I use our providers as a resource if the client needs medications to cope with their illness. I help our guests find shelter and provide resources to them that they request. I give them information for insurance, housing, rehabs, and other assistance that they may not have had a chance to seek otherwise and help our guests get set up with basic medical care. I also take temperatures, notify the provider if vitals are out of parameters and send guests to a higher level of care.

Greater Lakes Mental Health: I have worked PRN for this facility through Emerald City. I have done admissions, total body checks, med passes, chart reviews, taken orders from providers, placed order sets, called stat orders to the pharmacy, used PO/IM chemical restraints, sat 1:1 with clients, established repour.

Health Pros Staffing: King County Isolation and Quarantine Center: September 2020-January 2022

I work with clients in a mental health sector. I use trauma informed care to offer homeless guests the best possible care. We use a harm reduction model to ensure guests have access in knowledge-based care with addiction and offer them treatments while they are in our facility. I help our guests find shelter and provide resources to them that they request. I give them information for insurance, housing, rehabs, and other assistance that they may not have had a chance to seek otherwise and help our guests get set up with basic medical care. I also take temperatures, notify the provider if vitals are out of parameters and send guests to a higher level of care.

Kindred Hospital: 13-week agency contract April 2020-July 2020.

I worked through the corona virus crisis in a LTAC facility. Most of the patients were vented, trying to be successful in decannulation. I did tube feeds, wound care, admits, discharges, and transfers. I de-escalated patients due to frustration with being unable to communicate with staff. I offered my time and went above and beyond to do the little things for the client. I used hard restraints for vented patients

and got the proper paperwork and orders from the dr.

North Auburn Health and Rehab: November 2019- April 2020:

I was a weekend charge nurse. I did all of the admissions and discharges. I did medication passes, and staffing. I filled in on the floor if there was a call out for nursing staff. I listened to concerns and complaints residents had regarding care or medication. I offered assistance when it was something I could do as a gesture to let the resident know someone was listening and they were being heard. I gave numerous psychotropic medications to residents.

Multicare, WA May 2019-November 2019.

I was a system wide float nurse. I floated to all of the Multicare facilities and worked. I did admissions, discharges, transfers, medication passes, tube feeds, blood products. I listened to clients and attempted to ensure their needs were met. I remember the little things about the clients. I de-escalated many clients that were not happy with care or having to be discharged from the facility. I gave psychotropic medications to clients. I used soft restraints, ensuring the proper orders and paperwork was in place from the provider. I called code grays when needed.

University of Washington, Seattle, WA July 2016- May 2019
Manager: Sandra Olsen- 8NE SCCA Hospital

I provide medications to patients per the EMAR. I give chemotherapy per the facility protocol. I administer stem cells and provide monitoring per protocol. I am trained to administer CAR-T cells and assess for CRS/neurotoxicity. I access port-a-caths, IVs. I do lab draws and interpret/notify provider of the results. I do bone marrow Transplants. I had many clients get chemo induced psychosis. I gave many psychotropic medications to clients. I de-escalated patients with brain cancer or chemo induced psychosis and helped them feel calm in their surroundings. I used soft restraints ensuring the proper orders and paperwork was in place from the provider. I called code grays when needed.

Augusta Health Hospital, Fishersville, VA 22939 May 2013-
Dec 2015 Manager: Cyndi Solana

Clinical Nurse

I give medications to the patients. I admit patients to the floor from the ER, direct admits or transfers from other units. I perform dressing changes on patients. I insert iv's on patients and help teach my co-workers how to insert iv's. I insert foley catheters when needed and do in and out caths. I help teach new hires the way of the unit and help out with any needs they or my other co-workers may have. I am a team player. Always willing to work extra when needed to help the unit and the patients. I supervise my patient care activity to ensure optimal patient outcomes. Plan nursing care plans for each of my patients. Assess and re-assess my patients for optimal outcomes for my patients. I ensure that services are performed in accordance to the standards of that of the facility. Implement patient care in accordance with the policies of the facility. Communicate with my co-workers regarded care of patients and orientation of new hires. I used psychotropic medications when indicated for my patients. I used 1:1 sitters, and soft restraints, ensuring the proper orders and paperwork was in place by the provider.

King's Daughter's Nursing and Rehab, Staunton, VA 24401
2011-2013 Manager: Pam Whorley, 540-886-6233

Clinical Nurse

I give medications. I take blood from residents. I get accuchecks from diabetic residents. I mentor new grads that come in and help them get a grasp on what their responsibilities are. I do breathing treatments on residents. I assess residents when they are admitted to the facility and daily. I do dressing changes. I place foleys and in and out foley. I perform foley care for residents daily. I have several residents that require tube feedings. I assess them for placement, flush their tubes, and give them their medications via the peg tube. I am a team player and value constructive criticism and teamwork. I have had several

patients on TPN, I have had numerous patients with wound vacs.

Rockingham Memorial Hospital, Harrisonburg, VA 22801
2010-2011 Manager: Jane Miller, 540-689-1400
Emergency Room, RN

Check patient's in when they come to the ED for a service. I triage squad's, obtain lab specimens, start IV's, place foleys and give medications. I start protocols when appropriate for patients. I transfer patients to other facilities when appropriate. I provide care to infants, toddlers, children, young adults, middle-aged adults, geriatric patients, mental health patients. I use critical thinking with each patient. I care for the critically ill patients and perform lifesaving interventions when needed. I call code gray, using hard and soft restraints, ensuring the proper order and paperwork is in place by the provider.

Rockingham Memorial Hospital, Harrisonburg, VA 22801
2008-2010 Manager: Linda Riddle, 540-689-1400

Clinical Assistant

Assist patients with ADL's, obtain vital signs, obtain lab samples from patients, assist the nurse with duties, obtain weights from patients that cannot stand, enter orders into the computer, assist patients during transfers or upon discharge and provide 1:1 care to patients who require the need for it.

Boyd's Hairdressers, Staunton, VA 24401 2001 - 2009

Hairstylist

Provide clients with appointments, handle payment for charges, cut, color and style hair for client's, wax client's handle any issues that may arise in an appropriate manor and assist my coworkers with any help they may need.

References

Christine Schedler- PACU RN, Emerald City Medical Staffing,
262-352-3840

Jesse Havens- RN, BSN Public Health, Seattle Public
Schools, 360-304-8582

Beth Champion- bethachampion@gmail.com (503)740-8474
RN, BMT, SCCA

Whitney Farowich RN, BSN, BMTCN-
wfarowic@seattlecca.org (206)606-6000. Bezos Family
Immunotherapy Clinic

Kassie Dennis- Kayyloveebabby@gmail.com (540)280-2382
PCT, UVA healthsystems

Kathy Webb, Clinical Nurse (804) 815- 2702

Penni Simmons, Kings Daughters Nursing (540) 292 7375

Diana Lembo, Kings Daughters Nursing, Unit Manager/
Clinical Nurse, (540) 241- 4561

Moriah Barger, Hairstylist, VMI, (540) 570-0701