

# Katrina Couperus

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## Licenses/Certifications/Skills/Qualifications

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- BLS and First Aid for Healthcare Providers, American Heart Association, Expiration: 10/2023
- ACLS, American Heart Association, Expiration: 01/2024
- Registered Professional Nurse New York State License Number: 743612
- Registered Professional Nurse North Carolina License Number: 318713
- Registered Professional Nurse Utah License Number: 11459074
- Registered Professional Nurse Washington State License Number: RN60858620
- Registered Professional Nurse Virginia License Number: 0001298664
- Trained in Preventing and Managing Crisis Situations
- Trained in Youth Empowerment Strategies
- Trained in EPIC, Meditech (old and new version), MHARS, and NORA
- Assistant volunteer for Chronic Pain Group Therapy

## Education

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### **Bachelors of Applied Science in Nursing**

State University of New York at Canton

December, 2018

Canton, NY

- Recipient of both President's List and Dean's List honors.
- 3.89 cumulative GPA

### **Associate of Applied Science in Nursing**

State University of New York at Canton

May 2017

Canton, NY

- Vice President of the Phi Theta Kappa honor society.
- Recipient of both President's List and Dean's List honors.
- Recipient of Heritage Award 2017
- 3.83 cumulative GPA

### ***Clinical Practicum/Site:***

- Fundamentals, United Helpers: Maplewood/Canton-Potsdam Hospital, Fall 2015.
- Maternal Health, Canton-Potsdam Hospital, Spring 2016.
- Mental Health, Claxton-Hepburn Medical Center, Spring 2016.
- Medical-Surgical I, Claxton-Hepburn Medical Center, Fall 2016.
- Medical-Surgical II, Canton-Potsdam Hospital, Spring 2017.
- Emergency Department. Claxton-Hepburn Medical Center, Spring 2018.

### **Advanced High School Diploma**

Ogdensburg Free Academy

June, 2013

Ogdensburg, NY

- 91.38 cumulative GPA.
- Class Secretary, Earth Club, Art Club, Academic All-Northern, Earth Science Olympiad, High Honor Roll, Key Club, Model United Nations, Peer Tutor, Pep Band, Project Challenge, Prom Committee, Student Council, Scholar Athlete, Team Captain.

## Relevant Experience

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**Registered Nurse**

Virginia Commonwealth University Medical Center  
Progressive Care Unit

Nov 2021-Jul 2022  
Richmond, VA

- Worked in collaboration with Sickle Cell Specialists to deliver care to patients in crisis per an evidenced based practice protocol specific to research done at the university.
- Conferred with Intensivists on patient status and need for a higher level of care.
- Competent in reading and understanding medical terminology in provider written notes and in placing patient summary notes.
- Created strategies and skills to work in a fast-paced environment while still delivering exemplary patient care and with experience knowing when to slow down to prevent error in a hectic environment.

**Registered Nurse**

Henrico Doctors Hospital  
Progressive Neurovascular Care Unit

Dec 2020-Oct 2021  
Richmond, VA

- Worked in conjuncture with neurosurgeons and neurologists to formulate best plan of care for patients pre and post craniotomy.
- Monitored imaging and testing completion for stroke workups, such as echocardiograms, head CTs, MRIs, and carotid ultrasounds.
- Listened to patient needs and worked in conjuncture with occupational therapists as well as physical therapists to aid in getting devices and adaptive equipment to aid in rehabilitation.
- Trained new oncoming staff utilizing motivational interviewing to help create an environment of teamwork and patient centered care.

**Registered Nurse**

Canton-Potsdam Hospital  
Progressive Care Unit

Dec 2018-Oct 2021  
Potsdam, NY

- Gave care to patients pre and post operatively with surgeries including hemicolectomy, amputation, hip/knee/ankle replacement, I&D, chest tube placement, hernia repair, breast augmentation and excess skin removal, line placement, cholecystectomy, appendectomy, and more surgeries of the like.
- Worked frontline from the start of the pandemic on the COVID unit, adapting to daily new policy and procedure as research and findings were released about COVID.
- Assisted in emergent central line placements, chest tubes, intubations and keeping the sterile field sterile.
- Performed and documented direct patient and family centered care and patient education according to nursing standards of practice.

**Charge Nurse/Per Diem**

Saint Lawrence Psychiatric Center  
Children and Youth

Feb 2018-Apr 2019  
Ogdensburg, NY

- Delivered specialized, compassionate patient care utilizing the nursing process of assessment, planning, intervention, implementation, and evaluation in the psychiatric care setting.
- Effectively communicated with patients, patient's families, and other patient care team members to facilitate optimal patient outcomes.
- Established priorities for nursing action according to patient's needs and formulated appropriate care.
- Utilized training from Preventing and Managing Crisis Situations to deescalate combative patients in crisis to settle and treat needs.