

Sarah Lons

Oklahoma City, OK 73165

sarahann25l@aol.com

+1 405 740 6427

Compassionate and committed Registered Nurse with over eight years professional experience, encompassing over 20 years in the medical field. Offering expertise in patient care, patient monitoring, and positive outcomes. Expertise in following clinical/surgical fields: Cosmetic, Cardio, General, Ortho, Podiatry, GYN, Oral, Pediatric, ENT.

Work Experience

Perioperative Nurse

Surgical hospital of Oklahoma - Oklahoma City, OK

May 2022 to Present

Document patient health/medication information obtained from patient assessment interviews and prepare for surgical procedure. Gather all necessary consents, H&P's, and required testing documents. Perform additional testing required such as urinalysis, ABL testing, EKG, and starting IV. Assist anesthesia in performing nerve blocks for post operative pain control. Monitor patients vital signs until surgery.

Registered Nurse

Cosmetic Surgery Center

August 2020 to Present

Manage all aspects of a Cosmetic Surgery and Aesthetics center. Providing direct and indirect nursing care to patients and families.

Clinical side of Practice. Assessed, organized, and provided nursing care to patients in accordance with physician instructions and protocols. Reviewed and updated clinical processes and workflows, ensuring optimal care practices were implemented, replacing outdated methods and processes. Seeing consultations, patient pre-op gathering all necessary pre-op testing, managing prescriptions, scheduling, billing, chart building, seeing all follow-up patients, suture/staple removal, and wound care. Seeing all surgery pts until fully healed at 4 months.

Ordering all necessary medical supplies. Maintained health records, documented each patient contact and updated patient profiles. Established and maintained effective working relationships with physicians, providers, patients, and fellow employees.

Aesthetics side of practice. Duties include injecting Botox/shots/and hormone pellets. Lasers including: Plasma Pen/ Potenza Microneedling with radiofrequency, Icon laser IPL and Erbium Fractional laser, Cynosure Temp sure: Envi, Firm, Vitalia, True sculpt ID.

Surgical side of practice. Preoperative checking surgery pts in for surgery. Starting Iv's, starting preop tests, getting vitals and reviewing patient history. Answering all questions of patients and family and calming concerns.

Circulate in the operating Room for general cases. Maintain sterile field in the operating room in order to ensure patient safety. Prepare surgical equipment for physician and pass on as needed. Demonstrate

clear knowledge of medical tools by preparing proper instruments in a timely manner. Making sure pts are prepped with surgical scrub and helping CRNA intubate.

Recovery nurse. assess all pts vitals and monitor conditions. Educating all family members with discharge instructions. Performing Moderate Sedation on all patients who do not require general surgery. Pushing IV medications, maintaining an airway and monitoring all vitals during surgery for a positive outcome. Update physicians and other nurses on patient status and keep accurate records in order to best advocate for patient needs

Surgical Nurse Director

Cosmetic Surgery Affiliates

December 2019 to August 2020

Manage Surgical Side of Cosmetic Surgery Center including 5 RNs , 2 MAs, and 2 CST employees. Overseeing the schedule, flow, ordering supplies. Moderate Sedation and recovery is my main specialty when doing patient care.

Operating Room Nurse

Community Hospital - South

February 2019 to December 2019

Operative Circulating nurse for fast paced OR servicing doctors in General surgery, ENT, Orthopedic, Spine, Gyn, and Eyes. Successfully checking patients in preop for readiness for surgery. Maintaining a sterile environment in OR for patient safety. Properly position and prep pts for cases and multitask case for smooth operation. Working simultaneously with other OR staff ensuring patient has the best experience they can. Facilitating quick case turn overs.

Naval Health Clinic - Lemoore, CA

January 2018 to January 2019

RN (40 hours a week 4/10's)

Pre Op /PACU/PACU II/Moderate IV Sedation

Conscious Sedation nurse, preformed roles and responsibilities of unit Charge

Nurse. Effectively trains and manages unit RN's and Corpsman. Manages daily staff and OR schedule. Check in patients and implement orders. Ensure patients and families are comfortable with upcoming surgical procedures. Review paper work such as consents, and insurance forms making sure all are properly documented.

Clinical Assessments and treatment of patients in Phase I and II recovery.

Educated families on pre-procedure, post-procedure, and reinforce discharge teaching per surgeon. Telephone triage pre and post surgeries. Administered conscious sedation medication and closely monitored patient response to sedation while implementing nursing interventions as needed. Follow infection control procedures.

RN (36 Hours a Week 3/12'S)

West Florida Hospital - Pensacola, FL

August 2014 to March 2017

Med-Surg

Pensacola, FL

August 2014 to May 2016

Telemetry 5/2016-3/2017

Provide direct nursing care in accordance with facility policy and procedure.

Improve patient health through assessment, planning, education, and coordination of patient care, carrying out physician orders and providing comprehensive patient and family education. Post Open heart recovery Nurse /250+ hours of floating to ICU, Preceptor Training to new employees and student nurses. Monitor, record, and report symptoms or changes in patients' conditions. Maintain accurate detailed reports and records. Record patients' medical information and vital signs. "Go to" person for covering gapped unit shifts working 24-36 hours extra bi-weekly.

Donor Specialist III

LifeStream -San Bernardino - CA

May 2007 to August 2009

(40 hours a week 5/8's)

Phlebotomist assisting donors with the donation of Plasma, Platelets, and Whole

Blood. All office duties including donor check in, screening, recovery phases, traveling to mobile donor sites set up following through donor rotation through break down.

St. Anthony Hospital - Oklahoma City, OK

December 2004 to March 2006

-Lab Assistant (40 hours a week 5/8's)

Phlebotomist averaging fifty venipuncture's per day, assist with office duties, certified drug screen collector, and breath alcohol technician.

Envi, Firm, Vitalia - Truesculpt ID.

Surgical side of practice. Preoperative checking surgery pts in for surgery.

Starting Iv's, starting preop tests, getting vitals and reviewing patient history.

Answering all questions of patients and family and calming concerns.

Circulate in the operating Room for general cases. Maintain sterile field in the operating room in order to ensure patient safety. Prepare surgical equipment for physician and pass on as needed. Demonstrate clear knowledge of medical tools by preparing proper instruments in a timely manner. Making sure pts are prepped with surgical scrub and helping CRNA intubate.

Recovery nurse. assess all pts vitals and monitor conditions. Educating all family members with discharge instructions. Performing Moderate Sedation on all patients who do not require general surgery. Pushing IV medications, maintaining an airway and monitoring all vitals during surgery for a positive outcome. Update physicians and other nurses on patient status and keep accurate records in order to best advocate for patient needs

Education

Associate in Applied Science in Nursing

OKLAHOMA CITY COMMUNITY COLLEGE - Oklahoma City, OK

May 2014

Associate in Applied Science in Medical Assisting

OKLAHOMA CITY COMMUNITY COLLEGE - Oklahoma City, OK

May 2005

Skills

- Nursing
- Botox Experience
- Experience Administering Injections
- Venipuncture
- EMR Systems

Certifications and Licenses

PALS Certification

September 2022 to September 2024

BLS Certification

August 2022 to August 2024

RN

August 2022 to August 2024

ACLS Certification

August 2022 to August 2024

Assessments

Customer service — Expert

August 2020

Identifying and resolving common customer issues

Full results: [Expert](#)

Sales skills — Highly Proficient

August 2020

Influencing and negotiating with customers

Full results: [Highly Proficient](#)

Clinical judgment — Highly Proficient

February 2022

Assessing a patient's condition and implementing the appropriate medical intervention

Full results: [Highly Proficient](#)

Protecting patient privacy — Highly Proficient

February 2022

Understanding privacy rules and regulations associated with patient records

Full results: [Highly Proficient](#)

Indeed Assessments provides skills tests that are not indicative of a license or certification, or continued development in any professional field.