



MEGAN SOWELL-DYKES

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Summary

- High driven, well experienced nurse with a wide range of nursing capabilities!
- Quality-driven and efficient with strong interpersonal abilities. Qualified LTCF Nurse offering extensive and positive experience in leadership roles. Expert in diverse aspects of patient care with success in overseeing shift activities. Proven clinical skills and sound judgment.
- Patient-oriented, compassionate nursing professional experienced in patient care and advocacy within units. Accomplished at implementing policies, procedures and protocols to achieve core measures benchmarks. Caring and attentive preceptor dedicated to optimizing nurses' skills and knowledge.
- Cares for a variety patients with exceptional clinical, interpersonal and time management abilities. Licensed in every state. Diligent about helping people of all backgrounds with diverse healthcare needs. Top skills in communication, medication administration and wound care.
- Patient-oriented nursing professional with 6 years of hands-on experience in delivering quality direct and indirect patient care to individuals in a variety of settings. Fosters relationships with patients, caregivers, and coworkers to drive patient care goals and advance nursing philosophies.
- Credentialed LVN/LPN offering 6 years of experience providing compassionate care in a variation of environments.

Skills

- Staff Development and Precepting
- Colostomy care familiarity
- Intake and discharge
- IV drug therapy management
- Acute and rehabilitative care
- Diabetes management
- Medication and IV administration
- Diagnostic tools experience
- Geriatric treatment knowledge
- Team building
- Supervision
- Team management
- Reliable and trustworthy
- Analytical
- Working collaboratively
- Body mechanics knowledge

Experience

Titan Medical Staffing | Nashville, TN

Travel Nurse

04/2022 - 06/2022

- Collected and documented vital signs to track current patient conditions.
- Monitored patient's respiration activity, blood pressure and blood glucose levels in response to medical administration.
- Communicated concerns regarding patients' status, care and environment to nursing supervisors, clinical care supervisors and case managers.
- Answered patient and family questions to educate on optimal treatment procedures.
- Assisted physicians with examinations and patient scans during diagnostic processes.
- Collected biological specimens and packaged for laboratory transport to complete diagnostic tests.
- Interviewed patients to obtain medical history.
- Used sterile techniques to prepare patients for procedures.
- Charted changes in patient conditions and discussed concerns with supervising healthcare provider.

- Addressed patient care needs, collected vitals, dressed wounds and managed catheters.
- Observed strict confidentiality and safeguarded all patient-related information.
- Directed implementation of improved patient care and documentation methods and procedures to achieve quality objectives.
- Sterilized equipment and supplies using germicides and autoclaves to protect patients and staff from infection.
- Ordered and interpreted diagnostic tests to identify and assess patient condition.
- Directed and instructed patients and family members on proper discharge care.
- Disposed of medical waste and sharps using proper protocols.
- Checked medical stock to determine inventory levels and maintain nursing supplies.
- Educated patients and family members about preventive health care and recovery.
- Furnished emotional, psychological and spiritual support to patients and families to establish compassionate environment.

PrimeTime Healthcare staffing | Bozeman, MT

Travel Nurse

12/2021 - 02/2022

- Collaborated with interdisciplinary personnel to create, implement and manage patient care plans suiting individual needs and preferences.
- Administered medications, tracked dosages, and documented patient conditions.
- Supervised nurse administration of oral, intramuscular, and IV medications to patients as prescribed, monitoring responses for adverse reactions.
- Learned and developed unique skills, specialties and practices based on site and patient needs.
- Updated patient charts to reflect changes to care plans, interventions and observations.
- Treated patients using pharmacological and non-pharmacological treatment modalities to address various disorders, diseases and injuries.
- Maintained comprehensive base of unit supplies to meet expected patient demands, public health emergencies, and mass casualty incidences.
- Trained other nurses on patient care and daily tasks, supporting growth and professional development.
- Responded to emergency situations with speed, expertise and level-headed approaches to provide optimal care, support and life-saving interventions.
- Helped patients and families feel comfortable during challenging and stressful situations, promoting recovery and reducing compliance issues.
- Assessed patient conditions, monitored behaviors and updated supervising physicians with observations and concerns.
- Advocated for patient needs with interdisciplinary team and implemented outlined treatment plans.
- Coordinated with healthcare team to establish, enact and evaluate patient care plans.
- Administered oral, IV and intra-muscular medications and monitored patient reactions.
- Monitored diet, physical activity, behaviors and other patient factors to assess conditions and adjust treatment plans.
- Delivered information regarding care and medications to patients and caregivers in comprehensible terminology.

Elite Specialty Staffing | Cheyenne, WY
Travel Nurse
10/2021 - 11/2021

- Stocked clinical workstations and procedure rooms with necessary supplies.
- Executed appropriate steps for patient treatment following careful review of physician medical regimen.
- Administered medications, tracked dosages, and documented patient conditions.
- Supervised nurse administration of oral, intramuscular, and IV medications to patients as prescribed, monitoring responses for adverse reactions.
- Learned and developed unique skills, specialties and practices based on site and patient needs.
- Updated patient charts to reflect changes to care plans, interventions and observations.
- Treated patients using pharmacological and non-pharmacological treatment modalities to address various disorders, diseases and injuries.
- Maintained comprehensive base of unit supplies to meet expected patient demands, public health emergencies, and mass casualty incidences.
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- Assessed patient conditions, monitored behaviors and updated supervising physicians with observations and concerns.
- Advocated for patient needs with interdisciplinary team and implemented outlined treatment plans.
- Administered oral, IV and intra-muscular medications and monitored patient reactions.
- Monitored diet, physical activity, behaviors and other patient factors to assess conditions and adjust treatment plans.
- Delivered information regarding care and medications to patients and caregivers in comprehensible terminology.
- Stocked clinical workstations and procedure rooms with necessary supplies.
- Monitored post-op vitals, set up PCA, fluids, reviewed post-op orders and assimilated patients to unit.

Woodland Heights Medical Center |
Lufkin, TX
Surgical Nurse
08/2021 - 10/2021

- Observed surgical procedures to closely monitor patient and quickly assist physician with potential complications or additional needs.
- Maintained aseptic environment to prevent patient infections or other unwanted outcomes.
- Analyzed patient chart data and identification to verify accurate information.
- Recorded patient outcomes, new post-operative prescriptions and other information in patient charts.
- Minimized infections using ChloroPrep, Mueller and Snowden-Pencer laparoscopic instruments and infection prevention products.
- Sterilized and arranged operating equipment and instruments to prepare room for surgery.
- Supported successful administration of care plans by communicating with cross-functional teams.

Private Duty-Kenneth Price | Lufkin, TX
LVN
01/2017 - 09/2021

- Performed venipuncture to collect blood and submitted to lab for pre-operative testing.
- Reduced potential infections using ChloroPrep, pre-op prep, Mueller and Snowden-Pence Surgical laparoscopic instruments, capital and infection prevention products.
- Assisted Doctor by handing off appropriate instruments per request.
- Performed all scrub tech duties and most duties of a first assist.
- Addressed patient care needs, collected vitals, dressed wounds and managed catheters.
- Observed strict confidentiality and safeguarded all patient-related information.
- Worked with registered nurses to deliver comprehensive, high-quality care to patients.
- Answered patient calls, identified issues and determined how best to provide assistance within parameters established by facility and supervisor.
- Administered prescribed medications and started intravenous fluids to address patient symptoms and underlying etiologies.
- Evaluated patient care procedural changes for effectiveness and made necessary adjustments.
- Directed implementation of improved patient care and documentation methods and procedures to achieve quality objectives.
- Collected and documented vital signs to track current patient conditions.
- Monitored patient's respiration activity, blood pressure and blood glucose levels in response to medical administration.
- Communicated concerns regarding clients' status, care and environment to nursing supervisors, clinical care supervisors and case managers.
- Answered patient and family questions to educate on optimal treatment procedures.
- Followed rehabilitation and treatment care plans to accelerate patient recovery, minimize pain and optimize patient outcomes.
- Prevented drug interactions and contributed to correct diagnosis by recording patient health information, monitoring vitals and updating patient files.
- Started, monitored and managed intravenous medication to stabilize patient heart and blood pressure.
- Used sterile techniques to prepare patients for procedures.

Woodland Heights Medical Center |
Lufkin, TX
Medsurg/Nurse, LTAC Float
06/2020 - 08/2021

- Collected and documented vital signs to track current patient conditions.
- Monitored patient's respiration activity, blood pressure and blood glucose levels in response to medical administration.
- Communicated concerns regarding clients' status, care and environment to nursing supervisors, clinical care supervisors and case managers.
- Answered patient and family questions to educate on optimal treatment procedures.
- Measured and monitored patient vital signs.
- Followed rehabilitation and treatment care plans to accelerate patient recovery, minimize pain and optimize patient outcomes.
- Delivered compassionate care to increase comfort and psychological, social and spiritual well-being.
- Assisted physician with examinations, tests, and procedures.
- Coordinated care with physicians and other clinical staff to prepare for

treatment, carry out interventions and enhance continuum of care.

- Observed and carried out physician and nursing orders.
- Assisted physicians with examinations and patient scans during diagnostic processes.
- Administered medications, tracked dosages and documented patient conditions.
- Educated patients, caregivers and families on diagnoses, treatment options and disease prevention.
- Prevented drug interactions and contributed to correct diagnosis by recording patient health information, monitoring vitals and updating patient files.
- Attended to patients in recovery from medical procedures by caring for wounds, monitoring vitals and managing pain.
- Conducted patient assessments and diagnostic tests to provide physician with important patient health information.
- Liaised between patients and doctors, completing comprehensive assessments and recording medical information to achieve recovery goals.

Stallings Court | Nacogdoches, TX

LVN Charge Nurse

09/2019 - 12/2019

- Assessed and assisted patients with diverse range and comorbid chronic diagnoses, including chronic obstructive pulmonary disease (COPD), asthma, congestive heart failure (CHF), cerebrovascular accidents (CVA), diabetes, and sepsis.
- Built and maintained strong working relationships between nursing department and other disciplines.
- Coordinated and performed patient admissions, transfers and discharges.
- Oversaw medication administration, monitored distribution and documented responses.
- Educated patients, caregivers, and families on diagnoses, treatment and disease prevention.
- Supported physicians and consultants with tests and procedures.
- Organized and delegated tasks during rapid response and high-pressure code situations.
- Distributed assignments to RNs, LPNs and resident advisors, guided work and delivered training to promote proper care standards for patients.
- Assessed unit patients continuously from admission to discharge.
- Performed IV infusions, intramuscular injections, peritoneal dialysis, IV pushes and oral subcutaneous.
- Directed unit staff and promoted quality care for diverse patients.
- Advised, coached and mentored experienced and student nurses on medical issues, crisis management and appropriate nursing interventions.
- Implemented interventions and strategies to manage chest tubes, nasogastric tubes and G-tubes.
- Managed central lines, catheters and vascular access devices.

Castle Pines Health And Rehab | Lufkin,
TX

LVN Charge Nurse

05/2018 - 10/2018

- Assessed and assisted patients with diverse range and comorbid chronic diagnoses, including chronic obstructive pulmonary disease (COPD), asthma, congestive heart failure (CHF), cerebrovascular accidents (CVA), diabetes, and sepsis.
- Built and maintained strong working relationships between nursing department and other disciplines.
- Coordinated and performed patient admissions, transfers and discharges.
- Oversaw medication administration, monitored distribution and documented responses.

- Educated patients, caregivers, and families on diagnoses, treatment and disease prevention.
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Larkspur | Lufkin, TX
LVN Charge Nurse
 02/2018 - 05/2018

- Assessed and assisted patients with diverse range and comorbid chronic diagnoses, including chronic obstructive pulmonary disease (COPD), asthma, congestive heart failure (CHF), cerebrovascular accidents (CVA), diabetes, and sepsis.
- Built and maintained strong working relationships between nursing department and other disciplines.
- Coordinated and performed patient admissions, transfers and discharges.
- Oversaw medication administration, monitored distribution and documented responses.
- Educated patients, caregivers, and families on diagnoses, treatment and disease prevention.
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- Advised, coached and mentored experienced and student nurses on medical issues, crisis management and appropriate nursing interventions.
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- Managed central lines, catheters and vascular access devices.

Twin Lakes Rehabilitation | San Augustine, TX
LVN Charge Nurse
 12/2016 - 02/2018

- Assessed and assisted patients with diverse range and comorbid chronic diagnoses, including chronic obstructive pulmonary disease (COPD), asthma, congestive heart failure (CHF), cerebrovascular accidents (CVA), diabetes, and sepsis.
- Built and maintained strong working relationships between nursing department and other disciplines.
- Coordinated and performed patient admissions, transfers and discharges.
- Oversaw medication administration, monitored distribution and documented responses.
- Educated patients, caregivers, and families on diagnoses, treatment and

disease prevention.

- Supported physicians and consultants with tests and procedures.
- Organized and delegated tasks during rapid response and high-pressure code situations.
- Distributed assignments to RNs, LPNs and resident advisors, guided work and delivered training to promote proper care standards for patients.
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Education and Training

San Augustine High School | San Augustine, TX

High School Diploma

06/2011

- Ranked in Top 10% of class
- Honored on Deans list during college classes completed
- Completed HS in a total of 2 years along with graduating with college hours

Panola College | Carthage, TX

Some College (No Degree)

Took General studies and completed just under amount of hours to graduate with an associates degree

- Was mentioned on the deans list most of my semesters enrolled while taking a full course of study hours

Tyler County School of Vocational Nursing | Woodville, TX

LVN/LPN in Nursing

Activities and Honors

- Year 3 committee member Houston Livestock Show and Rodeo/Reliant Stadium
- honorable First Responder r/t Houston Livestock Show and Rodeo

Additional Information

- IV certified
- Powerpoint
- Microsoft Office
- Immaculate People Skills
- PICC Line Certification
- BLS
- ACLS
- PALS
- Immaculate Gtube Experience
- Customer Service
- IV Therapy
- Time Management
- Wound Care
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Certifications

- BLS AHA
- BLS
- ACLS
- PALS
- IV
- PICC
- Respite Care

References

- **Amanda Fowler BSN**, supervisor while working at the hospital. Have known her throughout years of nursing, along with while in nursing school! (936)208-9032
- **Tracie Brown BSN**, nursing school instructor along with administrator for Woodland Heights Medical Center. (409) 554-5068
- **Cyndi Hopson RN**, years of friendship stemming from nursing along with family oriented.(936) 404-5081