

# Shereen Sutherland

Vienna, VA

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Ethical, driven, and dependable healthcare professional who is consistently recognized for her leadership potential, proactive attitude, and enthusiastic personality. Possess firsthand nursing clinical experience, including at Inova

Mount Vernon Hospital, Inova Alexandria Hospital and more than four (4) years' experience in related healthcare fields such as geriatric care, retail pharmacy, and customer service. Proven knowledge of the nursing process and demonstrated ability to identify patient care requirements, provide physical and psychological support, and establish rapport through therapeutic communication.

## Work Experience

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### **Operating Room Nurse**

Inova Mount Vernon Hospital - Alexandria, VA

July 2021 to Present

- Experienced in circulating general, vascular, urology, and plastics
- Specialize in orthopedics (total joints, scopes, revisions)
- Review patient consent form and laterality of surgical site
- Routinely prepare, operate, and sterilize equipment to ensure patient safety.
- Perform time out according to AORN guidelines and company policy
- Document preoperative and intraoperative care in EPIC and maintain confidentiality
- Create post-care plans for patients
- Ensure patient safety standards according to policy
- Reconstitute medication
- Maintain sterility of the operating room.
- Collaborate with the interdisciplinary team (CRNA, X-Ray tech, fellow, scrub tech, and surgeon) to enhance patient-centered- care
- Ability to independently multitask while maintaining patient safety throughout surgical procedures and act as a patient advocate
- Working knowledge of the Hana fracture table and beach chair with Spyder

### **Patient Care Technician**

Visiting Angels - Springfield, VA

October 2019 to January 2021

- Provide in-home patient care and promote oral hygiene while promoting self-esteem and comfort. Care includes baths, hair care, dressing, wound care and incontinence care to prevent skin breakdown.
- Prepare meals and encourage adequate nutritional intake and hydration.
- Support patient mobility using safe body mechanics, including for transfers, walking, and range of motion.
- Collaborate with occupational therapists and nurses to conduct ambulation sessions.

### **Pharmacy Technician**

CVS Health - Maryland and Virginia

January 2016 to December 2019

- Assisted pharmacists fill prescriptions by receiving, processing, and dispensing medication orders. This task included calculating drug dosages according to prescription information, and making modifications as instructed by pharmacists and providers.
- Prepare prescription labels with correct medication and quantity for pharmacist approval.
- Verified insurance eligibility and coverage.
- Closely monitored inventory levels to ensure accurate up-to-date inventory records, using the RXconnect electronic medical record system.
- Completed and updated patient profiles with correct billing, insurance, and prescription information.
- Contacted physician offices via phone and fax to obtain prescription refill authorizations.

## Education

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

The George Washington University - Washington, DC  
December 2022 to December 2022

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

Northern Virginia Community College - Vienna, VA  
May 2021 to May 2021

Montgomery College - Silver Spring, MD  
June 2014 to June 2014

### **Bachelor of Science in Environmental Biology**

University of the West Indies - Kingston, Jamaica  
August 2010 to August 2010

## Skills

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- Epic
- Nursing
- EMR Systems
- Pharmacy Technician Experience
- Medication Administration
- Caregiving
- Medical Records
- Hospital Experience
- Medical Terminology
- Vital Signs
- Patient Care
- HIPAA
- Experience Administering Injections

## Certifications and Licenses

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### **PTCB Certification**

#### **RN License**

June 2021 to January 2024

### **Caregiver Certification**

### **Pharmacy Technician Certification**

### **BLS Certification**

### **CPR Certification**

### **AHA Certification**