

# RESUME

## LYDIA ASAFO-AGYEI, RN, BSN, PMHNP-BC

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### **PROFESSIONAL SUMMARY**

I am a new grad PMHNP-BC, but I have worked as a registered nurse with at least five years of experience in acute and long-term care facilities in the United States, which requires organizational and technical skills. I have a strong work ethic, strong attention to detail, a positive attitude, am a team player, trustworthy, confident, and compassionate.

### **RELATED SKILLS**

<ul style="list-style-type: none"><li>• Parent/Patient/Family Education</li><li>• Quality &amp; Continuity of Care</li><li>• Delegation, Evaluation, Advocacy, Coordination, and Professional Nursing Care</li></ul>	<ul style="list-style-type: none"><li>• Interprofessional Collaboration</li><li>• Excellent Patient-Provider Relations</li></ul>
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### **Education**

**Master of Science in Nursing, MSN.** Walden University, Minneapolis, MN. Psychiatric-Mental Health Nurse Practitioner (PMHNP), June 2021.

**Bachelor of Science in Nursing, BSN.** Towson University, MD, May 2018.

**Associate Degree in Nursing, ADN.** Premier Nurses' Training College Kumasi, Ghana, 2009-2012.

**Harford Community College, MD,** August 2012.

### **Professional Experience Highlights**

#### **Recovery Centers of America**

#### **Earlville, MD**

**Psychiatric Mental Health Nurse Practitioner (PMHNP-BC)      February 2022-Present**

- Assess, diagnose, and treat patients with psychiatric and mental health disorders.
- Psychotropic medication management.
- Educate patients/families with psychiatric and mental health disorders.
- Promote good health practices.
- Address substance abuse treatment.
- Order and interpret appropriate lab tests.

- Promote disease prevention practices and help people lead healthy lives.
- Collaborate with other healthcare providers including other nurse practitioners, case managers, clinical therapists, nurses, etc.

**MedStar Union Memorial Hospital  
Baltimore, MD**

**March 2017-Present**

***REGISTERED NURSE***

- Precept new Staff on nursing and regulatory procedures.
- Apply professional nursing care principles and procedures in the evaluation and treatment of patients.
- Develop interpersonal therapeutic relationships with patients.
- Keep accurate written charts and records of patient activities and progress.
- Execute nursing skill set, including tracheostomy care, nasogastric, jejunostomy, and gastrostomy tube feeding.
- Intravenous and oral medication administration.
- Take blood and other bodily fluid samples for physicians ordered tests.
- Educate and take care of patient's pre-op and post-op.
- Supervise patient care associates.
- Assess patients and report to doctors and nurse practitioners.
- Act as a patient advocate.
- Provide education to patients and patient families on health promotion and disease preventive measures.
- Develop and evaluate patient care plans.
- Use professional judgment to ascertain and apply appropriate intervention techniques with patients in crisis.
- Worked as a charge nurse by implementing adherence to safety protocols and maintaining a productive unit.
- Collaborates with a social worker, case manager, and physicians with discharge planning.

**Levindale Hospital-LifeBridge Health**

**Registered Nurse-Floater**

**May 2019-August 2019**

- -Monitoring patients on a ventilator and tracheostomy.
- -Monitoring patients on psychotropic medications.
- -Assessing, /monitoring, and evaluating patients on restraints.
- -Educating patients on administered medications.
- -Assess and report side effects of psychotropic medications to a physician.

**Heartland ManorCare Skilled Nursing  
Towson MD**

**May 2016- August 2018**

***RN SUPERVISOR***

- Conduct patient observation and evaluation of care plan report changes in condition.

- Keep a thorough record of patients' medical histories and symptoms.
- Administer medications and treatments to patients per physician's order.
- Teach patients how to manage their illness or injuries.
- Supervise other staff, including other nurses.
- Ensured the proper nursing procedures were followed.

### **Psychiatric Clinical Rotation**

- ✓ AMA Transitional Services, LLC, MD (Psychotherapy with Individuals)
- ✓ Bright Future Community Health Care Services, MD (Psychotherapy with Group/Couples/Family)
- ✓ Devoted Healthcare Services LLC, MD (Psychiatric Mental Health Nurse Practitioner Role I)
- ✓ Sarah's House, MD (Psychiatric Mental Health Nurse Practitioner Role II)

### **Certifications & Computer Skills**

- ✓ Psychiatry and Mental Health Psychiatry Nurse Practitioner (PMHNP-BC), State of MD
- ✓ Registered Nurse, State of MD
- ✓ Medical-Surgical Registered Nurse-Board Certified (RN-BC)
- ✓ Dementia and Mental Health Certificate- Mental Health Association of Maryland
- ✓ Advanced Cardiovascular Life Support (ACLS) and Basic Life Support (BLS)
- ✓ Proficient in Word, PowerPoint, Spreadsheet, and Excel

### **Academic Honors/ Nursing Memberships**

- American Nurses Association (ANA)
- Maryland Nurses Association
- The National Society of Leadership and Success (NSLS)
- Member of Phi Theta Kappa (PTK)
- President's List and Dean's List

### **Volunteer Services**

Current member of the Health Awareness Team at My local Church.

- Assist a medical team of doctors and nurses in creating health awareness and health screening programs for my local church. Each year, the team screens about one hundred patients, through our annual picnic event, in the Aberdeen, Maryland area.

### **Reference List**

Nelius Thuita (Charge Nurse)

MedStar Union Memorial Hospital

443-525-7915

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Oluwatosin Arowosegbe

MedStar Union Memorial Hospital

443-531-5152

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Florence Oriakhi (Mentor)

PMHNP-BC

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## Cover Letter

Lydia Asafo-Agyei  
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April 23, 2022

Dear Hiring Manager,

I am writing this letter to apply for the psychiatric mental health nurse practitioner (PMHNP) position in your organization following a job search from indeed.com. I reviewed the job offer online and I believe my qualification, personal strengths, and professional goals align with the organizational mission and vision.

I believe that my comprehensive set of skills and experience acquired through my five years of working as a nurse and caring for patients allows me to be a vital member of your team. I have a Bachelor of Science in Nursing from Towson University, Baltimore. I have worked in hospitals such as MedStar Union Memorial, Heartland ManorCare Skilled Nursing, Levindale, and Oak Crest Senior Living Retirement Facility. Through my experience as a nurse in these health settings, I honed my abilities in staff training and development, communication, supervision, promoting positive mental health, and providing emotional support to colleagues, patients, and their families.

Furthermore, my psychiatric nurse practitioner education and practicum experience have given me the ability to diagnose common psychiatric disorders by evaluating patient history, presenting symptoms, and comprehensive assessment. I also have good computer skills, filing patient reports and documentations.

I believe my involvement in your company will not be in vain because I am willing to contribute my talents and proficiency to your team's efforts. Thank you for taking the time to evaluate my resume and application. I look forward to hearing from you soon and explaining my skills and background fit the psychiatric nurse practitioner role in an interview. Please feel free to contact me at 443-653-4823, lydiaadjei62@gmail.com.

Sincerely,

Lydia Asafo-Agyei