

# Jessica Frederickson

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## PROFESSIONAL EXPERIENCE

### **AYA HEALTHCARE, Greenville, South Carolina, United States**

Neuro/Trauma ICU Nurse: August 2021 – Present

- Provide comprehensive care and focused assessments to all patients
- Collaborate with doctors and other nurses on treatment plans for the pt
- Educate patients and families on various procedures and illnesses in a method which they can understand
- Participate in total care of the patient including lab draws, tests, and procedures
- Flexibility to float when needed

### **WEST JEFFERSON MEDICAL CENTER, Marrero, Louisiana, United States**

Critical Care Nurse (CCU): January 2021 – July 2022

- Provide ethical and culturally competent care to all patients in order to best meet their needs.
- Conduct thorough full body assessments and help to develop a targeted plan of care for optimal patient outcomes
- Collaborate with doctors and other health disciplines to develop treatment plans
- Educate patients and families on proper treatment and explain procedures so they can understand
- Evaluate treatment outcomes and make adjustments to plan of care as patient conditions change

### **TOURO INFIRMARY, New Orleans, Louisiana, United States**

Nurse Tech: December 2019-December 2020

- Performed procedures such as catheterizations, EKGs, pregnancy tests, urine sample collection, Covid-19 tests, and other needs as directed by a physician or nurse.
- Apply clean dressings, slings, stockings, or support bandages, under direction of nurse or physician.
- Communicate with patients to understand feelings, need for assistance, and social and emotional support.
- Provide physical support to assist patients to perform daily living activities, such as getting out of bed, bathing, dressing, using the toilet, standing, or walking.
- Record vital signs, such as temperature, blood pressure, pulse, or respiration rate, as directed by medical or nursing staff.
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### **SELF EMPLOYED NUTRITION CONSULTANT, New Orleans, Louisiana, United States**

Dietitian: July 2016-September 2018

- Provided clients with nutrition counseling for weight loss and performance
- Designed meal plans tailored for specific client goals
- Helped clients improve overall health through nutrition to eliminate the use of medications

### **UNITED STATES NAVAL ACADEMY, Annapolis, MD, United States**

Performance Dietitian: September 2015 – May 2016

- Responsible for counselling all Midshipmen for wellness, performance, and lifestyle nutrition
- Worked as part of the Eating Disorder treatment team and taught mindfulness exercises
- Worked with a team of psychologists as the nutrition subject matter expert
- Provided group presentations and classes on various nutrition and stress topics

- Worked with the dining hall to improve food offerings provided to Midshipmen
- Served as the nutrition resource for all athletic teams

**TYNDALL AIR FORCE BASE HEALTH PROMOTION, Panama City, FL, United States**

Registered Dietitian: November 2014 – August 2015

- Conducted several weekly group classes for Waist Management, Heart Health, Diabetes, Healthy Cooking Instruction, and Performance Sports Nutrition
- Counseled patients regarding specific disease conditions or performance enhancement. Taught patients about healthy eating habits, effective weight loss/gain methods, and individualized tailored meal plans
- Performed body composition analysis via the BodPod.
- Head of the Nutrition Environment and Supplement Safety Working group. In charge of 15 working group members. Responsible for implementation of nutrition policies throughout the base.
- Responsible for ingredient and menu analysis for all base food items as well as the Go For Green food labeling system for all Air Force supplied foods.
- Developed educational materials and handouts for all Airmen
- Performed several nutrition education presentations for the various squadrons throughout base to increase nutrition knowledge

**EDUCATION**

**Charity School of Nursing States**

**New Orleans, Louisiana, United States**

*Associate of Nursing, Dec 2020*

- GPA 3.6/4.0
- Sigma Alpha Chi Nursing Honor Society
- Nursing Class Representative

**Florida State University**

**Tallahassee, Florida, United States**

*Food, Nutrition, and Exercise Science, MS, Dec 2013*

- GPA 3.68/4.0

**Nicholls State University**

**Thibodaux, Louisiana, United States**

*Completed coursework towards Dietetics, Dec 2011*

- GPA 4.0/4.0

**University of New Orleans**

**New Orleans, Louisiana, United States**

*Chemistry, BA, Dec 2007*

- GPA 3.6/4.0

**PROFESSIONAL CERTIFICATIONS**

Registered Dietitian certified with the Commission of Dietetic Registration

Licensed Dietitian in state of Louisiana

Registered Nurse multi-state compact license

**ADDITIONAL SKILLS AND QUALIFICATIONS**

- Skilled in lesson and event planning
- Skilled public speaker
- Proficient using EPIC charting system
- Proficient knowledge in Microsoft excel, power point, and publisher
- BLS/CPR certified
- ACLS certified
- Excellent collaborator and team player