

# Carin Himes

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A caring and patient-focused RN with 7 years of experience seeking challenging new opportunity. Hoping to use my skills and expertise to contribute to your team and make a positive impact for every patient.

Truly passionate about my career and dedicated to making a positive contribution to society through nursing.

## Work Experience

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### **Case Manager RN**

CVS Health Aetna  
February 2022 to Present

- Coordinates home care, supply of durable medical equipment, home modifications, and necessary medical supplies to members
- Performs detailed telephonic and in home assessments to determine members ongoing medical and personal care needs
- Works with members directly to create a specialized care plan to address medical needs and achieve personal goals to promote their overall health and wellbeing
- Accurately performs necessary documentation to ensure member services are reimbursed through Medicare and Medicaid waiver programs

### **RN, Adult Trauma Science Program**

Dominion Hospital  
October 2020 to January 2022

- Ensured highest level of care and safety for vulnerable patient population
- Established therapeutic rapport with patients and fosters environment of trust and healing
- Administered a variety of medications to include IM injections in a safe and effective manor
- Intervened and deescalated during patient safety and behavioral crisis events while ensuring the highest level of patient care and respect

### **RN 1, I-1 Unit**

Northern Virginia Mental Health Institute  
June 2020 to October 2020

- Employed principles of communication, problem solving and crisis intervention when performing psychotherapeutic interventions
- Safely and accurately administered medications to patients
- Assessed, documented, and communicated patient responses and effectiveness of nursing interventions and medications with interdisciplinary treatment team
- Built therapeutic rapport with patients and encourages full participation in treatment plan
- Continuously assesses patients and advocates for safety by utilizing appropriate interventions

## **Staff RN, Charge RN, Short Stay/Telemetry Unit**

Virginia Hospital Center

June 2019 to June 2020

- Provides direct patient care to diverse patient population with a variety of conditions, including pre and post-op surgical, cardiac, neurology, stroke, pre and post cardiac catheterization, chronic respiratory, and gastrointestinal disease
- Manages high risk medications and treatments safely and according to policy, including blood transfusions and IV cardiac medications
- Fulfills the role of charge nurse as needed, manages daily staffing and assignment roles
- Displays exceptional time management and organizational skills by caring for patients with a high acuity level while admitting and discharging multiple patients in a timely manner
- Expanding on my patient assessment skills to closely monitor patients changing status, implementing the necessary interventions, and escalating to the attending physician when necessary

## **Perioperative Travel RN, Fairfax INOVA**

Aureus Medical Group - Omaha, NE

November 2018 to April 2019

- Serving as a patient care advocate in a 923 bed, level one trauma care center
- Maintaining a high level of patient care and safety standards while managing a diverse patient population in a highly dynamic environment
- Successfully managing daily patient needs and contributing to unit productivity by demonstrating an ability to adapt to a wide range of services and specialties

## **Perioperative RN**

Denver Health Medical Center - Denver, CO

November 2017 to October 2018

- Expanded on my skills as a circulating nurse by successfully orienting to a variety of operating room services including Trauma, Orthopedics, Neuro/Spine, General, ENT, Ophthalmology, Plastics, Hands, Podiatry, Urology, and GYN
- Maintained my status as a generalist to gain ongoing exposure to a variety of services
- Gained valuable experience in Trauma surgery by working at a one of the nation's leading Level One Trauma Centers

## **Staff RN, 4 East ED Surge**

Virginia Hospital Center - Arlington, VA

July 2017 to October 2017

- Successfully transitioned from perioperative nursing role to floor nursing
- Expanded upon existing time management skills by balancing daily patient assignments while upholding the highest patient care and safety standards
- Demonstrated an ability to utilize available resources in order to effectively manage daily workload while continuing to anticipate patient needs

## **Perioperative RN, Cardiovascular Operating Room**

Virginia Hospital Center - Arlington, VA

September 2015 to July 2017

- Performed all duties of the circulating nurse while maintaining the highest level of professionalism, prioritizing and executing necessary tasks according to urgency and demonstrating a proficiency in effective time management skills
- Ensured the highest standard of patient safety and care by completing thorough preoperative patient interviews and assessments, implementing proper patient positioning techniques, enforcing the use of all necessary safety equipment, and executing all necessary pre-, intra-, and post- operative safety interventions
- Maintained the integrity of the sterile field during the surgical procedure, while efficiently managing the surgical team by anticipating and fulfilling all intraoperative needs
- Demonstrate superior interpersonal communication skills by collaborating with members of interdisciplinary teams including Center for Pre-Op Screening, Blood Bank, Anesthesia, Perfusion, CVICU, and PACU to ensure the best possible outcome for every patient

## Education

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### **A.A.S. in Nursing**

Northern Virginia Community College - Springfield, VA

May 2015

## Skills

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- Nursing
- Medication Administration
- Case Management
- Hospital Experience
- Patient Care
- Experience Administering Injections
- Epic
- EMR Systems
- Crisis Intervention
- Vital Signs

## Certifications and Licenses

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### **RN License**