

# **Suquana Palmer, BSN, RN**

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## **PERSONAL STATEMENT**

An experienced and fully qualified registered nurse who is conscientious, integrity-driven, nursing professional with strong clinical background in the critical care/emergency room setting, providing attentive care to patients with a variety of systemic health challenges. Provide direct patient care, applies specialized medical care in a high-volume emergency room to a diverse patient population in the critical-care environment. Collaborate with other ER professionals to ensure highest quality of care consistent with hospital guidelines, with the goal of achieving positive patient outcome. Supervised, trained, and coordinated personnel to achieve maximum performance as night charge nurse. Act as liaison between patients and family members to facilitate care plan and health relationships. I am seeking the position of a registered nurse in an organization, where I can utilize my expertise, knowledge in handling patients, and extend a helping hand in this noble profession. I seek to perform my duties with total sincerity, honesty, integrity, and selflessness.

## **EDUCATION**

Bachelor of Science in Nursing (BSN) – University at Lafayette Louisiana 2019  
Associate of Science in Nursing (ADN) – Southern University at Shreveport Louisiana 2015  
Practical Nursing (LPN) – Northwest Louisiana Technical College Mansfield Louisiana 2011

## **QUALIFICATIONS**

I am a dedicated and patient-focused registered nurse with proven strengths in acute and chronic patient care, staff development and family advocacy

- Exceptional capacity to multi-task and often completing priorities with ease and foster the provision of superior patient care.
- Administrative and referral experience including admissions, assessment, treatment, and education for a wide range of patients.
- Widely recognized as an excellent care provider and patient advocate.
- Demonstrate ability to lead and motivate outstanding healthcare teams and provide quality patient care.
- Outstanding interpersonal and communication skills, superior

Registered Nurse (RN) - National Council Licensure Examination (NCLEX-RN) – 01/2024

Trauma Nursing Core Course (TNCC)

Satori Alternatives to Managing Aggression (SAMA)

### **American Heart Association**

- Advanced Cardiac Life Support (ACLS) Certification – Expires 10/2022
- Basic Life Support (BLS) for Healthcare Providers Certification – Expires 09/2022
- Pediatric Advanced Life Support (PALS) Certification – Expires 02/2024

### **PROFESSIONAL EXPERIENCE**

#### **Emergency Room Nurse**

#### **Crisis Assignment**

**Christus Good Shephard Longview** – September 2021-present

Responsible for patient assessment, patient care planning, triage, and provision of quality nursing care to an assigned group of patients for a defined work period. I provide direct and supervision to other techs, unit secretaries and other clinical/clerical associates. Provision of patient care/service to infants, pediatrics, older adolescent, young adult, adult, and geriatric patients in a fast-paced level III trauma center.

#### **Duties**

- Triage incoming patients based on the level of acuity.
- Immediately stabilize incoming patients.
- Administer medication as instructed by physicians.
- Start intravenous lines and assist with setting broken bones.
- Work with a team of emergency staff to help patients.
- Help transfer stable patients to other wings

#### **Night Shift Charge/Emergency Room Nurse**

#### **Christus Coughatta Healthcare Center**

**REGISTERED NURSE** January 2016-Present

Responsible for working alongside and under the supervision of and MD providing bedside care, treatment and clinical documentation for patients experiencing life-threatening and non-life-threatening emergencies at an emergency care center.

#### **Duties**

- Decisively and confidently made judgments on patient conditions based on vital signs, patient presentation, and initial assessment; triaged to appropriate zone: activated specialized team when indicated.

- Demonstrate exemplary documentation skills by accurately maintaining nurses' notes and promoting sufficient communication among staff.
- Administered IV fluids and medications including antibiotics, packed RBC's, TPN and narcotics, while monitoring for side-effects or any adverse drug reactions.
- Reviewing and evaluating the effectiveness of nursing interventions.
- Preparing beds, rooms, equipment, and supplies, and ensuring that an essential stock of supplies is maintained.
- Interacted with other departments regarding patient care
- Educate patients and families on health care needs, conditions, and options.
- Experience with Pyxis medication distribution machine and computer charting.
- Implemented strict safety, sanitation and quality control policies and procedures.

**Centralized Staffing Float Nurse  
Christus Highland**

**REGISTERED NURSE** October 2016 – Present

Responsible for working assignment to duty on an as needed basis, usually to assist in times of unusually heavy workloads or to assume the duties of absent nursing personnel while being proficient and knowledgeable in all departments.

**Duties**

- Provide critical care surgical support, wound care, and administered medications.
- Dealt with AMI, septic shock, DKA, and CHF.
- Educate patients and families in healthy diets and exercise.
- Assisted in admissions, transfers, discharges, and documentation of patients.
- Managed medical supplies, equipment, and medications ensuring adequate and functioning materials.
- Proven ability to adapt medical knowledge and people skills in fast paced, ever changing environments.
- Performs all duties in a positive, professional, and timely manner.

**Emergency Room Nurse**

**LICENSED PRACTICAL NURSE** June 2011- December 2015

Responsible for working alongside other healthcare professionals providing basic bedside care for patients through all walks of life.

**Duties**

- Reporting any changes in patient health status to RN on duty.
- Assisted in bedside care.
- Maintained patient standard of care and confidentiality.
- Appropriate documentation of care.
- Cardiac output measurements and calculations
- Insertion of Foley catheters using aseptic technique.

**Areas of Expertise and Clinical Skills**

Electronic Medical Recording	Promoting Good Health	Assessment
Supervision of Patients	Time Management	IV Management
Administration of Medicine	Prioritization of duties	Vital Signs
Patient Education	Promoting Good Health	Communication Skills

**References available upon request**