

# Alessandra Spicer

Bethesda, MD 20810  
[aspice09@gmail.com](mailto:aspice09@gmail.com)  
+1 240 672 7082

Analytical Cardiac Nurse with proven success supporting patients in critical care environments. Hardworking with excellent triage and problem-solving skills in high-stress settings. Competent communication skills with patients of all ages. Dedicated and well-qualified Cardiac-Vascular RN offering proven skills in patient care, medication administration and treatment implementation. Detail-oriented, responsive and proficient in routine care and emergency response. Offering 2+ year record in field and looking for challenging, long-term position. Experienced nursing professional bringing demonstrated clinical expertise, leadership skills and technical knowledge. Proficient in updating charts, monitoring medications and working with multidisciplinary teams to optimize patient care. Quality-driven and efficient with strong interpersonal abilities. Dedicated employee known for punctuality, pursuing employment options where good customer service and positive attitude will make a difference. Organized and motivated employee eager to apply time management and organizational skills in various environments. Seeking opportunities to expand skills while facilitating company growth.

BLS Certification

ACLS Certification

EKG Monitoring

Admission and Discharge teaching Geriatric treatment knowledge Unit administration

Body mechanics knowledge Diabetes management Diagnostic tools experience

IV drug therapy management Medication and IV administration Critical thinking

Leadership

PPE use

Problem resolution Computer skills

Training & Development

## Work Experience

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### **PACU RN**

Surgical Specialty Center of Mid-Atlantic - Bethesda, MD  
March 2022 to Present

Pre-screen patients for surgery

Pre-Op/ Recovery Patients

Work with scheduling patient surgeries

Work in direct content with surgeons

### **Cardiac-Vascular RN**

Inova Hospital - Fairfax, VA  
February 2021 to Present

Implemented treatment plans, monitored vitals and administered medications for

patients in ICU. Maintained thorough, accurate and confidential documentation in electronic medical records. Advocated for patients by supporting and respecting basic rights, values and beliefs.

Worked toward team goals of medical unit and accounted for department and system-specific metrics.

Delegated and supervised work of other nursing team members and support staff.

Evaluated intensive care patients, recognized and addressed complications and coordinated treatment with other members of critical care team.

Educated patients on treatment plans, medications and aftercare procedures.

Monitored efficacy of nursing interventions and revised care plans based upon patient response. Liaised between patients, families and care staff in care delivery.

Located additional community resources for patients to assist with recovery.

Managed PICC lines, Midlines, Hohn Caths, IJs, Wound Vacs, TPN, Peg Tubes, NG Tube Placement, PCA Pump and arterials, vasoactive drug administration and titration, thrombolytic therapy, dysrhythmia interpretation and chest tube management.

Treated patients with broad range of acute, life-threatening diagnoses.

Prioritized patient care assignments based on patient conditions to achieve optimal outcomes. Instructed patients, families and caregivers on diagnoses, chronic disease management and medication self-management.

Assessed patients, documented observations and reviewed patient charts to determine care needs. Mentored new nurses on practices and procedures to drive patient outcome goals.

Coordinated care with charge nurse and other staff through daily communication.

Assessed patients upon admission and throughout each shift to quickly spot and respond to life-threatening concerns.

Provided direct care in surgical, cardiac, and neurological critical care units.

Recognized and addressed patients' psychological and physical needs in addition to critical medical needs.

Confirmed proper functioning of life support equipment such as ventilators and feeding tubes. Oversaw LPN and CNA care delivery to protect patients and achieve optimum care standards. Supported patients through recovery from procedures such as bypass, angioplasty and pacemaker surgery.

Explained patient conditions, procedures and treatment protocols to patients and families.

Monitored patients' vital signs using electrocardiograms in telemetry labs.

Delivered nursing care to critically ill cardiac patients in post-operative recovery units.

Encouraged patients to implement lifestyle changes to prevent worsening of heart disease.

Partnered with cardiologists to diagnose cause of arrhythmias and offer interventional treatments. Responded to emergency situations with speed, expertise and level-headed approaches to provide optimal care, support and life-saving interventions.

Helped patients and families feel comfortable during challenging and stressful situations, promoting recovery and reducing compliance issues.

Maintained strict patient data procedures to comply with HIPAA laws and prevent information breaches.

Advocated for patient needs with interdisciplinary team and implemented outlined treatment plans. Observed strict safety measures, including checking medication dosages before administration to patients.

Coordinated with healthcare team to establish, enact and evaluate patient care plans.

Administered oral, IV and intra-muscular medications and monitored patient reactions.

Monitored post-op vitals, set up PCA, fluids, reviewed post-op orders and assimilated patients to unit. Maintained infection control logs, streamlined charting process, and improved patient outcomes through training and leadership.

Cared for patients recovering from CABGs, T Vars, TR-Bands, CEAs, EVARs and Heart Catherization, Angioplasty, Fasciotomy, Amputations procedures and provided personalized daily assistance.

### **Clinical RN, COVID-19 Vaccinator**

Inova Clinic - Fairfax, VA

February 2021 to April 2021

Utilized computerized Resource and Patient Management System (RPMS) and Electronic Health Record (EHR) system.

Entered medical data and updates into EPIC EHR system.

Monitored and recorded patient condition, vital signs, recovery progress and medication side effects.

### **Customer Service Associate**

Teds Bulletin - Gaithersburg, MD

January 2015 to July 2020

Supported customer service goals and enhanced relations through friendly, knowledgeable and positive communication.

Delivered fast, friendly and knowledgeable service for routine questions and service complaints. Educated customers on special pricing opportunities and company offerings.

Met and exceeded productivity targets by handling every interaction with top-notch customer service. Upheld strict quality control policies and procedures during customer interactions.

Addressed inquiries, resolved customer issues and managed customer relations.

Provided outstanding service to new and long-standing customers by attending closely to concerns and developing solutions.

Organized and prioritized tasks and activities and worked within strict timeframes and deadlines. Recommended improvements to products and services to mitigate complaints.

Consulted with customers regarding needs and addressed concerns.

Reduced process gaps while training new hires on products, software, operational best practices and store protocols.

### **Student-Clinical Rotation (Acute Care)**

John Hopkins Hospital - Bethesda

January 2020 to March 2020

Implemented treatment plans, monitored vitals and administered medications for

patients in ICU. Maintained thorough, accurate and confidential documentation in electronic medical records. Advocated for patients by supporting and respecting basic rights, values and beliefs.

Evaluated intensive care patients, recognized and addressed complications and coordinated treatment with other members of critical care team.

Monitored efficacy of nursing interventions and revised care plans based upon patient response. Performed triage and prioritized patient care needs to serve up to 4 patients per shift.

Utilized computerized Resource and Patient Management System (RPMS) and Electronic Health Record (EHR) system.

Consulted with patients, collected histories and vitals, ordered labs and interpreted test results. Met with more than 4 patients every shift to assess conditions and make care decisions.

### **Student-Clinical Rotation (Labor & Delivery)**

Shady Grove Adventist Hospital - Gaithersburg, MD

October 2019 to December 2019

Measured and monitored patient vital signs.

Delivered compassionate care to increase comfort and psychological, social and spiritual well-being. Assisted physician with examinations, tests, and procedures. Cared for pregnant women expecting imminent birth and for babies immediately after birth in hospitals and health clinics.

Assessed and documented physical condition of mothers and babies and assisted doctors in identifying and treating preeclampsia.

Explained and demonstrated after-birth care to parents of newborns, answered questions and addressed concerns.

Assisted physicians in delivery of 2 babies and supported and encouraged mothers during childbirth. Discharged mothers and babies after patiently guiding parents through at-home care and follow-up medical care.

### **Student-Clinical Rotation (Medical Surgical)**

Holy Cross Hospital - Holy Cross Hospital - Silver Spring, MD

January 2019 to December 2019

Cared expertly for individuals with wide array of medical issues such as pulmonary, cardiology and infectious disease patients.

Assessed patients using comprehensive evaluation techniques and sound clinical judgment. Developed and implemented individualized care plans to meet each patients' unique needs. Deployed therapeutic communication and active listening and teaching to establish relationships with patients, families and health care team for optimum patient care.

Recorded actions or behaviors of clinical significance in EMR system charts and kept physicians informed.

Performed nursing tasks to deliver high level of care and comply with procedures and regulations. Administered medications and treatments as directed and as appropriate for patient's medical care in collaboration with multi-disciplinary team.

Performed comprehensive assessments to identify patient needs, devise care plans,

modify care solutions and support patient rights.

Transferred patients from operating room to recovery room on stretchers and in wheelchairs.

Observed patient's heart rate, blood pressure and respiration for signs of distress.

Educated patients and families on medical and surgical procedures, medication regimens and pain management.

Oversaw safety and compliance with patient confidentiality requirements.

### **Student-Clinical Rotation (Pediatrics)**

Children's National Hospital - Washington, DC

September 2019 to October 2019

Monitored and maintained patient charts and confidential files.

Educated patients and families on health care needs, conditions and options.

Led patients to exam rooms, answered general questions and prepared patients for physician by explaining process.

Reported patient assessment findings and physical and psychosocial responses to nursing intervention for progress towards care goals.

Facilitated medication management and monitored patients for side effects.

Conducted patient-focused planning and case management designed to meet individual health and service needs for quality and cost-effective outcomes.

Completed initial and comprehensive ongoing patient and family assessments to determine healthcare needs.

### **Student-Clinical Rotation (Psychiatric)**

Adventist Behavioral Health and Wellness Center - Gaithersburg, MD

January 2019 to May 2019

Monitored and maintained patient charts and confidential files.

Assessed patient status and notified physicians of clinical changes.

Assisted patients with basic care and provided excellent service.

Aided in clinical care and maintained patient well-being across several areas and locations. Recorded vital signs and medical history for 15 patients each shift.

Recorded comprehensive patient histories and coordinated treatment plans with multi-disciplinary team members.

Developed appropriate policies for identification of medically-related social and emotional needs of clients.

Monitored patients prescribed psychotropic medications to assess medications' effectiveness and side effects.

Discussed non-medical techniques such as yoga and meditation to help patients alleviate depression and anxiety.

Followed all safety protocols when administering subcutaneous and intramuscular injections.

Served as lead clinician for patients with bipolar, depression, anxiety and personality disorders. Implemented evidence-based and best practice problem-solving interventions to establish protective measures for suicide prevention and self-harm.

## **Student-Clinical Rotation (Geriatric)**

Asbury Assisted Living - Gaithersburg, MD

August 2017 to November 2018

Verified that elderly patients felt welcomed in compassionate care setting by employing well-honed listening and communication skills.

Spoke with geriatric patients and caregivers, asking questions to determine illnesses, conditions and current medications.

Evaluated patients suffering from both chronic conditions like arthritis or acute conditions such as injuries related to falls.

Responded to emergency situations with speed, expertise and level-headed approaches to provide optimal care, support and life-saving interventions.

Assessed patient conditions, monitored behaviors and updated supervising physicians with observations and concerns.

Coordinated with healthcare team to establish, enact and evaluate patient care plans.

Monitored diet, physical activity, behaviors and other patient factors to assess conditions and adjust treatment plans.

## Education

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### **Bachelor of Science in Nursing**

Frostburg State University - Frostburg, MD

May 2022

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

Montgomery College - Takoma Park, MD

May 2020

### **Associate of Science in Psychology**

Montgomery College - Germantown, MD

May 2017

### **Associate of Arts in General Studies**

Montgomery College - Germantown, MD

May 2015

## Nursing Licences

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### **RN**

## Skills

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- Customer service
- Staff Development and Precepting
- IV fluid replacement
- Respiratory care assessment
- CPR and First Aid
- Vital sign assessment
- Defibrillation and resuscitation

Analytical  
Epic Charting  
EMR System  
Microsoft Word, Excel, Powerpoint Catheterization Insertion and Removal  
Chest Tube Management  
Wound Vac Management  
Administration of Vaccine (Adults/Pediatrics) Emergency management

- Nursing
- Vital Signs
- Hospital Experience
- Acute Care
- Epic
- Pain Management
- Critical Care Experience
- Infection Control Training
- EMR Systems
- Experience Administering Injections
- Medication Administration
- Nurse Management
- Patient Care
- Medical Records
- Anatomy Knowledge

## Certifications and Licenses

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**Compact RN License: Expires 02/2023 ACLS Certification, American Heart Association: Expires 01/2023 BLS for Healthcare Providers Certification, American Heart Association: Expires 08/2023 Covid-19 Contact Tracer, John Hopkins University: Expires 06/2022**

**RN**

**BLS Certification**

**ACLS Certification**