

JULIE BOLLINGER

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☎ (515) 293-1633

📍 Dows, IA 50071

PROFESSIONAL SUMMARY

Ambitious Board Certified Registered Nurse with exceptional background of performance. Expert in all aspects of patient care with success in working with multidisciplinary teams to create care plans focused on helping patients recover from medical or surgical procedures and manage complex mental disorders. Accomplished in leading unit-based groups to improve delivery of care and patient satisfaction.

SKILLS

- Medical Procedure Preparation
- Monitoring Vital Signs
- Diet and Nutrition
- Procedure Assistance
- Critical Thinking
- Clear Patient Communication
- Treatment Preparation
- Attention to Detail
- Patient Care Oversight
- Medical Recordkeeping
- Decision Making
- Preventive Healthcare
- Patient Care Assessment
- Patient Examination
- Accurate Documentation
- Compassionate and Caring
- Specialized Healthcare Referrals
- Immunizations and Vaccinations
- Equipment Sterilization
- Blood Draw and Sample Collection
- Patient Condition Monitoring

WORK HISTORY

Clarion Wellness And Rehabilitation Center - Registered Nurse

Clarion, IA • 09/2020 - 03/2021

- Managed care from admission to discharge, including patient assessments, care planning, health educations and discharge support.
- Provided direct patient care, stabilized patients and determined next course of action.
- Administered medications via oral, IV and intramuscular injections, and monitored responses.
- Secured controlled narcotics and distributed medication on schedule to meet patient needs and minimize misuse opportunities.
- Conferred with physicians to discuss diagnoses and devise well-coordinated treatment approaches.
- Updated patient charts with data such as medications to keep records current and support accurate treatments.
- Organized and managed care of patients undergoing various therapies and procedures.

ABCM Corporation - Registered Nurse Case Manager

Hampton, IA • 07/2019 - 09/2020

- Trained new nurses in proper techniques, care standards, operational procedures and safety protocols to optimize performance and safety.
- Administered medications via oral, IV and intramuscular injections, and monitored responses.

- Creative Problem Solving
- Medication Administration
- Care Coordination
- First Aid
- Needs Assessment
- Student Precepting
- Delegation and Motivation
- Diagnostic Test Ordering
- Nursing Performance Assessment
- Direct Patient Care
- Routine Examinations
- Healthcare Personnel Supervision

EDUCATION

Iowa Central Community College

Fort Dodge, IA • 05/2019

Associate of Science:

Geriatric Nursing

Obtained Licensed Practical Nursing degree and Associate degree of Nursing at Iowa Central Community College. Graduating in May of 2016 with my Licensed Practical Nursing degree.

- Prepared clinical notes and updates for review by primary physician.
- Actively engaged in on-call rotations to deliver continuous quality care to patients.
- Used Point Click Care to maintain database of relevant information for practitioners to access and coordinate patient care.
- Participated in on-call rotations to deliver after-hours care.
- Conducted regular re-evaluations to address changes in needs and conditions, introducing revisions to care plans as needed.
- Responded promptly and professionally to patient questions and concerns.
- Effectively communicated with physicians regarding patient needs, performance, medications and changes.
- Educated patients and loved ones about different treatment options and outside care approaches to reduce burden on hospital resources.
- Assessed and examined patients and documented history of current and previous conditions, diseases and injuries along with medications currently being taken.
- Vaccinated patients to protect individuals from measles, pneumonia, influenza and other illnesses of concern.
- Directed appropriate preventive and rehabilitative nursing processes and protocols.
- Liaised with physicians regarding patient needs, performance and changes.
- Examined patients and documented history of current and previous conditions, illnesses, injuries and current medications.

ABCM Corporation - Licensed Practical Nurse

Hampton, IA • 07/2016 - 07/2019

- Monitored, tracked and conveyed important patient information to healthcare staff to help optimize treatment planning and care delivery.
- Managed patient care through closely monitoring respiration, blood pressure and blood glucose levels.
- Cared for wounds, provided treatments and assisted with procedures.
- Cared for over 30 resident's in a 80 hold-bed facility and geriatric patients each day with quality-driven support.

- Comforted and counseled patients and families throughout care process.
- Minimized staff and patient infection risk by cleaning and disinfecting equipment instruments.
- Obtained patient vital signs and input/output measurements from inpatients.
- Delivered updates in patient status to charge nurse, recording all changes in medical records.
- Managed appointment calendar for scans, lab tests, and evaluations.
- Assisted with admissions, appointments, transfers and discharges.
- Obtained biological specimens for ordered tests and prepared for laboratory transport.
- Evaluated patients to identify and address wounds, behavioral concerns and medically relevant symptoms.
- Used aseptic techniques to provide sterilized wound care and dressing applications.
- Documented accurate and complete patient information to address patient problems and expected outcomes.
- Performed routine evaluations of each patient's status, needs and preferences.
- Educated patients and caregivers on medical diagnoses, treatment options, chronic disease self-management and wound management.
- Assisted with feeding and monitored intake to help patients achieve nutritional objectives.
- Collaborated with interdisciplinary team of healthcare and social service providers to address patients' needs through effective intervention and care planning.

HOBBIES

In my personal time I enjoy listening to true crime podcasts, spending time with my boys; Clarke (age 5) and Miles (age 2), and rescuing injured animals and rehabbing them.