

QiShara Cooks

2056 Chestnut Ave Apt 1, Long Beach, CA 90806 •(562) 254-2408 •qisharac@gmail.com

EDUCATION

JOHNS HOPKINS UNIVERSITY SCHOOL OF NURSING – Baltimore, MD Bachelor of Science in Nursing – Graduated May 23, 2013
CA RN License #95092462

SOUTHWEST COMMUNITY COLLEGE – Los Angeles, CA Associates of Natural Science – June 2011

GPA: 3.8/4.0- Graduated Summa Cum Laude

PACIFIC COLLEGE, Costa Mesa, CA

Licensed Vocational Nurse Diploma – July 2009 License # 248547

OBJECTIVE

Patient focused, competent, and compassionate Travel & Per Diem Registered Nurse, looking to obtain a position in a customer service and team driven environment, aimed at delivering the highest quality of patient centered care.

PROFESSIONAL EXPERIENCE

9 years as an Acute Care Registered Nurse

NURSING REGISTRY: CAREREV

ER, PREOP, PACU RN- Per Diem

March, 2018- Present

- Deliver competent and safe care while performing all duties under my scope of practice as a per

diem registry RN, in the areas of Emergency Department, PACU, and Pre OP

- Able to conduct timely and accurate assessments and perform appropriate interventions
- Ability to thrive in a fast paced environment
- Experience documenting in a variety of charting systems including Meditech, Epic, Cerner

- **ER Registry Shift, Hospitals Include:** Valley Presbyterian Hospital (Multiple Shifts- October-December, 2021), Kaiser West LA (October 2021), Henry Mayo (November- December 2020), Centinela Hospital (2020), Mission Community Hospital (2020)

- **PreOP/ PACU Registry Facilities I have worked include:** San Mateo Surgery Center (August 2021- December, 2021), Encino Specialty Surgery Center (> 10 shifts - 2020), La Veta Surgical Center (2020), O'conner Building Surgery Center (August 2021-December, 2022), Shadelands Advanced Surgical Center (Current), Beverly Hills Multispecialty Surgical Center, Advanced Pain Surgical Center, College Medical Center, Fremont Surgery Center, Irvine SSC, Silicon Valley Surgery Center

MYNELA STAFFING: **Stanford Valley Care Hospital**

PACU RN- Travel Assignment December, 2020- February, 2022

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- Assesses and manages the patient's airway, mental status, and pain upon their arrival into the PACU
- This recovery room serviced 7 operating rooms, 2 cath labs, GI lab, and interventional radiology
- Managed the care of up to 2 recovery room patients; a population including; pediatrics, adults, and geriatric
- Recovered patients were transferred to ICU, Telemetry, and Medical Surgical Units when aldrete is met and handoff of care provided to receiving unit
- Safely performed and documented the patient care plan using the nursing procedures required for the patient assignment
- Taught patients and their family the necessary information for self care and illness prevention

NURSING REGISTRY: COAST MEDICAL SERVICE

PACU RN- Per Diem June, 2017- Present

Hospital's Worked :**Marina Del Rey Hospital** and **Martin Luther King Community Hospital**

ER RN- Per Diem

Hospital's Worked: **Marina Del Rey Medical Center, Centinela Hospital, St. Vincent Medical Center**

PSYCH RN, Per Diem- Kedren Community Health Center

Marina Del Rey Hospital

Per Diem PACU RN (January 2018- February 2019)

- Assesses and manages the patient's airway, mental status, and pain upon their arrival into the PACU
- Anticipates variables affecting patient comfort and alters physical and psychosocial interventions accordingly, using a variety of modalities. Assists patient/family to maximize sense of control and actively participate in his/her recovery.
- Time efficient and accurate charting into the EPIC charting system
- Types of Patients: Many Spine and Orthopedic pts, ENT, Appendectomies, Gynecological, etc
- Skills: Inserting IV's, drawing blood from A-lines, Managing PCA's, Phlebotomy, Setting up Chest Tubes, Monitoring I & O's, Managing Drains

Martin Luther King Community Hospital

Per Diem PACU RN (March, 2019- June, 2019)

- Assesses and manages the patient's airway, mental status, and pain upon their arrival into the PACU
- Anticipates variables affecting patient comfort and alters physical and psychosocial interventions accordingly, using a variety of modalities. Assists patient/family to maximize sense of control and actively participate in his/her recovery.
- Time efficient and accurate charting into the Cerner charting system
- Types of Patients: Vascular, Appendectomies, Cholecystectomies, Gynecology, GI, Orthopedic

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- Skills: Inserting IV's, Managing PCA's, Monitoring I & O's, Managing Drains

SPECIALTY SURGICAL CENTER OF BEVERLY HILLS

Full Time PreOp & PACU RN January 20, 2020- June 4, 2020

- Prepare for the arrival of patients to the surgery center by ensuring that proper supplies and equipment are available.
- Review the patient chart and health history to assure that the necessary preoperative evaluations have been completed. Ensure that consent form has been signed.
- Perform the nursing assessment of the patient, start IV and administer medications.
- Communicate with other health care team members to assure continuity of care.
- Reviews all orders on patients and communicates changes in patient condition with physician and other team members. Contacts the physician promptly with significant changes in patient's condition, collaborates professionally for required orders and follows-up with revised care.
 - Anticipates variables affecting patient comfort and alters physical and psychosocial interventions accordingly, using a variety of modalities. Assists patient/family to maximize sense of control and actively participate in his/her recovery.
- Evaluates the effectiveness of nursing interventions and documents outcomes

HEALTHCARE PARTNERS AMBULATORY SURGERY CENTER

Per Diem PACU RN September 30, 2019- December 27, 2019

- Delivers competent care under the scope of a PACU RN
- Contacts the physician promptly with significant changes in patient's condition, collaborates professionally for required orders and follows-up with revised care.
- Anticipates variables affecting patient comfort and alters physical and psychosocial interventions accordingly, using a variety of modalities. Assists patient/family to maximize sense of control and actively participate in his/her recovery.
 - Evaluates the effectiveness of nursing interventions and documents outcomes
 - Assesses and manages the patient's airway, mental status, and pain upon their arrival into the PACU

CEDARS SINAI ENDOSCOPY CENTER

RN Per Diem Pre-Op/PACU. October 8, 2018- March 28, 2019

- Prepare for arrival of patients to the surgery center by ensuring that proper supplies and equipment are available.
- Review the patient chart and health history to assure that the necessary pre-operative evaluations have been completed. Ensure that consent form has been signed.
- Perform nursing assessment of patient, start IV and ordered medications.
- Communicate with other health care team members to assure continuity of care.
- Reviews all orders on patients and communicates changes in patient condition with physician and other team members. Contacts the physician promptly with significant changes in patient's condition, collaborates professionally for required orders and follows-up with revised care.
 - Anticipates variables affecting patient comfort and alters physical and psychosocial interventions

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actively participate in his/her recovery.

- Evaluates the effectiveness of nursing interventions and documents outcomes

Travel Assignment: CEREBRO- Nursing Registry-: Marina Del Rey ER April 15, 2018-June 15, 2018

- Safely manage the care of up to 4 acute patients
- Specially trained to provide prompt response and treatment for any patient presenting with any life threatening, emergent, or urgent medical need
- Performs professional nursing duties that incorporate the psychosocial, psychomotor and age appropriate cognitive skills of the patient/family/significant other to assess, plan, intervene and advocate for the patient on an ongoing basis throughout the continuum of care
- Will reevaluate patient response and outcomes, effectiveness of plan of care, and readiness for discharge and revise plan or make referrals as necessary

THE ORCHARD POST ACUTE CARE

RN Supervisor November 11, 2016- July 10, 2017

- Deliver competent and safe care while performing all duties under my scope of practice as an RN supervisor in a skilled nursing facility
 - Performed admission assessments, documented change of condition notes, completed discharges from the facility; as well as, documented incident reports
- Would oversee the care of up to 158 patients
- Daily delegation of patient care to staff with necessary follow up; both licensed and unlicensed staff
- Daily communication with physicians and providers using SBAR
- Received, noted, transcribed, and carried out physician orders
- Provided daily teaching to patients and staff; including scheduled in-services
- Participated in a daily meetings to discuss patients care, interventions, and outcomes with Administrator, DON, social work, PT, OT, ST, medical records, and dietary staff
- Addressed patient, patients family, and staff concerns daily
- Delivered excellent customer service during every interaction with the patient and family
- Medication administration and completed follow up documentation

INTERIM HEALTHCARE STAFFING AGENCY

RN Supervisor. September 6, 2016- November 6, 2016

- Deliver competent and safe care while performing all duties under my scope of practice as an RN supervisor in a skilled nursing facility
- Would oversee the care of up to 78 patients
- Daily delegation of patient care to staff with necessary follow up; both licensed and unlicensed staff
- Daily communication with physicians using SBAR
- Received, noted, transcribed, and carried out physician orders
- Provided daily teaching to patients and staff; including scheduled in-services
- Participated in a daily meetings to discuss patients care, interventions, and outcomes with

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Administrator, DON, social work, PT, OT, ST, medical records, and dietary staff

- Addressed patient, patients family, and staff concerns daily

SOUTHERN CALIFORNIA HOSPITAL CULVER CITY

Emergency Department Clinical Nurse March 17, 2016- August 26, 2016

- Deliver competent and safe care while performing all duties under my scope of practice and hospital guidelines as a registered/clinical nurse in the emergency department
- Safely manage the care of up to 4 acute patients
- Demonstrate effective communication with all members of the health care team; physicians, nurses, EMT's, clerks, patient/family members, and all other team members
- Performs thorough assessments and reassessments to help determine patients plan of care
- Highly proficient clinical skills: IV therapy, 12-Lead EKG, cardiac monitoring, medication administration, management of patients on Ventilators, monitoring transfusions, and documenting a thorough and complete assessment into the computer charting system
- Recognizing changes in patient condition and performing the necessary interventions
- Safely administer high risk medication infusions of cardizem, norepinephrine, heparin, insulin, and other high risk medications; administered via IV, midline, or PICC access

SAINT AGNES HOSPITAL

Registered Nurse II June 1, 2015- November 13, 2015

- Deliver competent and safe care while performing all duties under my scope of practice and hospital guidelines as a registered nurse on an intermediate care unit
- Safely manage the care of up to 4 patients, including chronically vented patients, and patients with tracheostomies; patients receiving high risk medication infusions via IV and PICC line access
- Clinical Skills: head to toe assessment, admission and discharge, IV placement and therapy, administer injections, tracheostomy care, EKG interpretation, administer medication via all routes, wound care, management of drains, performing personal care, monitoring strict intake and output, administering blood products, and assisting with bedside procedures
- Effective time management skills; prioritizing care
- Effectively communicate with all members of the health care team
- Complete all annual competency training
- Accurately and thoroughly document complete assessments and interventions performed

MEDSTAR WASHINGTON HOSPITAL CENTER

Emergency Department Clinical Nurse August 12, 2013- May 1, 2015

- Deliver competent and safe care while performing all duties under my scope of practice and hospital guidelines as a registered/clinical nurse in the emergency department
- Safely manage the care of up to 6 acute and /or stable patients at one time; or manage the care of 1-2 critically ill patients
- Demonstrate effective communication with all members of the health care team; physicians, nurses, patient care techs, clerks, patient/family members, and all other team members
- Performs thorough assessments and reassessments to help determine patients plan of care

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- Highly proficient clinical skills: IV therapy, 12-Lead EKG, cardiac monitoring, medication administration, management of patients on CPAP & BiPAP, monitoring transfusions, and Cerner computer charting
- Completes all annual competency training

JOHNS HOPKINS HOSPITAL- CORONARY CARE UNIT Senior Practicum

April- May 2013

- Continuously monitored the patient's EKG rhythm strips
- Managed intra-aortic balloon pumps, and swan-ganz catheters
- Administered medications via all routes; many cardiac medications
- Obtained daily laboratory specimens from arterial and peripheral lines; interpreted values
- Demonstrated proficiency in using sterile technique; for placement of straight and indwelling catheters, suctioning, tracheostomy care, and dressing changes
- Obtained vital signs, performed physical assessments, and provided ongoing patient education

JOHNS HOPKINS BAYVIEW MEDICAL CENTER

Nurse Associate January - November 2012

- Collaboratively worked with all members of the health care team; highly skilled in anticipating the needs of the nursing staff
- Competent in performing all skills within the scope of my job title: monitored vital signs, placed catheters, performed blood glucose monitoring, assisted with ADL's and personal care, placed EKG's, performed phlebotomy, collected specimens, monitored intake and output, and input patient information into the Meditech charting system
- Very efficient time management skills; prioritizing care

MOLLENS IMMUNIZATION CLINICS Licensed Vocational Nurse

2010

- Administer Influenza/Pneumococcal Vaccine
- Verify Insurance

PROFESSIONAL ORGANIZATIONS & ACCOMPLISHMENTS

AMERICAN NURSES ASSOCIATION

JOHNS HOPKINS WOMEN'S BOARD SCHOLARSHIP RECIPIENT

September 2012 –May 2013

INTERNATIONAL VOLUNTEERS GROUP September 2012 – May 2013

MEMBER: JHU

- Participated in a week long volunteer mission to rural Guatemala, in March 2013.
- DANIELS SCHOLAR OF INTER-PROFESSIONAL EDUCATION Member: JHU
September 2011 – May 2013
 - One of 15 nursing students selected to participate with 15 medical students to discuss and implement inter-professional collaboration in education and the workforce. Inter-professionally planned and conducted home health visits, and provided education for seniors at a health fair, in an independent living facility for low-income older adults.

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NATIONAL SOCIETY OF COLLEGIATE SCHOLARS Inducted Member, Los Angeles
Southwest College Chapter

PHI THETA KAPPA NATIONAL HONOR SOCIETY – Inducted Member, Los Angeles
Southwest College Chapter

LICENSURE AND CERTIFICATIONS

California Registered Nurse- License #95092462

AHA Basic Life Support

AHA Advanced Cardiac Life Support

AHA Pediatric Advanced Life Support

LA Fire Card

NIH Stroke Scale

Crisis Prevention and Intervention