**Ashley Navy**

**832-520-3842**

**Ashley.navy@yahoo.com**

Enthusiastic nurse with Antepartum/Labor and Delivery, Triage, Postpartum and Medical Surgical experience. Basic clinical skills combined with determination to deliver quality patient-centered care. Flexibility to change and ability to accept and utilize constructive criticism in an ever-evolving discipline. Able to connect with patients and offer quality care both emotionally and physically. Yearly Daisy Award nominee

**Education Licensure and Certifications**

University of Texas Health Science Center - BSN 2018

Houston Community College- Coleman College for Health Sciences - ADN 2016

Neonatal Resuscitation Program certification 2024

Advance Cardiac Life Support Certification 2023

The National Institute of Health Stroke Scale Certification

Basic Life Support with Automatic External Defibrillator, American Heart Association 2023

Certified Nursing Assistant 2008

AWOHNN Intermediate fetal monitoring 2024

AWOHN Advanced fetal monitoring 2024

**Work History**

**Labor and Delivery RN**

**Kaiser Permanente San Leandro Medical Center, CA July 2022 - Present**

* Provide care for at risk pregnant women before, during and after Labor.
* Work closely with NICU to coordinate care of the newborn and the mother during and after labor.
* Safe administration of Magnesium Sulfate for Pre-eclampsia
* Blood pressure management
* Fetal heart Monitoring, and Doppler Ultrasounds
* IV fluid hydration therapy initiation and management
* Care for the individual during and after loss of a fetus (intrauterine fetal demise care).
* Prompt assessment and evaluation of each individual patient.
* Laboring patients naturally or with inducing agents such as Cytotec, Cervidil and or Pitocin.
* Careful management of the postpartum recovery phase is performed on this unit.
* Full utilization of the Massive Transfusion protocol for hemorrhaging patients.
* Proper use of fundal assessment during the recovery phase utilized.
* Biannual competencies completed for continuing education and updates to healthcare.
* Circulated C-sections, bilateral tubal ligations, D&C’s,versions.

**Labor and Delivery RN**

**Kaiser Permanente Oakland Medical Center, CA June 2022 - July 2022**

* Establish, maintain, and improve patient’s health care goal through patient assessment, planning, and implementation of nursing interventions with continual evaluation of patient’s condition.
* Promote patient’s independence by establishing patient care goals; teaching patient and family to understanding condition, medications, self-care skills, and answering questions.
* Provide care for a laboring patient; triage; ante partum; pre-op, circulate in the OR; PACU recovery post C/Section; FHT; NST; Fetal Scalp Electro placement; PIH/GDM management, intrauterine resuscitation interventions; cord prolapsed interventions; treatment and interventions for preterm labor; hemorrhage, stat C/S; fetal demise; and more.
* Prepared delivery and surgical suites for pending deliveries through Cesarean and vaginal births.
* Managing patient’s labor pains with the option of an epidural, IV medication, nitrous oxide, and/or TENS machine.

**Strike Nurse**

**Labor and Delivery RN**

**Stanford Hospital Palo Alto, CA May 2022 – June 2022**

* Managed maternal pain and educated patient regarding pain alleviation options toward positive and individualized decision-making.
* Monitored fetal heart rate throughout labor process.
* Assisted with breastfeeding, monitoring newborns, and administering newborn medications.
* Assessed newborns at delivery including resuscitation if necessary.
* Educated patients and their support person regarding subsequent activities and expectations toward optimal readiness in progression to delivery.

**Strike Nurse**

**Labor and Delivery RN**

**Eden Medical Center, Castro Valley CA April 2022 – May 2022**

* Monitored fetal heart rate throughout labor process.
* Assessed newborns at delivery including resuscitation if necessary.
* Prepared delivery and surgical suites for pending deliveries through Cesarean and vaginal births.
* Educated patients and their support person regarding subsequent activities and expectations toward optimal readiness in progression to delivery.
* Managing patient’s labor pains with the option of an epidural, IV medication, nitrous oxide, and/or TENS machine.

**Travel Nurse**

**Labor and Delivery RN**

**Saint Joseph’s Medical Center, Houston TX January 2022- April 2022**

* Monitor fetal heart rate for abnormalities and communicate them to the physician.
* Demonstrate active listening and empathetic care by striving to manage patient’s pain through epidural and patient-controlled analgesia administration.
* Participated in peer interviews for management.
* Care for maternity patients using fetal and maternal monitoring equipment and assisting obstetricians during exams, delivery, surgical procedures including cesarean deliveries.
* Able to perform AmniSure Test, FFN, and GBS Test.

**Travel Nurse**

**Labor and Delivery RN**

**Henry Ford Health Hospital, Detroit MI November 2021 -December 2021**

* Demonstrate active listening and empathetic care by striving to manage patient’s pain through epidural and patient-controlled analgesia administration.
* Build positive and trusting relationships with patients while providing education regarding labor process, pain management, and newborn care.
* Used external fetal monitoring equipment, including portable monitors and Novii Wireless Patch System.
* Assessed newborns at delivery including resuscitation if necessary.

**Travel Nurse**

**Labor and Delivery RN**

**St. Joseph Medical Center, Houston TX September 2021-October 2021**

* Managed maternal pain and educated patient regarding pain alleviation options toward positive and individualized decision-making.
* Monitored fetal heart rate throughout labor process.
* Assisted with breastfeeding, monitoring newborns, and administering newborn medications.
* Assessed newborns at delivery including resuscitation if necessary.
* Educated patients and their support person regarding subsequent activities and expectations toward optimal readiness in progression to delivery.

**Registered Nurse III**

**Labor and Delivery RN**

**Memorial Hermann Memorial City, Houston TX June 2019- August 2021**

* Provide care for at risk pregnant women before, during and after Labor.
* Work closely with NICU to coordinate care of the newborn and the mother during and after labor.
* Educated patients and their support person regarding subsequent activities and expectations toward optimal readiness in progression to delivery.
* Monitored, recorded and communicated patient condition as appropriate utilizing computerized documentation systems.
* Monitored, recorded and communicated patient condition as appropriate utilizing computerized documentation systems.

**Registered Nurse and Charge Nurse**

**High Risk Antepartum Unit RN**

**Memorial Hermann Memorial City, Houston TX April 2018- June 2019**

* Performed technical aspects of nursing; admitting, discharging and receiving patients post operatively. Initiating IVs, administering medications, changing and observing dressings, Foley catheters, sterile vaginal examinations, administering blood, monitoring labs.
* Postpartum education given to patient for care of self and infant through verbal communication and demonstration including education and assistance with breast feeding the newborn.
* Educated patients on their diagnosis and kept them informed in all aspects of plan of care.
* Provided high quality care with compassion and achieved patient outcomes by combining patient involvement and education into total care plan.

**Registered Nurse**

**Medical Surgical Internal Medicine Unit (PRN)**

**Houston Methodist Hospital, TX October 2018 -May 2020**

* Provided care for patients who underwent surgical procedures. - Safely coordinated care for patients. As a nurse at this facility, I am committed to excellent patient care, exercising pertinent nursing skills.
* Monitored patient condition by interpreting and tracking EKG readings, identifying irregular telemetry readings and updating team members on changes in stability or acuity.
* Reviewed post-operative orders and continuously monitored patients' post-operative vitals, set up PCA and fluids and oriented patients to unit.
* Monitored patient reactions to drugs and carefully documented findings.

**Registered Nurse**

**Medical Surgical Telemetry**

**HCA Houston Healthcare Clear Lake TX January 2017- September 2018**

* Managed care from admission to discharge.
* Administered medications via oral, IV and intramuscular injections and monitored responses
* Educated patients, families and caregivers on diagnosis and prognosis, treatment options, disease process and management and lifestyle options
* Reviewed post-operative orders and continuously monitored patients' post-operative vitals, set up PCA and fluids and oriented patients to unit.

**Patient Care Assistant I**

**The Methodist Hospital, Houston TX October 2015- December 2016**

Provided care to patients assigned within unit specified defined limits. Assisted with maintaining equipment and supplies. Demonstrated the components of the I CARE (Integrity, Compassion, Accountability, Respect and Excellence) values Statement. Responsibility’s included: monitoring vital signs, blood glucose, collecting specimens, assisting with feedings, and stocking linen.