**Rachael D. Cain**

**2308 Peak Hill Cove**

**Nashville, Tennessee 37211**

**615-415-2829**

**Objective:**

I wish to obtain an ICU or PACU RN travel position that I can utilize my talents as a critical thinker. The department would benefit from my drive to give holistic patient care, my compassionate skill set and my ability to navigate available resources to benefit the Unit and the outcomes of my patients**.**

**Education:**

Saint Thomas Aquinas College

Nashville, Tennessee

Associate of Science in Nursing-May 1998

Belmont University

Nashville, Tennessee

Bachelor of Science in Nursing-Dec. 2015

**Continuing Education**

Learning Exchange (Vanderbilt Medical)

Nurse Innovator (Case Studies)

Medscape (Continuing Education)

**Accomplishments/Skills**

* All Stars for Patient Safety Certificate
* Critical Care Program (extensive three-month program) Director Vee Rice, RN., Ph.D.
* Team member involved in the implementation, design, set up and launch of the ECT Unit at Vanderbilt Psychiatric Hospital
* Certification from Institute for Healthcare Improvement
* Strong Verbal Communications
* Organizational Skills
* Time Management Skills
* Positive Work Ethic
* EMR- Meditech and Epic

**Certifications:**

BLS/CPR- Valid December 2020 to December 2022

ACLS- Valid December 2020 to December 2022

NIHSS Certification (Group A) April 2021 to October 2021

**Professional Experience:**

Tennova Medical Center PCU (Travel Assignment through AYA)

Clarksville Tennessee

July 2022 to October 2022

**Responsibility’s:** Priorities when taking over patient care. Patient safety. Verifying patient’s Sao2 greater than 94%. Verifying patent airway. Ensure cardiac rate and rhythm is at baseline without EKG changes. Verify vasopressors/vasodilators or sedation medication drips the patient may be receiving. Ensure you have working suction at bed side. Continue hypervigilance. Maintain patient’s hemodynamic stability. Care for patient personal needs. Treat pain.

Vanderbilt Medical Center ICU Float Pool

Nashville Tennessee

December 2017 to November 2021

**Responsibility’s:** Patient Safety. Execute patient care with flexibility and confidence while using my critical care thinking skills to assess, analyze and treat complex patient conditions in an unfamiliar setting. Proficient in drug titration (Diltiazem, Dopamine, Dobutamine, Esmolol, Heparin, Metoprolol, Nicardipine, Norepinephrine, Phenylephrine, Propofol, Vasopressin and others) to achieve goal orders and hemodynamic stability in my patients. Proficient in using monitoring equipment such as PA Cath, Central Lines, Arterial lines, permanent and temporary Cardiac pacemakers and Ventilators. Aware and prompt to action if patient status changes. I build rapport with all members of the Health Care team. I follow Hospital Policies while providing high-quality care.

VOS-FEL Orthopedic Out-Patient Sports Medicine (Preoperative/Postoperative)

Perioperative Services Vanderbilt Medical Center

Post-operative care

December 2014 to November 2017

**Responsibility’s:** Patient safety**.** Prepare patient for procedure, start PIV, assist with nerve block placement, confirm consent (up to date and signed). Answer family and patient questions. Post-operative care, perform SBAR and patient hand off. Ensure patient has a patent airway, place on telemetry and interpret the cardiac rate and rhythm is WNL and at baseline without EKG changes. Maintain patient’s hemodynamic stability. Treat pain. Recover and preform discharge teaching. Proficient in Don Joy equipment application of and equipment teaching specifically (Iceman Classic Shoulder, Iceman Knee, Cryo-cuff IC motorized cooler knee and shoulder, Don Joy shoulder Cradle, Don Joy Advance Postoperative Brace). Discharge to home.

Vanderbilt Medical Center

Electroconvulsive Therapy (ECT) Unit (VPH)

MCE-PACU (Postoperative Anesthesia Care Unit) Vanderbilt Medical Center

October 2009 to November 2014

**Responsibility’s:** Patient safety. Prepare patient for procedure specifically place on telemetry and interpret rhythm, start PIV, confirm consent (up to date and signed), prepare bay for seizure precautions particularly padding bed rails, suction set up and working, bite block at bed side. Insure patient’s comfort (mental and physical). Record procedure and document. Postoperative care: Ensure patient has a patent airway, cardiac rate and rhythm is at baseline without EKG changes and maintain patient’s hemodynamic stability. Recover, teach and discharge to home or Psychiatric Hospital.

MCE-PACU (Postoperative Anesthesia Care Unit) Vanderbilt Medical Center

Perioperative Services

October 2005 to November2014

**Responsibility’s:** Patient Safety. Starting with using SBAR during patient hand off from the Operating Room. Verify patient’s Sao2 greater than 94%, place patient on telemetry, ensure patient has a patent airway, ensure cardiac rate and rhythm is at baseline without EKG changes. Verify vasopressors/vasodilators or sedation medication drips the patient may be receiving. Continue hypervigilance. Maintain patient’s hemodynamic stability. Treat pain. Complete discharge teaching with patient stating their understanding. Discharge to ICU, Stepdown Unit or home.

Neuro-Science Intensive Care Unit

Vanderbilt Medical Center

Nashville, Tennessee

June 2000 to October 2005

**Responsibilities:** Patient Safety. Maintain hypervigilance. Execute patient care with flexibility and confidence while using my critical care thinking skills to assess, analyze and treat complex patient conditions. Perform neuro checks every 1 hour consisting of the assessment of sensory neuron and motor responses especially reflexes using Glasgow Coma Scale and RASS measuring tool. Assess pupil response every hour, assess heart rate and rhythm, assess vital signs and observation of facial symmetry. Proficient in drug titration (Dopamine, Dobutamine, Esmolol, Heparin, Metoprolol, Nicardipine, Norepinephrine, Phenylephrine, Propofol, Vasopressin and others) to achieve goal orders and hemodynamic stability in my patients. Proficient in using monitoring equipment such as ICP drains, PA Cath, Central Lines, Arterial lines. Ensure promptness in giving medications that are ordered prophylactically to cease the reoccurrence of seizures or subarachnoid hemorrhage (Nimodipine, Valproic Acid, Clonazepam and Lamictal with others). Aware and prompt to action if patient status changes. I build rapport with all members of the Health Care team. I follow Hospital Policies while providing high-quality care. Educate patient and family members about measures that promote, restore and maintain health. Advocate comfort.

Neuro-Science Stepdown Unit

Vanderbilt Medical Center

Nashville, Tennessee

**October 1998 to June 2000**

**Responsibilities:** Patient Safety. Maintain hypervigilance. Perform neuro checks every 4 hours consisting of the assessment of sensory neuron and motor responses especially reflexes using Glasgow Coma Scale and RASS measuring tool. Carry out with confidence the patient assessment, analyzing and treating their needs. Assess pupil response check, assess vital signs and observation of facial symmetry. Ensure promptness in giving medications that are ordered prophylactically to cease the reoccurrence of seizures or subarachnoid hemorrhage (Nimodipine, Valproic Acid, Clonazepam and Lamictal with others). Educate patient and family members about measures that promote, restore and maintain health. Advocate comfort.

**References**

Tanya Hart Davidson

Tanyahdavidsoncomcast.net

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Jennifer Perez MSN Manager MCE Perioperative Services

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