

# Alexander Lee

## **Registered Nurse 2 - St. Joeseeph's CPEP**

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(203)808-5778

Experienced, seasoned, fast learning, hardworking, and driven to succeed Registered Nurse looking to make a difference.

## Work Experience

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### **Registered Nurse 2**

St. Joeseeph's CPEP - Syracuse, NY

September 2017 to Present

Syracuse NY

Work as Charge RN, in triage, and in the section of pt's admitted under mental hygiene laws (a pediatric section and a separate adult section) in one of Upstate NY's most busy psychiatric emergency departments.

09/11/17 - current

- Work in an interdisciplinary committee with other RNS, LPNs, Psychiatric, Counselors, Social workers, security, EMS, and police, in order to quickly and effectively always triage pt's and ensure a positive pt outcome • Effectively administer PO/IM medications to a pt load of up to 33 patients using the Pyxis system, as well as insulin using the double RN check method.
- Chart on in SOAP format using Epic, as well as paper charting • Always obtain proper consent from the guardian of any pt under the age of 18 regarding the doctor's recommended medications • Strictly adhere to HIPAA regarding the police, media, and any other outside factors • As Charge RN, supervise 5 nurses and 6 technicians, as well as dictate the entire hands on situation if it comes to that.
- Round the clock 15-minute safety monitoring, as well as GMAW/CMAW scoring expert • Consult with the psychiatrist about medication changes and present vital signs. Input orders into Epic with readback technique. I have never made a med error.
- Expert at handoff between shifts and between departments when pts are transferred to other units

Hutchings Psychiatric Center, Registered Nurse, Syracuse NY

Serving as the only RN for a population of 33 forensic patients, I assessed patients, supervised 10-13 staff members, and ensured the safety of all staff and patients on the unit always. 02/15/17 - 04/21/17

- Assess and document on patients both medically and psychologically.
- Administer PO/IM medications to 33 patients using the Pyxis system, as well as insulin using the double RN check.
- Chart on patients in both paper and computer formats.
- Supervise Therapeutic Assistants as well as LPNs.
- Create schedules for up to 28 staff members.
- Consult with the psychiatrist about medication changes.
- Page the on-call physician during emergency situations at night, transcribe and repeat back orders.
- Conduct change of shift reports to the oncoming or leaving RN

## **Geriatric Psychiatric Technician**

Strong Memorial Hospital - Rochester, NY

January 2015 to August 2016

Rochester NY

Work with a population of elders who are experiencing delirium and dementia on a 1:1 basis. Utilize therapeutic techniques of redirection, active listening, and reorienting to ensure positive patient outcome for my patients and their loved ones. 01/15 - 08/16 • Provide safe environment for my patient to ensure safety from falls or self-harm at all times • Use therapeutic techniques to reorient patient to surroundings and prevents fixation of thoughts • Work with nursing staff and other technicians to ensure patients' needs are met to the best of patient's abilities • Act as a patient advocate at all times

- Occasionally speak to patients for 6 hours about their life to help them relax and get to sleep.
- 2 times strong star winner for verbal de-escalation skills

## **Mental Health Specialist**

Nothstar Behavioral Health - Anchorage, AK

August 2013 to June 2014

2, Anchorage AK Worked here for a year to experience life working with Native Children. Worked with children ages 3-17 to maintain a therapeutic environment, 08/13 - 06/14 • Maintained unit order with up to 35 patients in order to implement strategies helping patients therapeutically • Work in a 1:1 Constant Observation setting and in group settings counseling and de-escalating children on topics including substance abuse, medication adherence and management, self-harming and suicidal ideation

- Utilized "Handle With Care" technique to successfully de-escalate violent/self-harming patients • Gain Expertise in individual hands-on restraint and usage of the "time out, " form of punishment as well as the Lights Program • Properly take vital signs to ensure health for each patient, and charted accordingly • Ensure a safe environment through conducting contraband checks, Q15 minute rounding, and room searches periodically • Prepared all paperwork for the following day, making use of Microsoft Excel, Word, and troubleshooting accordingly

Numerous personal and professional recommendations available upon request.

## **Psychiatric Technician**

Norwalk Hospital - Norwalk, CT

August 2010 to August 2013

Norwalk CT

Being described by nurses and psychiatrists as "A natural, " and "someone who's presence on the unit makes not only the staff but also the patients feel safer, " I Ensure safety and overall wellbeing for up to 26 patients in the in-patient lock down psychiatric unit, 08/10 - 08/13, rehired from 06/14 - 12/14

- Lead therapy groups of up to 26 patients in order to implement strategies helping patients therapeutically • Work 1:1 and in group settings counseling patients on topics including substance abuse, medication adherence and management, self-harming and suicidal ideation • Expert in One-on-One care, verbal de-escalation, and over award winning "Safety Companion" • Utilize CPI technique to successfully de-escalate violent/self-harming patients • Gain Expertise in hands-on restraint and safe use of 4-point restraints during code situations • Properly take manual/automatic vital signs/ EKGs/blood glucose monitoring to ensure health for each patient, and charted in CERNER • Ensure a safe environment through conducting contraband checks, Q15 minute rounding, and room searches periodically • Efficiently use CERNER computerized charting and documentation on every patient assigned to ensure data was being tracked • Interview patients and chart information using the SOAP (Statement, Observations, Assessment, Plan) format

## Education

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### **Bachelors of Science in Nursing**

University of Rochester, School of Nursing - Rochester, NY  
December 2016

### **BA in psychology**

University of Connecticut - Storrs, CT  
August 2008

### **AS in Criminal Justice/Liberal Arts**

Norwalk Community College - Norwalk, CT  
May 2004

## Nursing Licenses

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### **RN**

Expires: January 2020

State: NY

## Skills

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documentation (3 years), Geriatric (1 year), GMAW (1 year), RN (1 year), SOAP (4 years)

## Certifications

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### **Driver's License**

## Additional Information

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### Skills:

- Charge RN virtually every shift and take pride in my leadership and delegation abilities
  - Skilled in triaging up to and exceeding 50 patients/shift in one of upstate NY's most busy Psychiatric EDs
  - Skilled in using a Pyxis to administer and document medications for up to 30 admitted patients
  - Skilled in charting with SOAP format in numerous EHS mediums for up to 30 patients/shift
  - Excellent interdepartmental conversationalist between the psychiatric-ED and the ED
  - Quick to recognize when something may be going wrong and consult a physician
  - Experienced with RN to MD communication, entering in orders, consulting with pharmacy, and ensuring the highest level of patient care possible
  - Experience working with law enforcement in the psychiatric emergency setting
  - Quick to utilize CPI and PMCS, as well as draw up the necessary medications and administer them IM.
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- Over 9 years of using manual, 4-point leather, soft restraints and proper peripheral pulse checks, documentation, and any institutional policies

- Over 9 years of working with pt's detoxing from ETOH utilizing Ativan taper and GMAW scale to prevent DTs
- Have effectively managed situations with over a thousand patients on PCP, Synthetic marijuana, Bath Salts, and anything else. Ensuring both staff and pt safety at all times
- 9 years effectively experiencing managing opiate withdrawal
- Experienced Group Leader of up to 26 psychiatric patients across locations and age groups
- Tons of experience across all age groups from age 3 up to geriatric patients (102)
- Experienced 1:1 counselor, de-escalator, motivator
- Expert in group and individual counseling and patient centered care
- Have prevented 5 suicides via hanging, and never had a patient commit suicide on a shift I worked since I started in the field.