**Nicole Messink RN 216.409.6092**

**10157 Ravenna Rd. Chardon, Ohio 44024 Nikkisopko@gmail.com**

**Experience**

**University Hospitals Cleveland-Geauga Medical Center**

13207 Ravenna Rd.

Chardon, Ohio 44024

(440) 285-6000

Department Manager: Arlene Mollahan RN

Position: Operating Room Nurse for Level 3 Trauma Center

November 2019-February 2021

* Circulator and scrub roles for General/Laproscopic procedures (Urology, GYN, Plastics, ENT), General/Endovascular and Cath Lab, Trauma Orthopedics/Total joints, Bariatrics, Spine, Podiatry, Endoscopy (EDG, COLONSCOPY, BRONCHOSCOPY). On call responsibilities
* Vascular Team Leader - case review, implant/supply inventory, Cath Lab/Vascular scrub and circulator preceptor.
* Second shift charge nurse- organizing, orchestrating, and managing work flow.

**FitMe Wellness**

2595 N Mulford Rd.

Rockford, IL 61114

 (815) 904-6000

Owner/Supervisor: Greg Georgis; Gwgeorgis@gmail.com

Position: Yoga Therapist/ Registered Yoga Teacher RYT500

May 2014 – June 2018

* Designing, teaching, and documenting therapeutic movement classes for diverse populations
* Creating specialty workshops and educational sessions including: Restorative Yoga and Sound Therapy, Yoga for Back Health, Yoga After Joint Replacement, Yoga and Functional awareness, Yoga for Stress Reduction, Yoga Nidra, Guided Imagery, Affirmation/Meditation/Breathing Workshops
* Specializing in practical anatomy, alignment, and wellness tools for everyday life
* Photographer/ literary contributor for Fit815 Magazine

**Rockford Orthopedics**

346 Roxbury Rd

 Rockford, IL 61107

(815) 381-7400

Position: Operating Room Nurse

July 2014-August 2016

* Operating room nurse for high volume Orthopedic Surgery Center
* Trauma and fractures, shoulder reconstruction, hand/plastics, ACL/PCL/ Sports orthopedics, Podiatry, hip/elbow/wrist/ ankle arthroscopic procedures, tendon/nerve/hand plastics procedures, Total Joint Replacement, and Pain Management

**University Hospitals Lyndhurst Surgery Center/ Zeeba Surgery Center**

29017 Cedar Rd
Lyndhurst, Ohio 44124

440.646.2173

Operating Room Nurse for Dr. Bahman Guyuron

July 2008- March, 2014

* Personal/small team operating room nurse for Dr. Bahman Guyuron and Department of Plastics
* Specializing in facial reconstruction and cosmetic surgery: rhinoplasty, cleft lip and palate, rhytidectomy, blepharoplasty, genioplasty, scar repair/MOH’s, laser procedures, fat grafting, paralytics and fillers, as well as breast reconstruction, liposuction and contouring, and weight loss skin removal.
* Orthopedics (trauma, hand, ACL/PCL, arthroscopy), Pain Management, Special Procedures (Eyes)
* Inventory/ordering of supplies/equipment for department of plastics
* Sterile processing competency
* Over-seas operating experience

**Cleveland Clinic Marymount Hospital**

12300 McCracken Rd

 Garfield Heights, OH

44125

216.581.0500

Surgical Nurse

July 2006- July 2008

* Surgical nurse for 322 bed acute-care facility and world-renowned hospital system
* Extensive knowledge of sports-related procedures, including shoulder reconstruction, hand/plastics, ACL/PCL/ Knee, Podiatry, Tendon/Nerve Transposition, Fractures/Trauma, Pain Management as well as OB/GYN, Urology, Vascular/Cardiothoracic, Dermatology, GI/Endo, ENT, Ophthalmic, Emergency, and General surgery.

**Education**

* Chardon High School, Chardon, Ohio: 2005
* Cleveland Clinic Marymount School of Nursing, Cleveland, Ohio: 2006
* OM Yoga School of Yoga, NY, NY: 2010
* Rock Valley College Nursing ADN Program, Rockford, IL: 2016-2018
* Amala School of Pre/Postnatal Yoga, Chicago, IL: 2016-2017
* Kripalu School of Yoga Therapy, Stockbridge, MA: 2018-2020
* NIU MSN Program: Present

**Recreational Participation**

**Angelic Organics**

1547 Rockton Road, Caledonia, IL 61011-9572

Phone: 815.389.2746

Volunteer: 2014/2015/2016/2017/2018

* Maintaining sustainable agriculture through biodynamic farming and community