

# Wao Veronica Amara

## Resume

Frederick, MD 21703

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Authorized to work in the US for any employer

## Work Experience

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### **Registered Staff Nurse / Substitute Charge Nurse**

Shady Grove Adventist Hospital - Rockville, MD

May 2011 to Present

- Responsible for coordinating with physicians and other healthcare professionals for developing, implementing and evaluating customized patient care plans.
- Perform appropriate treatment as ordered by physician in an accurate and timely manner.
- Performs therapeutic nursing interventions through individualized plan of care.
- Act as substitute charge nurse responsible for maintaining a high level of patient care, evaluating other nurses as well as acting as educational resource for nurses.
- Provides support, information, and direct patient care.
- Preparing patients for examinations, procedures and surgeries.
- Educates patients and families on disease process and prognosis as well as significant self-care issues of the patient.
- Assessing and identifying the disease process by analyzing patient's symptoms and taking required actions for his/her recovery.
- Recommending drugs and other forms of treatment, like inhalation therapy, physical therapy
- Maintaining reports of patients' medical histories, and monitoring changes in their condition.
- Carrying out the requisite medications, treatments and procedures.
- Directing and supervising patient care technicians, certified nurse assistants.
- Review resident to staff ratio, adjust schedule as and when necessary.
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RN Field Nurse May 2020-Nov 2021

Premier Home Care (Jewish Social Services): Rockville, Maryland

- Assures the development, implementation and updates of the individualized plan of care for all assigned patients to ensure that patient needs are continually assessed.
- Ensures patient care is completed and documented in accordance with agency standards and justifies services rendered
- Monitors and supervise performance of clinicians, (CNA, LPN and RN) including contractual staff and also act as a resource to clinical team
- Collaborates with other Clinicians and or family members to coordinate patient care
- Initiates, develops, implements individualized care plans on admission and make necessary revisions and modifications to patient's plan of care based on assessment of patient's continual care needs.
- Assists with and coordinates training of appropriate staff and conducts performance evaluations of team to ensure quality care, compliance, and fiscal responsibility

## **Nurse Monitor**

Potomac Home Support, INC  
October 2017 to January 2021

- Conduct face to face nurse monitor visit to assigned participants in order to assess participants condition, home and environment.
- Provide oversight of provider care and evaluate the effectiveness of personal assistance services.
- Assess assigned participants health and welfare using NM (nurse monitor) questionnaire
- Assess patient needs in order to reassess services through the monitoring visit and refer client for a new medical assessment when there is a change in health, medical condition or disability.
- Collaborate care with other discipline in the care team
- Document contacts and NM visit in the LTSS Maryland tracking system
- Assess and review medication and medication compliance during NM visit

## **Clinical Nurse Manager**

Capital City Nurses Healthcare - Chevy Chase, MD  
February 2018 to April 2020

- Utilizes leadership skills to coordinate patient care services, serves as patient advocate, facilitates and ensures communication/collaboration among all team members
- Assures the development, implementation and updates of the individualized plan of care for all assigned patients to ensure that patient needs are continually assessed.
- Ensures patient care is completed and documented in accordance with agency standards and justifies services rendered
- Monitors and supervise performance of clinicians, (CNA, LPN and RN) including contractual staff and also act as a resource to clinical team
- Collaborates with other Clinicians and or family members to coordinate patient care
- Initiates, develops, implements individualized care plans on admission and make necessary revisions and modifications to patient's plan of care based on assessment of patient's continual care needs.
- Assists with and coordinates training of appropriate staff and conducts performance evaluations of team to ensure quality care, compliance, and fiscal responsibility

## **Home Health Nurse**

Smart Care Home Health Services - Silver Spring, MD  
January 2012 to December 2019

- Identify patient discharge needs and assist with care recommendations.
- Prepared updates on patient progress to determine extent of homecare needs.
- Ensure assessment of each patient home health care requirement
- Initiates individualized care plan (s) for patients
- Make follow up visits to patients to review patients' progress
- Collaborate patient care with interdisciplinary team of healthcare providers as and when necessary
- Supervise unlicensed staff assigned to patients
- Provide customized home health care to patients.
- Coordinate and collaborate with medical providers to verify and carry out home care needs.
- Implement home health care treatments and procedures in accordance with employer policies and guidelines.
- Routinely record patient's vitals during visit as well as collect and evaluate patient data.

## **Evening Supervisor**

Shady Grove Nursing and Rehabilitation - Rockville, MD

May 2010 to May 2011

- Review residents on 24-hour report, develop, implement and evaluate patient plan of care.
- Educate families on significant self-care issues and check on acute residents during unit rounds
- Review change of condition and occurrence reports, making sure families and physicians are notified while ensuring appropriate documentation is made.
- Review resident to staff ratio, adjust schedule as and when necessary.
- Chart review for new admits and patient transfers to be completed within 24 hours of admission.
- Follow up on labs results and act on abnormal and critical labs.
- In-service staff who completed admission inappropriately or performance dialogue for staff who repeat the same errors.
- Assess and notify DON/ADON and administrator for possible self-report of bruises of unknown origin.
- Review all wound and skin sheets and ensure wound treatments are transcribed.
- Restock medication(s) including narcotics in med dispenser.

### **RN Staff Nurse**

Holy Cross Sanctuary - Silver Spring, MD

July 2010 to April 2011

- Medication administration and treatments to assigned residents.
- Assessment of residents and apply appropriate clinical intervention.
- Perform clinical skills like wound care, G-Tubes, monitor IVs, Documentation.
- Schedule and oversee assignments and supervision of GNA's.

### **RN, Charge Nurse**

Shady Grove Nursing and Rehab - Rockville, MD

November 2009 to May 2010

- Supervise and administer medications and treatments.
- Assess acute residents and apply appropriate clinical intervention(s).
- Educate patients and their families about patient's medical conditions.
- Assist nurses with patient's admissions and discharges, rehab and follow ups.

### **Licensed Practical Nurse**

Bedford Court Nursing Home - Silver Spring, MD

April 2008 to May 2010

- Medication administration and treatments to assigned residents.
- Assessment of residents and apply appropriate clinical intervention.
- Perform clinical skills like wound care, G-Tubes, monitor IVs, Documentation.
- Schedule and oversee assignments and supervision of GNA's.

### **Licensed Practical Nurse**

Shady Grove Nursing and Rehab - Rockville, MD

January 2005 to October 2009

- Medication administration and treatments to assigned residents.
- Assessment of residents and apply appropriate clinical intervention.
- Perform clinical skills like wound care, G-Tubes, monitor IVs, Documentation.
- Schedule and oversee assignments and supervision of GNA's.

### **Residential Counselor**

Arc of Montgomery County - Rockville, MD

October 2002 to June 2007

- Medication administration to patients with Developmental disabilities.
- Give direct care, assistance in behavior modification and management of individuals with developmental disabilities.
- Responsible for day to day activities of clients as well as their overall care and safety needs

### **Residential Counselor**

Lt. Joseph Kennedy Institute - Silver Spring, MD

January 2003 to October 2004

- Medication administration to patients with Developmental disabilities.
- Give direct care, assistance in behavior modification and management of individuals with developmental disabilities.
- Responsible for day to day activities of clients as well as their overall care and safety needs

09/03/15-12/23/16: Lomack Healthcare; Public Health Intern

· Lomack Healthcare in collaboration with Mercy Health Clinic gave me the privilege to fulfill my Internship Practicum. Under the supervision of my preceptor, several duties but not limited to the following were performed:

- Assessment and daily intake of patients for appointments
- Educating and Teaching patients about how to manage their chronic conditions
- Diabetic management-teaching patients how to check their blood glucose levels and how to interpret the result.
- Assist patients in filling applications for referral agencies and medication banks.
- Make follow up calls to referral agencies and medication bank agencies to check the status of the applicants.

## Education

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### **Master's in Nursing**

Grand Canyon University - Phoenix, AZ

February 2013 to October 2015

### **Bachelor's in Nursing**

Mountain State University School of Nursing

September 2007 to May 2009

### **License in Practical Nurse**

University of District of Columbia - Washington, DC

August 2003 to September 2004

### **Bachelor of Social Sciences in Economics & Sociology**

Fourah Bay College, University of Sierra Leone - Freetown, Sierra Leone

December 1998

## Skills

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- Hospital Experience
- Patient Care

- Nursing
- Nurse Management
- Medication Administration
- Vital Signs
- Case Management
- Home Care
- Cerner
- Supervising Experience
- Experience Administering Injections
- EMR Systems

## Certifications and Licenses

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### **RN License**

### **BLS Certification**

### **LPN**

### **CPR Certification**

### **Registered Nurse (RN)-Maryland**

November 2024

Also has a DC license

## Assessments

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### **Home health aide skills — Expert**

April 2022

Providing care to patients in a home setting

Full results: [Expert](#)

### **Medical terminology — Proficient**

April 2022

Understanding and using medical terminology

Full results: [Proficient](#)

### **Protecting patient privacy — Highly Proficient**

April 2022

Understanding privacy rules and regulations associated with patient records

Full results: [Highly Proficient](#)

Indeed Assessments provides skills tests that are not indicative of a license or certification, or continued development in any professional field.