

# Lilian Pumah

## **Night shift RN (part-time) on all floors (from - Mather life ways**

Highland Park, IL 60035

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+1 224 619 9310

see resume for detailed information if required for nurse practitioner job. Two years NP working experience

Two years of current psych inpatient work as well as three years of past psych rehab experience

Authorized to work in the US for any employer

## Work Experience

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### **Night shift RN (part-time) on all floors (from**

Mather life ways - Evanston, IL

May 2017 to Present

Assisted nursing staff with head to toe assessments of patient as needed.

- \* Managed care of patients on Memory floor with dementia/Alzheimer's
- \* Started PIV lines, changed Foleys on both males and females.
- \* Provided care for pre-op and post-op patients.
- \* Aided nursing staffs in counseling psychiatric residents.

### **Nurse Staffers Agency**

Chicago, IL

March 2016 to November 2017

Assisted nursing staff with head to toe assessments of patients.

- \* Managed care of patients with vents/trachea and JP drains.
- \* Took blood samples, started PIV lines, changed Foleys on both males and females, and assisted dialysis patients.
- \* Provided care for pre-op and post-op patients.
- \* Aided nursing staffs in counseling psychiatric residents.

### **Night Shift Nursing Supervisor/Float nurse**

WHITEHALL OF DEERFIELD - Deerfield, IL

November 2014 to December 2015

Supervise night shift nursing staff on the floors, and work as a floor nurse.

- \* Manage RNs, LPNs, and Nursing Assistants.
- \* Plan activities for residents suffering from Alzheimer.
- \* Assist nursing staff with head to toe assessments of new residents/readmissions.
- \* Perform trachea care, drew blood, and manage residents' behavior issues.
- \* Provide care of immobile patients in the Rehab.
- \* Aided nursing staff in counseling residents with psychiatric concerns.

### **Night Shift Nursing Supervisor**

WINCHESTER HOUSE - Libertyville, IL

July 2013 to October 2014

Supervise night shift nursing staff on four floors.

- \* Manage RNs, LPNs, and Nursing Assistants.
- \* Plan activities for residents suffering from Alzheimer.
- \* Assist nursing staff with head to toe assessments of new residents and readmissions.
- \* Perform trachea care, drew blood, and manage residents' behavior issues.
- \* Provide care of immobile patients in the Rehab.
- \* Aided nursing staff in counseling residents with psychiatric concerns.

### **Night Shift RN- Registered Nurse**

BRIGHTSTAR - Gurnee, IL

May 2013 to July 2013

Provided in home, Hospice care, for one patient five days a week.

### **Weekend Nursing Supervisor**

GLEN LAKE TERRACE - Waukegan, IL

September 2010 to May 2013

Supervised weekend nursing staff on four floors.

- \* Assisted nursing staff with head to toe assessments of patients.
- \* Managed care of patients with vents/trachea and JP drains.
- \* Took blood samples, started PIV lines, changed Foleys on both males and females, and assisted dialysis patients.
- \* Provided care for pre-op and post-op patients.
- \* Aided nursing staffs in counseling psychiatric residents.

### **Registered Nurse**

KINDRED CHICAGO CENTRAL HOSPITAL - Chicago, IL

May 2012 to December 2012

Performed total assessments of patients on the Med-Surg floor.

### **Certified Nursing Assistant**

GENTLE HOME SERVICES - Deerfield, IL

May 2005 to June 2010

Provided in home nursing care: assisted with showers, dressing, housekeeping, meal preparation, laundry, ironing, and gave companionship.

### **Weekend Care Manager**

SUNRISE ASSISTED LIVING - Highland Park, IL

March 2004 to August 2004

Assisted residents suffering from dementia residents with the activities of daily living.

## Education

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### **Certification in ACLS**

American Academy of Nurse Practitioners Association - Highland Park, IL

March 2004 to November 2019

**Master of Science in Nursing**

Walden University - Minneapolis, MN

March 2018

**Bachelor of Science in Nursing**

Saint Xavier University - Chicago, IL

June 2010

**Bachelor of Science in Clinical Psychology**

Saint Xavier University - Chicago, IL

June 2010

**Associate of Science in Nursing**

Lake County Community College - Grayslake, IL

December 2006

College of Lake County

2006

**Bachelor of Science in Nursing**

Saint Xavier University - Chicago, IL

**Bachelor of Science in Clinical Psychology**

Saint Xavier University

**MSN in Nurse Practitioner**

St Xavier University of Chicago - Chicago, IL

## Nursing Licenses

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**RN**

Expires: May 2020

**RN**

Expires: May 2020

State: IL

**RN**

Expires: May 2020

State: IL

## Skills

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- PHLEBOTOMIST (Less than 1 year)
- PHLEBOTOMY (Less than 1 year)
- RN
- Home Health
- Med Surg

- Nursing
- Dementia Care
- Critical Care Experience
- Nursing
- Nursing
- Primary Care Experience
- EMR Systems
- Laboratory Experience
- Family Planning
- Nursing
- Alzheimer's Care
- Hospital experience

## Links

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<https://www.midlevelu.com/blog/nurse-practitioner-scope-practice-illinois>

## Certifications and Licenses

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### **AANP/ANCC licensures**

June 2018 to June 2022

### **BLS Certification**

### **ACLS Certification**

## Publications

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### **RN MSN**

## Additional Information

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This writer has been a registered nurse for the past 8 years. Have worked mostly with teens and adult or geriatric population. As a highly qualified RN with combine extensive staff supervision experience and a background in in patient med-surg, teen and adult Psychiatrist rehab, assisted, independent living, nursing homes, and home health care facilities. This writer has worked with a variety of patients, to provide exceptional patient care services. The writer also has strong expertise in phlebotomy, documentation, and trachea care. Highly accomplished in nurturing positive relationships and promoting a healthy team environment.

### Short and Long-term Goals

This writer has spent the last 6 years working with geriatric patient in long term care, rehab and retirement home facilities. During this period, this writer has learnt that it is better to age young, by practicing preventive health education. With preventive health practices like regular exercise, healthy diet, screening for mammogram, pap smear and contraception use, many individuals will be able to

manage their health, and thus, age healthy (Islam, Weir, Jones, Del Fiol, & Samore, 2015). As an adult gerontology primary care nurse practitioner, the writer's short-term goal is to educate the patients in her care, to adhere to preventive health services, and also manage their diseases with positive adherence to clinician's advice (Porche, & Danna, 2015). This writer's long term goal is to advance her education, and bring positive changes to her community. The main component to being a real social change maker is having the ability to have a strong influence on others in the society. Additionally, as a primary care practitioner, this writer will have the responsibility of creating any working atmosphere to become equal opportunity site for everyone. With the respect of persons as individuals, the writer's short and long term goals are to be able to create any working environment, suitable for her patients to solve challenging situations, and be able to talk freely while gaining preventive health education. This writer would love to become a problem-solver with the patients assigned at all times. The writer will be able to guide her patients with evidence best practices. As a nurse practitioner, this writer is able to understand that every patient is different, and thus, treat all patients that come to her practice as an individual. Also, this writer will remember to join the control substance reporting system, to help distinguish those patients who are narcotic drug seekers, from those in need of pain control (U.S. Department of Justice, 2016). This will help to reduce addiction and over prescription of control medications, especially with patients who are used to shopping for doctors.

Many individuals do not understand the level and intensity of education that is required by nurse practitioners, to advanced their education believe that doctors are responsible, and have more authority with patients' care/prescriptions. This writer is ready to practice according to the scope of her practice, and the laws of her state (MidlevelU, 2013). However, the great education this writer has gained through Saint Xavier University, and great practicum experiences with adult patients with varied disorders, will help this writer to provide quality care services to her patients.

#### Licenses and Credentials

APRN certification-Certified June 14/2018: American Academy of Nurse Practitioner Certification

NCLEX, August 2010

CNA, March 2004

CPR, November, 2019

BLS Certification.

ACLS Certification

#### AREAS OF EXPERTISE

Nursing

IVs

Staff Supervision

Health Assessments

Trachea Care

Phlebotomy

Counseling

Patient Care

Ventilation Care

JP Drains

Foley Care

Hospice Care