

**REGISTERED NURSE**

*Dedicated and quality-focused with experience managing and providing health and medical care for individuals*

Registered Nurse with a proficient understanding of psychiatric nursing principles and focused assessment skills; able to assist with developing care plans that ensure patient needs are met from a holistic perspective including mental healthcare, behavioral difficulties, and difficult psycho-social situations of the patient support system such as family and friends. Proven ability to serve as a fierce advocate and passionate health educator for peers, patients and families. Skilled in performing skilled and accurate assessments, determining health status of individuals to ensure they receive the appropriate level of care and skills in adjusting nursing treatment plans according to change in status. Experience providing integral support for physicians and other members of healthcare team to prepare comprehensive patient care plans and ensure optimal results and outcomes for patients within the hospital parameters of policy and protocols.

**Core Competencies:**

Health Advocate • Medication Administration • Wound Care • IV Administration • Safety Awareness  
 Pain Management • Effective Communication • Relationship Development • Admissions • Team Building  
 Discharge Coordination • Quality Management • Resource Management • Treatment Plan Coordination

**EDUCATION & CERTIFICATIONS**

**UNIVERSITY, Mesa, AZ Campus**

Bachelor of Science in Nursing ( )

**MESA COMMUNITY COLLEGE, Mesas, AZ**

Associate of Applied Science in Nursing ( )

Graduated Top of Class ~ Member, Pre-Med Club ~ Alumni Member, Student Nurse Association

Arizona RN License (June 2020) ~ AHA Basic Life Support (BLS)

Arizona State Level One Fingerprint Clearance ~ Crisis Prevention Training (CPI) Certification

**RELATED EXPERIENCE**

**ARIZONA STATE DEPARTMENT OF VETERANS SERVICES (AZDVS)**

January 20 – July 20

**Registered Nurse (Specialized in Wound care, Psychiatric Care, House Supervisor)**

PRN position offered as fill in nursing staff to relieve core staff during call outs, shortages, etc. Daily tasks included providing medications as ordered, management of wound care orders in coordination with wound care nurse, coordination of care and lunch breaks with other nursing staff and delegation of tasks to LPNs and CNAs for daily patient care in the long-term setting of Arizona’s Veterans.

- Daily reassessments, medication administration, focused assessments such as neurological, skin, or endocrine changes. Updating the treatment plan according to changes of condition and daily/weekly interdisciplinary treatment team meetings.
- Coordinated care with other units for LPN assistance such as notifying provider, assisting other staff during a critical event such as a patient fall, or assisting staff if a patient was sent out to a local hospital during emergencies.
- Training and education provided to staff as needed such as changes in policies and protocols as well as coordinating team management with Director and Assistant Director of Nursing with other supervising staff.
- Coordination of medical management but also specialized in psychiatric care with psychiatric providers for common changes of condition or behavioral issues such as PTSD, Trauma, Delirium, Aggression, and Dementia care.

### Hospice RN Case Manager – East Valley

Manage daily, weekly, and monthly tasks of Hospice Care relating to various disease processes, prognostics for Medicare compliance and assisting with educating and guiding patients and families through the details of what Hospice Care is. Providing direct patient care, education, and use of durable medical equipment. Assisted in medication management, administration, placing direct medical orders and coordinated refills for patients regularly and as needed for change in condition or decline in status.

- Worked closely with the Interdisciplinary Team of Professionals that included Physicians, Case Managers, Social Workers, Spiritual Care, Music Therapy as well as administration and management.
- Coordinated Admissions, management of symptoms, patient deaths and discharges; all depending on prognosis.
- Assist patients and family members with a holistic approach to death with dignity, including post-mortem follow up from a psycho-social perspective for 1 year after patients expired.
- Coordinate with various facilities, group homes, and retirement centers with coordination of patient care including educating facility staff on plan of care or treatment orders, medication administration and management, close monitoring of narcotic medications such as liquid morphine, and assisting and supporting facility staff of emotional support of the patients they cared for as they progressed toward death and dying.

██████████ HOSPITAL, ██████████ AZ

August 20██ – March 20██

### Psychiatric Nurse - Adult & Adolescent In-Patient Psychiatric Units

Manage the daily admissions of patients for inpatient acute psychiatric care. Responsible for 11 - 14 patients at any given time, including conducting safety checks and administering medications and treatment plans prescribed by the medical and psychiatric providers/practitioners. Maintain regular communication with parents, case managers, social workers, and other providers. Coordinate with treatment team for behavioral and medication stabilization. Responsible for charting, assessments, and maintaining electronic health record.

- Effectively assisted patients with direct detoxification from alcohol and substance abuse, as well as patients for suicidal precautions, self-harm or cutting behaviors, aggression, assault, sexual abuse, and trauma.
- Maintain safety of all patients and staff members daily throughout management of observations, assessing patient's daily for changes in suicidal ideation, homicidal ideation, auditory or visual hallucinations as well as monitored units daily for changes in environment, contraband, or missing or damaged items.
- Utilized advanced verbal de-escalation techniques such as redirection, acknowledgement, empathy and rephrasing in order to prevent further episodes of aggression or hostility that patients would present towards themselves, peers or other staff members.

██████████ Scottsdale, AZ

20██ - 20██

### Volunteer – Outpatient Endoscopy Center

Served as a weekly volunteer, involving greeting and checking in patients, and taking them back to waiting area to change into gowns. Verified appointments and directed patients to area to be checked in by nursing staff.

---

## ADDITIONAL EXPERIENCE

---

MESA COMMUNITY COLLEGE, Mesa, AZ ██████████

### Tutor

Student and Part-time tutor off and on during education from 2016 to 2020 graduation. Part-time nursing tutor from Fall 2021 to current position facilitating weekly one-on-one and group sessions with students from Block 1 to Block 4.

- Coordinate with Learning Enhancement staff and peers, provide onboarding training on national tutoring standards.
- Work with college faculty and staff to ensure adequate syllabus topics and criteria are met and taught properly.
- Communicate with SNA groups and mentorship provided to students on an as needed basis.