**KALANA SANDERS MSN, APRN, FNP-C**

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**Professional Summary**

Dedicated and compassionate Family Nurse Practitioner with 675 hours of outpatient clinical experience assessing, diagnosing, and treating patients with a variety of diseases along the lifespan from pediatrics to geriatric patients. I also have 5 years of experience in direct inpatient care, triage, and care coordination in fast-paced environments. I consistently develop strong relationships with patients and their families by utilizing empathetic communication, maintaining a respectful attitude, and providing quality patient care.

**Skills**

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| * EKG * Suturing * Lab & culture Interpretation * Pap smears * Joint injections * Incision & drainage * Wound care/wound packing/sterile dressing changes * PICC/Central line management * Colostomy/ileostomy/urostomy management * PEG tube management * Staple placement & removal * CPR * Incision care * Subcutaneous/intramuscular/transdermal injections * Hemovac/ jackson pratt/ penrose drain management and discontinuation * Isolation precautions for neutropenic, contact, airborne, droplet, bloodborne * Spinal (CSF) drain management * Bladder scanner | * Cryotherapy * Inpatient care * X-ray interpretation * Culture interpretation * Sterile technique * Fluorescein stain * IV placement/venipuncture * Foley catheter insertion/management/discontinuation * NG tube insertion/management/ discontinuation * Tube feedings * Rectal tube management * Blood transfusions * Informed consents * Chest tube management * Parental nutrition * Suprapubic catheter management * Continuous & manual bladder irrigation/ 3-Way Foley management * Nephrostomy tube management |

**Education & Organizations**

Bachelor of Science **in Nursing, 05/2018**

The University of Texas at Tyler **- Tyler**

**Master of Science in Nursing – Family Nurse Practitioner – 08/2023**

The University of Texas at Tyler **– Tyler**

**Licenses & Certifications**

American Academy of Nurse Practitioners Certification Board – Family Nurse Practitioner (Certification Number: F10230579) – Valid till 10/2028

Texas Board of Nursing - Advanced Practice Registered Nurse License – Certified Nurse Practitioner (License Number 1141457) – Completed 11/2023

Texas Board of Nursing – Registered Nurse (License Number: 950173) – Completed 7/2018

Basic Life Support – American Heart Association – Completed 2022

Biomedical Research - Collaborative Institutional Training Initiative – Completed 10/2020

Assessing and Treating Pain in Older Adults – Completed 6/2022

**Clinical Rotations**

* **Tyler Internal Medicine Associates**
  + Performed in office procedures consisting of joint injections, cryotherapy, and wound care
  + Conducted comprehensive review of patients records, exams, and histories
  + Evaluated adult patients in the outpatient setting for a variety of acute and chronic health conditions and formulated differential diagnoses based on history and physical exam findings
  + Demonstrated proficient documentation skills
  + Exemplified proficiency in implementing preventative care and evidence-based care
* **Special Health Resources – Woman and Child Health Center of Longview**
  + Evaluated patients in office for well-woman exams, acute and chronic gynecologic conditions, initial and follow-up obstetric visits, including screening exams, ultrasounds, and prenatal care
  + Expanded knowledge in the role of medication in OB/GYN, including contraceptives, fertility medications, antibiotics, as well as contraindications to use of certain medications during breastfeeding and pregnancy
  + Performed in office procedures such as STD testing, bimanual exams, breast exams, Pap Smears, and Depo-Provera injections
  + Observed Nexplanon insertions and removal, IUD insertions and removal, colposcopies with biopsy, transabdominal and transvaginal ultrasounds
* **Ancor Health Center in Kilgore, TX and Longview, TX**
  + Evaluated newborns, infants, children, and adolescents in the outpatient setting for acute and chronic health conditions and formulated differential diagnoses based on history and physical findings
  + Exemplified proficient knowledge in recognizing appropriate developmental milestones and red flags in the pediatric population
  + Demonstrated proficient knowledge of implementing vaccinations appropriately based on patients’ history and age
  + Provided education to parents about infant care, breastfeeding, and developmental milestones
* **Bethesda Health Clinic**
  + Provided patient centered care to underserved/noninsured patient population accommodating treatment plan based on patient’s ability to implement treatment recommendations to provide the best care
  + Interpreted diagnostic labs, EKGs and discussed lab findings with patients
  + Administered and interpreted PFTs to establish a diagnosis and monitor patients diagnosed with asthma/COPD
  + Demonstrated proficiency in documentation skills, entering appropriate diagnostic test, sending prescriptions, and making appropriate referrals
  + Prescribed appropriate laboratory and diagnostic procedures related to patients health status and facilitated appropriate treatment interventions

**Work History**

Registered Nurse, 12/2020 - Current

Longview Regional Medical Center – Longview, Texas

* Cared for patients after major orthopedic surgeries such as knee, hip, back, and shoulders
* Cared for patients after major surgeries such as colectomy, cholecystectomy, appendectomy, mastectomy, thyroidectomy, etc
* Monitored patients for post procedure complications such as cerebrospinal fluid leak, infection, and ileus
* Educated patients and their families on hip, knee, back, colectomy, mastectomy, thyroidectomy, ect. post procedure precautions and management
* Floated to multiple units such as medical, oncology, telemetry, covid, rehab, and intermediate care units demonstrating remarkable adaptability skills
* Exhibited excellent communication with physicians, patients, and family members
* Time management skills and the ability to prioritize tasks
* Provided direct patient care and administered medications

Registered Nurse, 08/2018 to 12/2020

UT Health East Texas – Tyler, Texas

* Cared for patients after major surgeries such as knee, hip, back and bariatric surgeries
* Cared for trauma patients after serious traumatic injuries such as major wrecks, and gunshot wounds
* Educated patients and family members on illness and surgeries
* Discussed patient care and issues with physicians and ensured physicians are informed and up to date on patients condition
* Demonstrated teamwork and dependability
* Administered medications and treatments to patients and monitored responses while working with healthcare teams to adjust care plans
* Taught patients how to improve lifestyle choices, dramatically reducing chance of disease recurrence

Care Partner, 07/2016 to 08/2018

Hawkins Creek Assisted Living and Memory Care – Longview, Texas

* Documented resident's behaviors and reported abnormalities or new symptoms to supervisor and family members
* Assisted patients with bathing, grooming, dressing and oral hygiene care both in private residences and facilities
* Kept patients mentally alert by entertaining, conversing and reading aloud to patients

Caregiver, 06/2014 to 03/2016

Kilgore First Baptist Church Child Development Center – Kilgore, Texas

* Provided continuous supervision to children during indoor/outdoor activities and created and maintained safe learning /playing environments
* Organized and executed activities schedules, developed, and reinforced daily routines, and taught children appropriate hygiene habits
* Observed and documented children's behavior and progress and provided written and verbal updates to parents; notified parents of potential behavioral issues
* Meticulously sanitized play equipment
* Performed teaching, created lesson plans for children
* Provided care and supervision to children ages ranging from 4 months to 13 years old

**Professional Memberships**

American Associations of Nurse Practitioners – Present to 4/2024

**Research**

Constant Observation: The Benchmark Study

**References**

Cynthia Boston, Charge Nurse - Longview Regional Medical Center, 318-655-7036

Birgit Grubbs, FNP-C, UT Health Jacksonville, 903-539-9740

Shelby Lile, FNP-C -Ancor Health Center, 903-720-5056

Valerie Miller, Professor - University of Texas at Tyler, 325-665-7575