Cara VanderJagt, BSN, RN, CNM-S

Certified Nurse Midwife Graduate

**Holland, MI | (616)460-4335| cara.vanderjagt@gmail.com**

**Professional Summary**

Compassionate and organized prospective certified nurse midwife seeking a position providing screening and education for pregnant and birthing people, advocacy for patient-centered birth plans, and successful deliveries

* Well-rounded healthcare professional with over 5 years of nursing experience in obstetrics, gynecology, and skilled nursing
* As a certified nurse midwife student, 675 hours of clinical experience in midwifery care at the beside and in the clinic
* Passionate about educating patients and helping to safely achieve their birthing goals while advocating for their desired birth experience
* Capable of providing timely and efficient charting utilizing EMRs including Epic and Obix.

**Education**

**Master of Science in Nursing** (CNM) – *Frontier Nursing University, Versailles, KY*

Expected Graduation September 2023

**Bachelor of Science in Nursing** – Ferris State University, *Big Rapids, MI*

Graduated October 2020

**Associate of Science in Nursing** – *Grand Rapids Community College, Grand Rapids, MI*

Graduated May 2018

**Advanced Practice Clinical Rotations**

Sites: SHMG Midwifery Obstetrics and Gynecology-South pavilion and Ada, MI and Corewell Health Butterworth Hospital, Grand Rapids, MI

Preceptors: Lauren Deleon, CNM, APRN, Ruth Mulder, CNM, APRN, Kelly Levitt, CNM, APRN, Erin Schaub, CNM, APRN, Sarah Kent, CNM, APRN, Brenda Daniels, CNM, APRN, MaryAnne George, CNM, APRN, Kristin Dib, CNM , APRN, Natasha Peoples, FNP, and Holly O’Brien, WHNP

Hours: 675

* Provides prenatal care including measuring fundal height, assessing heart tones, screening for complications, managing common issues, and referring complex cases
* Cares for women during childbirth including monitoring mother and baby, assessing labor progression, managing complications as they arise, directing pain management interventions, and delivering the newborn and placenta
* Performs gynecologic exams and PAP smears as well as STD screenings and treatment
* Incorporates health education and preventative services into visits to promote the health and wellness of patients based on age, history, and risk factors

**Professional Experience**

**Registered Nurse – Labor & Delivery/Mom & Baby Units, Fairview Southdale Hospital, Edina, MN**

January 2023 – April 2023 | Travel Position

* Contributes to the care of obstetrics patients as a member of the collaborative birth team which supports mothers, neonates, and family members throughout birth and recovery
* Determines labor progressions, aids in delivery, and provides pain management through a variety of treatment modalities
* Provides personal and compassionate care to laboring mothers and their support, advocating for patients’ desired birth plan and expectations
* Demonstrates clinical excellence in lab interpretation, fetal heart monitoring, fetal scalp electrode placements, newborn transition, resuscitation of newborns, and recovery of mothers and newborns following cesarean section

**Registered Nurse– Labor & Delivery, UPMC Hospital, Harrisburg, PA**

October 2022 – January 2023 | Travel Position

* Delivers patient care in the labor & delivery, and maternal/child health units, caring for laboring mothers, high risk antepartum, and postpartum patients.
* Provides nursing care for medically complex laboring people and collaborating with midwives, OBGYN’s, residents, and other specialties.
* Utilizes electronic medical records, ensuring detailed and current comprehensive documentation of assessments, care plans, medications, and patient specific education

**Registered Nurse – Labor, Delivery, Recovery, and Postpartum unit, Astoria, OR**

May 2022 – September 2022 | Travel Position

* Collaborated with the interdisciplinary team of providers, nurses, and medical assistants to provide holistic and evidence-based nursing care to patients
* Completed nursing assessments for OB prenatal visits, including gathering medical history and physical assessments
* Provided exceptional direct patient care by providing vaccinations, documenting a review of systems and a history of current illness, assisting with bedside procedures, obtaining vital signs, and collecting lab samples
* Provided telephone triage and education for patients and documented the evaluation and assessment of patients’ questions or concerns

**Registered Nurse –Labor & Delivery Unit, Bronson Hospital, Kalamazoo, MI**

December 2021 – May 2022 | Travel Position

* Advocated for patient needs to members of the health care team to ensure positive patient outcomes and maintain patient safety
* Delivers patient care in the labor & delivery, and maternal/child health units, caring for laboring mothers, high risk antepartum, and postpartum patients.
* Ensured that residents' personal care needs were provided for with an emphasis on quality, compassion, and timeliness

**Labor & Delivery, High risk Antepartum, Medical surgical Unit(4west)–Spectrum Health Butterworth Hospital, Grand Rapids, MI**

October 2018 – December 2021

* Collaboration with Midwives, OBGYN’s, residents, and other specialties
* Team focused care to provide each with the highest quality of individualized care.
* High-Risk Antepartum: caring for up to 6 high risk clients; assessing for signs and symptoms of preterm labor, bleeding, and other warning signs of imminent delivery.
* Medical surgical (4W): Caring as a team for several patients on a busy med-surg unit while collaborating with physicians, residents and other modalities. Performing rapids respiratory responses, stroke responses, and code blues as required.

**Certifications & Licenses**

* Licensed Registered Nurse, Michigan | 4704345730
* Licensed Registered Nurse, Minnesota | 2512533
* Licensed Registered Nurse, California | 95329912

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* Basic Life Support | American Heart Association
* Advanced Cardiovascular Life Support | American Heart Association
* Neonatal Resuscitation Program
* C-EFM; Intermediate Electronic Fetal monitoring | NCC
* AWHONN certified

**Organizations**

* The Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN)
* American Association of Birth Centers (AABC)
* American College of Nurse Midwives (ACNM)

**Awards and Acknowledgements**

* Philanthropic Educational Organization (PEO) scholarship and grant recipient
* Promise for the Future Scholarship recipient
* Special Populations Grant recipient