

## OBJECTIVE

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To Secure a position as a Psychiatric Mental Health Nurse Practitioner apply experience and knowledge to help individuals across the lifespan. My goal is to provide effective, quality, and individual care to my clients as well as promote choice and dignity while refining my skills in the mental health field.

## EDUCATION

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**La Salle University**  
**Psychiatric Mental Health NP**

**Philadelphia, PA**  
**Graduated: August. 2022**

**Wilmington University**  
**MSN Degree (Leadership/Education)**

**Newark, DE**  
**Graduated: May 2019**

**La Salle University**  
**BSN, Registered Nurse**  
**Licensure/ Certification:**

**Philadelphia, PA**  
**Graduated: December 2007**

License State of Pennsylvania Registered Nurse- #RN592786  
License State Board of Delaware Registered Nurse#L1-0051018  
Psychiatric Mental Health Nurse Practitioner- ANCC Board Certified- #2022062204  
ACLS, BLS, PALS, TNCC

## WORK & COMMITTEE EXPERIENCE

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### Healthy Work Environment Committee

**November 2019-2022**

- Created unit base events to uplift the morale of the unit
- We started a monthly bulletin board to acknowledge staff for outstanding work
- We started social gatherings with staff and their families.” ED night out”.
- We started weekend breakfast potluck’s that allowed staff to brag about dishes that they made.

### Research Committee

**Jun 2020 – 2021**

- Review policies and procedure for staff safety.
- We focused on workplace violence in ED
- We provided staff with surveys with patient encounter, we discussed ways to keep staff safe.

### Stewardship COMMITTEE

**October 2018 – 2022**

- We went over policies and procedures.
- We focused on staff concerns, positive and negative feedback
- We provided solutions to problems as a group
- Established effective communication between leadership and Emergency nurses.

## CLINICAL EXPERIENCE

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### 09/2021-12/2021 Pennsylvania Hospital Crisis Response

Perform brief psychiatric and safety assessments for individuals in acute psychiatric Crisis or seeking substance abuse treatment. Collaborate with attending physicians in determining necessity for inpatient versus outpatient treatment. Medicate patients for symptoms of withdrawal or agitation. Provide outpatient referrals for treatment as appropriate.

- Conducted full Psychiatric admission interviews.
- Completed 256 hours in clinical work as an advance practice psychiatric nurse.
- Made treatment recommendations under preceptor’s supervision.
- Assisted with disposition planning and placement
- Provide support and resources to clinical staff as needed

### 1/2022-5/2022 New Beginnings

- Conducted several psychiatric assessments from ages 18 and older adults
- Telepsychiatry evaluation, zoom calls
- Completed 256 clinical hours under the supervision of a psychiatric physician.
- Referred patient to community resources and other clinics under the preceptor's supervision.
- Telemedicine evaluation

### **06/2022-8/2022 Norkris Services**

Conducted psychiatric interview with pediatric and older adult patients

- Assisted with identifying, diagnosing and treatment of specific condition (ADHD, ANXIETY, BIOLAR DISORDER, DEMENTIA, DEPRESSION, PTSD, OCD, SCHIZOPHRENIA)
- Utilized screening and diagnostic tools, genetic screening
- Counsel patients on behavioral modification techniques for children with socialization skills
- COPE program and skills building for children, teens and young adults
- Telepsychiatry allowed us to care for patient remotely
- Administered with Vivitrol injection
- Initial consults 45 mins, Follow-up 20 min
- Monitor blood levels
- Ensure clients are prescribed ample medications
- Completed 2 clinical rotation

### **Work Experience**

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**Penn Presbyterian Hospital Emergency Department**

**November 2011-2022**

**Albert Einstein Emergency Department**

**April 2008-2017**

- Evaluating triage ESI level upon arrival to ER and assigning appropriate ESI level according to patient's needs.
  - Charge Nurse Role keeps the flow going throughout the day
- Complete safety assessment assessing SI/HI for every patient. Maintaining a medical history and on-going medical records.
  - Iv placement, cardioversion, ng tube placement, blood transfusion, medication administration, Trauma patient, assist with intubation
- Obtaining and maintaining hemodynamic stability in an unstable patient.

**VA Medical Center of Wilmington DE**

**October 2017- 2019**

**Intensive care unit**

- Educating patients and caregivers in proper care techniques for IV medications.
- Educating patients and caregivers on fall precautions, nutritional and self-care maintenance.
- Provide patients with necessary treatment for medical diagnoses, providing educational resources
  - Manage patient on ventilator, working closely with physician and staff nurses

**VA Medical Center of Philadelphia**

**Jan 2022-Present**

**Emergency Department**

- Trauma trained level 1
- Promotes optimal health for individuals and families while caring for persons with a multitude of illnesses
- Work with patients on ventilators experience with tracheotomy care, closed and open suction, Peg tubes.
- Provide care for Hypothermic and Sepsis patient.

**Penn School of Nursing**

**Mar,2019-May 2021**

## Clinical Instructor

- Providing professional nursing skills to RN, BSN students
- Instruction and providing students on professionalism, organizational skills nursing documentation
- Providing support for new nurses

## LICENSES& RELEVANT SKILLS

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Pennsylvania State board of Nursing, Registered Nurse, License	<b>Exp Apr 2025</b>
Basic Life Support (BLS) with AED for Healthcare Providers, AHA Certification	<b>Exp Mar,2025</b>
Trauma Nursing course, PALS	<b>Exp Apr,2025</b>
<b>Delaware State board of Nursing, Registered Nurse, License</b>	<b>Exp Sep,2023</b>
<b>Delaware Certified Registered Nurse Practitioner License</b>	<b>Exp Sep,2023</b>

- **Computer Skills:** Experience with EPIC,Cerner, Proficient in Microsoft Word, PowerPoint and Outlook
- **692 Clinical hours with patients diagnosed with Schizophrenia, PTSD, bipolar, borderline personality disorder, eating disorders and many other mental health disease processes.**

### Professional Memberships

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|---|----------------------------|
| • American Nurse Association                        | <b>Member 2022-present</b> |
| • Philadelphia Little Brothers of elderly volunteer | <b>Member 2009-present</b> |
| • Emergency Nurse Association                       | <b>Member 2009-present</b> |
| • Delaware Nurse Association                        | <b>Member 2009-present</b> |

**References Available upon request**