

Lauren Kominars, DNP, APRN, FNP-BC

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SUMMARY

Highly motivated and compassionate Registered Nurse with a Doctorate of Nursing Practice from University of North Florida. Demonstrated expertise in providing patient-centered care across diverse clinical settings, including pediatric primary care, wound care, geriatric primary care, and neurosurgical intensive care. Skilled in collaborating with interdisciplinary teams to optimize patient outcomes and committed to continuous professional growth. Displays strong active listening skills, attentively engaging with patients and colleagues to understand their needs, concerns, and perspectives. Adept at conducting thorough assessments, developing individualized treatment plans, and educating patients and families on health management. Creates a welcoming and comfortable atmosphere for patients, utilizing empathy and attentive communication to make them feel valued, respected, and heard. Seeking opportunities to leverage my clinical knowledge and skills in a dynamic healthcare environment.

EDUCATION

Grand Valley State University: Allendale, MI
Bachelor of Science in Nursing

April 2015

CERTIFICATIONS

Registered Nurse: Florida State Board of Nursing

Expires 4/2025

American Heart Association Basic Life Support for Healthcare Providers

Expires 5/2025

CPI Nonviolent Crisis Intervention

Expires 2/2024

EXPERIENCE

Lakeview Health

10/2022-Current

Rehabilitation Nurse

Jacksonville, FL

- Work alongside interdisciplinary healthcare team to help patients achieve goals, regain their independence, and return to their daily lives
- Educate patients and their loved ones/caregivers about techniques they can employ to assist them in living with and managing chronic disease or injuries
- Perform hands-on nursing care including history and physicals, mental health assessments, medication administration, and detox management
- Provide comprehensive, compassionate, and holistic care to patients

John E. Goode Pre-Trial Detention Facility

10/2021-7/2022

Corrections Nurse (Contract)

Jacksonville, FL

- Collaborated with primary care providers to ensure continuity, timeliness, and appropriateness of care for all inmates
- Coordinated and administered medication, therapeutic agents, and treatments to inmates.
- Provided emergency first aid care, checked, and recorded all vital signs
- Overseen diabetics, mental health and prenatal patients
- Obtained specimens from inmates for diagnostic testing
- Recorded all care information concisely, accurately and completely in a timely manner
- Promoted a therapeutic environment to ensure inmates were treated in a professional, ethical, and tactful manner

Touchton Surgery Center Preoperative/Postoperative/Pre-Admission Testing Nurse	10/2020-Current Jacksonville, FL
<ul style="list-style-type: none"> ● Preparing the patient for surgery ● Explaining consents and protocols to patients ● Post care and monitoring of patients after anesthesia ● Educating patients and family members regarding post-surgical care and equipment ● Interview patient to obtain medical history and determine if patient needs medical clearance 	
First Coast Service Options Appeals Medical Review Nurse	11/2018- 10/2020 Jacksonville, FL
<ul style="list-style-type: none"> ● Utilized my nursing clinical judgment and the Center for Medicare Services in order to review and analyze medical claims ● Utilized multiple programs including Axium, Disc Operating System for Medicare Services, and Medicare Appeals System ● Cross trained in Part A and Part B Medicare 	
Baptist Medical Center Jacksonville Neurosurgical Intensive Care Unit	9/2016-11/2018 Jacksonville, FL
<ul style="list-style-type: none"> ● Managed critically ill patients experiencing various neurological disease processes ● Recovered patients in the ICU in the immediate post-op phase ● Assisted physicians with bedside neurological interventional procedures ● Maintained the integrity of hemodynamic and neurologic monitoring devices ● Effectively titrated vasopressors in the hemodynamically unstable patient ● Managed patients requiring mechanical ventilation and sedation ● Able to efficiently and effectively perform nursing bedside procedures ● Shadowed a CRNA for 40 hours in the operating room and observed surgeries 	
Baptist Health Beaches Progressive Care Unit	8/2015-9/2016 Jacksonville, FL
<ul style="list-style-type: none"> ● Provided patient centered care to 3-6 patients ● Collaborated and communicate with interdisciplinary care teams, patients, and families ● Proficient in foley catheter insertion and care, nasogastric insertion and care, admission and discharge of patients, BLS and ACLS skills, intravenous starts, and administration of medications including intramuscular, subcutaneous, and intravenous push 	
Mercy Health Saint Mary's Patient Care Assistant	6/2013-6/2015 Grand Rapids, MI
<ul style="list-style-type: none"> ● Provided patient care to 6-16 patients under the supervision of a registered nurse ● Responsible for activities of daily living, vital signs, intake/output, specimen collection, blood glucose monitoring, equipment set-up and monitoring, and patient transportation ● Worked as a team member to ensure safe, quality care while providing patient-centered care 	
GRADUATE STUDENT CLINICAL EXPERIENCE	
Saint Vincent's Mobile Van (228 Hours) Pediatric Primary Care	5/2021-8/2022 Jacksonville, FL
<ul style="list-style-type: none"> ● Completed school and sports participation physicals for pediatric patients ages 3-18 ● Educated patients and families on examination results, expectations, and pertinent referrals ● Collaborated with St. Vincent's healthcare medical residents and UNF professors to provide efficient, patient-centered care 	

- First Coast Cardiovascular Institute (168 Hours) 2/2021-4/2021
Wound Care Jacksonville, FL
- Developed and managed an individualized wound care treatment plan for optimal healing outcomes or chronic maintenance
 - Knowledge of up-to-date topical wound care products and therapies, including ordering, application, and management of the products on wounds and ostomies, also including negative pressure wound therapy
 - Ordered, reviewed, interpreted, and integrated diagnostic studies and laboratory findings for initiating or modifying the treatment plan
 - Collaborated with cardiology when comorbidities are contributing to or affecting the healing of a wound to determine a comprehensive plan
- MASS Clinic (140 Hours) 9/2021-10/2021
Adult Primary Care Jacksonville, FL
- Conducted visits for complex, acute, and chronically ill patients
 - Ordered and interpreted diagnostic and therapeutic tests relative to patient's age-specific needs
 - Prescribed appropriate pharmacologic and non-pharmacologic treatment modalities
 - Monitored the effectiveness of interventions
 - Collaborated with multidisciplinary team members by making appropriate referrals
- Family Care Partners (40 Hours) 11/2021-12/2021
Pediatric Primary Care Jacksonville, FL
- Assessed the health status of children and adolescents
 - Evaluated and diagnosed common, acute, and chronic illnesses and injuries in children
 - Developed treatment plans and prescribed medications
 - Counseled patients and their families on topics such as nutrition, emotional health, and safety
- Ponte Vedra Plastic Surgery (120 Hours) 2/2022-3/2022
Plastic Surgery and Aesthetics Jacksonville, FL
- Conducted examinations and evaluations of patients to diagnose medical conditions and determined course of treatment
 - Observed cosmetic procedures such as Botox injections, chemical peels, and laser hair removal
 - Provided education to patients about their condition, treatment options, and follow up care
 - Evaluated post-surgical patients
- Envision Healthcare (105 Hours) 5/2022-7/2022
Geriatric Primary Care Jacksonville, FL
- Provided medical services through the comprehensive evaluation, diagnosis, and treatment of geriatric patients at a variety of rehabilitation facilities as well as assisted living and nursing homes
 - Prescribed medications, monitored health status, and provided interventions to improve quality of life
 - Collaborated with multiple disciplines to assure continuity of care
- Millennium Physician Group (152 Hours) 9/2022-10/2022
Adult Primary Care Jacksonville, FL
- Conducted visits for complex, acute, and chronically ill patients
 - Ordered and interpreted diagnostic and therapeutic tests relative to patient's age-specific needs
 - Prescribed appropriate pharmacologic and non-pharmacologic treatment modalities
 - Monitored the effectiveness of interventions
 - Collaborated with multidisciplinary team members by making appropriate referrals

PROFESSIONAL ORGANIZATIONS

- Neuro ICU unit council representative 2016-2018
- Student Ambassador and Delegate 2013-2015
- Kirkhof College of Nursing Student Nurses Association 2012-2015