

# HELENE BLACK

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📍 Orlando, FL 32837

## PROFESSIONAL SUMMARY

Hardworking and passionate job seeker with strong organizational skills eager to secure a **Nurse Practitioner position**. Ready to help the team achieve company goals.

### FNP ROTATIONS

- Pediatric Clinic, FL., 05/2023 - 08/2023 - 120 hours
- OB/GYN Clinic, FL., 05/2023 - 06/2023 - 105 hours
- Primary Care Clinics, FL., 09/2022 - 04/2023 - 360 hours

## SKILLS

- Medical Histories and Vital Statistics
- Physical Assessment
- Health and Wellness Education
- Acute and Chronic Health Issues
- Collaborative Care Planning
- Treatment Plan Development
- Diabetes and Nutrition Treatments
- Family Planning Counselor
- Postpartum Care
- Pelvic Exams
- Breast Examinations and Education

## EDUCATION

### University of St. Augustine For Health Sciences

St. Augustine, FL • 08/2023

**Master of Science:** Family Nurse Practitioner

### University of Phoenix

Orlando, FL • 05/2010

**Bachelor of Science:** Nursing

### Florida State College At Jacksonville

Jacksonville, FL • 05/2003

**Associate of Science:** Nursing

### University of North Florida

Jacksonville, FL • 08/1996

**MBA:** Marketing

## WORK HISTORY

### EmergencyMD - Nurse Practitioner

Orlando, FL • 12/2023 - Current

- Ordered and interpreted diagnostic tests to develop and implement treatment plans.
- Performed comprehensive physical examinations and documented patient histories to gather information and identify health issues.
- Performed patient physicals and compared and contrasted results with established medical records to provide proper diagnosis and facilitate appropriate treatment.
- Facilitated patient referrals to specialists and other healthcare providers.
- Recorded patient medical history, applicable test results, and vitals into medical records.
- Evaluated patient histories, complaints, and current symptoms.

### Rancho Springs Medical Center - Postpartum Registered Nurse, Charge Nurse

Murrieta, CA • 05/2015 - 06/2021

- Worked as a postpartum and nursery RN.
- Collaborated with physicians to assess patients and deliver appropriate treatment.
- Continually assessed mothers and newborns for signs and symptoms that could point to complications such as postpartum hemorrhage, postpartum hypertension, or failure to thrive.
- Administered medications and treatment to patients and monitored responses while working with healthcare teams to adjust care plans.
- Educated new parents on how to care for newborns after they leave the hospital.
- Assisted mothers in establishing breastfeeding.
- Supported new mothers in their decisions.
- Reinforced new mothers' ability and aptitude to care for their babies.
- Referred parents to additional resources like support groups.
- Checked caesarian incisions and removed staples as needed.
- Oversaw patient admissions, transfers, and discharges.
- Identified issues or emergencies and responded in a calm and efficient manner.

## **I.S.I.C.**

France • 06/1994

**BBA:** International Marketing

## **CERTIFICATIONS**

- Active FNP Certification in Florida
- Active APRN in Florida
- Active Registered Nurse in Florida
- Active BLS License with AHA

- Supervised nursing staff and monitored their needs.
- Coordinated daily administrative duties, including schedules, nursing assignments, and patient care.
- Created monthly schedules for nursing, lactation, and birth clerks.
- Mentored and trained new staff, supported and guided all staff members.
- Ensured compliance with all health and safety regulations.

### **Temecula Valley Hospital - Registered Nurse, Medical-Surgical Unit/Telemetry**

*Temecula, CA • 07/2013 - 05/2015*

- Provided cardiac, stroke, and general surgery care.
- Assessed, planned, implemented, and evaluated patient care plans in consultation with healthcare professionals.
- Evaluated medical information, as well as providing direct and individualized bedside nursing care to pre and post-surgery patients.
- Prepared, administered, and recorded prescribed medications, changed dressings, inserted catheters, and started IVs.
- Adjusted specialized medical equipment as needed, as well as interpreted and recorded measurements.
- Monitored patients' vitals and reported adverse reactions to medications in a timely manner.
- Collaborated on discharge planning with the healthcare team.
- Answered questions and educated patients and their families on surgical procedures and post-surgery care.
- Maintained and updated patient files, medical charts, and health records.
- Adhered to best nursing practices, standards, and protocols.
- Collaborated with healthcare specialists and reported changes and deteriorating conditions.
- Explained test results and procedures to patients and their families and answered questions.
- Advised patients on post-hospital care, including prescribed medicine, home care protocols, disease prevention, and lifestyle changes.

### **PRN Nurse Staffing - Registered Nurse, Medical-Surgical Unit**

*Escondido, CA • 05/2012 - 09/2012*

- Administered medications and treatment to patients and monitored responses while working with healthcare teams to adjust care plans.
- Managed quality care for patients with heart failure, end-stage renal disease, and coronary artery disease.
- Changed dressings, inserted catheters, and started IVs.
- Monitored patients' vitals and reported adverse reactions to medications in a timely manner.
- Provided health education to patients and families regarding discharge instructions and plans of care.
- Collaborated on discharge planning with the healthcare team.
- Answered questions and educated patients and their families on surgical procedures and post-surgery care, diagnosis and prognosis, treatment options, disease process, and management and lifestyle options.
- Monitored patient condition by identifying irregular telemetry readings, and updating team members on changes in stability or acuity.

### **Maxim Healthcare - Home Health Registered Nurse**

*Carlsbad, CA • 10/2011 - 04/2012*

- Assessed pediatric patients; administered medications, suctioned tracheostomy, cleaned, and changed dressings.
- Cleaned wounds and tube feeding, bathed, and charted patient daily procedures.
- Educated patients and families on disease processes, medication, and treatment.
- Provided physical assessments, medication, and chronic disease management to home health patients.
- Monitored vital signs, developed and implemented care plans, and documented patient progress.
- Determined and addressed individual home care needs by completing detailed assessments and reviewing documentation.

### **Orlando Health - Registered Nurse, Medical-Surgical Unit, Charge RN**

*Orlando, FL • 01/2006 - 02/2011*

- Worked on Med-Surg unit with emphasis on trauma and surgery patients.
- Collaborated with physicians to quickly assess patients and deliver appropriate treatment while managing rapidly changing conditions.
- Provided health education to patients and families regarding discharge instructions and plans of care.
- Educated patients and families on pain management techniques, surgical procedures, and post-surgery care.
- Administered medications and treatment to patients and monitored responses while working with healthcare teams to adjust care plans.
- Changed dressings, inserted catheters, and started IVs.
- Collaborated on discharge planning with the healthcare team.
- Trained new nurses in proper techniques, care standards, operational procedures, and safety protocols (about 15 nurses).
- Participated in evidence-based practice project implementation, and competency development to further nursing education.
- Adhered to best nursing practices, standards, and protocols.
- Coordinated daily administrative duties, including schedules, nursing assignments, and patient care.
- Oversaw patient admissions, transfers, and discharges.
- Ensured compliance with all health and safety regulations.
- Trained new nurses in proper techniques, care standards, operational procedures, and safety protocols (about 15 nurses).
- Acted as liaison between administrators and staff to communicate any protocol changes while being the nursing council chair.
- Participated in evidence-based practice project implementation and competency development while the nursing council chair.

## **AFFILIATIONS**

American Association of Nurse Practitioners member  
Sigma Theta Tau member

## **LANGUAGES**

French



Native or Bilingual