

MAYRA SINDELAR, MSN, APRN, FNP-C

(915) 540-3106

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Qualifications

Bilingual Nurse Practitioner dedicated and motivated learner with excellent critical thinking and problem-solving skills. Exceptional with time management, organization, and safe competent care. Experience with multiple EMR systems including Epic, Cerner and Eclinicals.

Work Experience

Nurse Practitioner

June 1, 2022 – Current

Southwest Pain Management Irving

- Conduct patient interview and perform appropriate physical exam to develop patients plan of care.
- Order and interpret diagnostic test results. Provide education to patient regarding results of diagnostic tests.
- Assist Doctors in our operating room on site.
- DEA License
- Make diagnoses and decisions about management and treatment of the pain patient.
- Prescribe therapy and or medication per practices algorithms.

Nurse Practitioner

November 2021 – May

Private Practice – South Dallas

2022

- Diagnoses and provides treatment for patients with chronic illnesses, diseases, and injuries.
- Obtains medical histories from patients.
- Conducts yearly physical examinations experience in Wellmed.
- Orders and performs diagnostic testing and interprets results.
- Prescribes medication, physical therapy and other treatments based on patient's diagnosis or test results.
- Recognizes signs of substance abuse or addiction and takes steps to get patient into an appropriate treatment program.
- Provided care related to family planning, prenatal and postnatal care to women.
- Provides well childcare such as immunizations, sports physicals and other screenings.
- Conducts gynecological exams and pap smears.
- Recognizes signs of mental or emotional illness in patients and refers patients to the appropriate doctor for evaluation and treatment.
- Reports suspected cases of abuse or neglect to county or state authorities.
- Provides education to patients regarding health risks, preventive care, diet, exercise and overall health maintenance.

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- Average of patients 14-18 per day.

Garda Federal Services

Registered Nurse – Afghan Refugee Program in Ft. Bliss
2021

Aug 2021- October

- As a registered nurse I was assigned with the emergency intake of the patients and establish baseline care and needs.
- Identifies changes in patient's symptoms and intervening in emergency situations.
- Participates in pain management for patients.
- Administers medications, draws blood, and gives childhood vaccinations following age-appropriate guidelines.
- Monitors temperature, pulse, breathing, and blood pressure and keeping accurate records.
- Worked with multiple Federal Agencies to ensure proper handling of expedited cases such as
- Dept of State, FBI and Homeland Security.

Delta Airlines COVID Triage Nurse

November 2020 - April 2021

Registered Nurse – Telehealth

- Manage call que for COVID-19 specific requests
- Collect and analyze critical patient information
- Educates and counsels patients regarding transmitted diseases and risk reduction
- Performs a variety of duties relating to the preparation of reports, entering personal data on patient registers, and preparing correspondence to send to patients who are in need of medical examination and treatment.
- Utilizes appropriate methods of communication for interacting professionally with patients
- Assisted patients with paperwork in regard to FMLA, Short term disability and Workers Compensation.
- 24/7 Operation

Medical City Arlington HCA Hospitals

Staff RN – Rehab

July 2019 – April 2021

- Implement nursing care within the RN's scope of practice, including compliance with other laws that apply to the practice setting.
- Develop and implement teaching plans for patients with emphasis on promotion, maintenance, and restoration of health.
- Provide education, emotional support, and age specific care with the patient and significant others.
- Manage care of multiple patients (individual and family) either through direct care or assignment and/or delegation of care to other members of the healthcare team.
- Served as Charge Nurse to unit to improve patients' quality of care and outcomes.
- Assisted Physical Therapy Department in executing patient plan of care.

Trustaff Travel Nurse Agency

The Hospitals of Providence Sierra East Campus

Nov 2018- May 2019

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Telemetry Unit

- Special watch over the care of patients with cardiac conditions such as: chest pains, arrhythmias, CVA, MI, post-infarct, etc.
- Performed tasks of monitoring, analyzing and interpreting data on blood pressure, heart rate and physical distress.
- Developed, implemented, and updated individualized nursing care plans and reported pertinent observations and patient reactions to appropriate personnel (physician, head nurse, charge nurse and/or nursing supervisor) and records observations accurately, legibly, and concisely.

Advantage RN Travel Agency

May 2018- Oct 2018

UMC New Orleans Level 1 Trauma Center

- Carries out physician orders as indicated and appropriate for emergency dept.
- Administers prescribed medications, changes dressings, cleans wounds, monitors vital signs.
- The RN serves as the primary coordinator of all disciplines for well-coordinated patient care.
- Monitors, records and communicates patient condition as appropriate utilizing computerized documentation systems.
- Instructs and educates patients and families.

St. Lukes Baptist Hospital

Neuro/PCU

Jan 2016- Feb 2018

- Provided frequent assessment and cardiac monitoring for patients in a neuro step down unit.
- Exercise independent judgment in providing nursing care, served as Charge Nurse on unit.
- Demonstrate effective interpersonal skills and possess good oral and written communication skills.
- Communicate effectively with patients, families, and hospital staff in accordance with established policies and procedures.
- Demonstrate the ability to provide direction to non-nursing staff, serve as a preceptor, and serve on rotation as a Charge Nurse

Pediatric Private Duty Nursing

Dec 2014 –Jan 2016

- Perform skilled nursing for pediatric patients such as IV infusions, PICC line care and management, wound VAC dressing changes, diabetes management, G/J enteral feedings and additional care as required.
- Update plans of care and medication profiles as needed following hospitalizations or reported changes in status
- Further enhance communication and therapeutic relationships with family members

Accreditations and licenses

CPR Certification 12-22

BLS/ACLS Exp 12-22

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NIH Stroke Certification

FEMA Certification

Education

University of Texas at Arlington (MSN -FNP)
2021

August,

University of Texas at Arlington (BSN)
Galen College of Nursing (ADN)

May 2018
September

2016

El Paso Community College (LVN)

May 2014

References

Upon Request.