

## CONTACT

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## PROFESSIONAL SUMMARY

Seasoned nursing professional adept in crisis intervention and cultural competence, ensures exemplary patient advocacy through evidence-based practice. Proficient in Electronic Health Record systems, demonstrating strong problem-solving skills and a track record of managing critical psychiatric emergencies with a focus on positive patient outcomes. Passionate about further advancing clinical skills and knowledge in psychiatric illness management to improve the mental health and well-being of patients and communities.

## SKILLS

- Psychoeducation
- Telehealth
- Electronic Health Record
- Crisis Intervention
- Communication
- Psychiatric / Psychosocial Evaluation
- Patient Advocacy
- Cultural Competence
- Problem-solving

## EDUCATION

- **Wilkes University** – Wilkes-Barre, PA  
MSN | May, 2023
- **Florida SouthWestern State College** – Ft. Myers, FL  
BSN | June, 2017
- **Rasmussen College** – Ft. Myers, FL  
ASN | December, 2013

## CERTIFICATIONS/LICENSES

- **PMHNP** – ANCC | 2023-2028
- **APRN** – VA, CO
- **RN** – VA (Multi-State) | 2019-2025
- **NPI** | 2024
- **ALS** - American Red Cross | 2023-2025
- **PALS** - American Red Cross | 2023-2025
- **BLS** - American Red Cross | 2023-2025
- **TNCC** – ENA | 2020-2024

# SHYRA RICHARDS

## PSYCHIATRIC MENTAL-HEALTH NURSE PRACTITIONER – BC



## EXPERIENCE

### A.T. Augusta Military Medical Center - Fort Belvoir, VA

RN, Emergency Department | 09/2020 - Present

- Provide psychiatric emergency room patients with a safe environment, crisis intervention / stabilization, education, medication management, physiological and psychiatric assessments, as well as facilitate admissions, discharges, and follow-up care.
- Coordinate care with BCLS providers to ensure safe and efficient psychiatric care is provided.
- Experience managing acute withdrawal, overdoses, self-injurious behavior, and post-suicide attempts.
- Prepare, prioritize and execute complex patient care plans consistent with patient assessment data, physician-guided treatment plans, and professional standards of evidence-based practice.
- Assume role as charge nurse and perform associated duties, such as management of patient flow through department, determine daily nursing assignments, coordinate patient admissions and transfers with appropriate personnel, and organize staff response to facility-wide code blue and rapid response alerts.
- Demonstrate ability to work independently as well as collaboratively within a team environment.
- Deliver non-judgmental and non-discriminatory care sensitive to patient diversity, preserving dignity and rights.
- Perform therapeutic nursing interventions to promote patient well-being.
- Order, interpret, and evaluate diagnostic tests to identify and assess patient's condition.
- Act as patient advocate and collaborate with fellow members of the medical care team to ensure effective and safe care is continually being provided to all patients.

### A.T. Augusta Military Medical Center - Fort Belvoir, VA

PMHNP Student | 08/2022 - 04/2023

- Preceptorship hours completed in a variety of settings, to include: Adult Outpatient Behavioral Health (AOBH), Behavioral Health Consult Liaison Services (BCLS), and Adolescent Inpatient Behavioral Health (AIBH).
- Developed and implemented evidence-based treatment plans for a diverse patient population in accordance with DSM-5 criteria.
- Participated in case conferences with other healthcare providers to discuss diagnosis, treatment recommendations and follow-up plans.
- Provided comprehensive assessments including psychosocial, medical and mental health histories.
- Prescribed medications using an informed consent process while monitoring efficacy and side effects.
- Analyzed patient symptomology, histories, and physical and diagnostic assessments to develop appropriate diagnostic evaluations.
- Maintained accurate records of patient progress utilizing electronic medical record systems.
- Assisted patients in developing positive coping skills to reduce stressors related to their mental illness.
- Educated patients and family members about mental health and medical conditions, preventive health measures, medications, and treatment plans.
- Conducted individual, group and family therapy sessions to address acute and chronic mental health issues.
- Utilized telemedicine software platforms for diagnosis, treatment planning, medication management, referrals, lab results review.

- **Inova Lorton Healthplex** - Lorton, VA  
*RN, Emergency Department | 09/2019 - 09/2020*
  - Provide psychiatric emergency room patients with a safe environment, crisis stabilization and intervention, education, medication management, physiological and psychiatric assessments, as well as facilitate admissions, discharges, and follow-up care.
  - Experience managing acute withdrawal, overdoses, self-injurious behavior, and post-suicide attempts.
  - Utilized critical thinking skills to assess changes in patient conditions, recognize complications and intervene appropriately.
  - Managed multiple tasks while providing timely, high quality patient care.
  - Demonstrated ability to work independently as well as collaboratively within a team environment.
  - Maintained a safe environment by adhering to infection control guidelines and safety protocols.
  - Kept accurate records and charts related to medications and treatments according to policies, procedures, and physician orders.
  
- **Heart Hospital of Austin** - Austin, TX  
*RN, CVICU | 03/2018 - 05/2019*
  - Acquired competencies in care provision and set-up of equipment in immediate post-cardiac surgical patients with arterial lines, swan-ganz catheters, intra-aortic balloon pumps, impellas, and management of temporary dialysis
  - Highly proficient in utilizing electronic medical records systems for documentation of patient data.
  - Assisted physicians during various invasive procedures.
  - Exhibited proficiency in hemodynamic monitoring, ventilator management, and advanced cardiac life support.
  - Applied evidence-based practice principles while providing care for critically ill cardiovascular patients.
  - Employed sound judgement when managing complex cases involving multiple co-morbidities.
  - Assessed patients' psychosocial status and needs, including areas such as sleep patterns, anxiety, grief, anger, and support systems.
  
- **Travel RN, Emergency Department** – TX, NC, MT, CO, CA  
*12/2015 - 02/2018*
  - Provided psychiatric emergency room patients with a safe environment, crisis intervention, education, medication management and administration, physiological and psychiatric assessments, as well as facilitate admissions, discharges, and follow-up care.
  - Experience managing acute withdrawal, overdoses, self-injurious behavior, and post-suicide attempts.
  - Excelled at adaptability in new and fast-paced environments.
  - Gained experience in several EHR systems: Epic, Meditech, Cerner, and others.
  - Demonstrated excellent communication skills with staff, physicians, and families.
  - Provided compassionately holistic approach to care that focused on meeting psychosocial needs of patients.
  - Exhibited excellent time management skills while working collaboratively with other healthcare professionals.
  - Educated patients on disease process, self-care management, medication administration, and discharge planning instructions.
  - Assessed patient condition based upon; observation, examination, laboratory and radiology findings, age-related issues, vital signs, and other pertinent data.
  - Prepared, prioritized and executed complex patient care plans consistent with patient assessment data, physician-guided treatment plans, and professional standards of evidence-based practice.

- **Gulf Coast Medical Center** - Fort Myers, FL  
*RN, Emergency Department | 02/2015 - 12/2015*
  - Provided psychiatric emergency room patients with a safe environment, crisis stabilization and intervention, education, medication management, physiological and psychiatric assessments, as well as facilitate admissions, discharges, and follow-up care.
  - Experience managing acute withdrawal, overdoses, self-injurious behavior, and post-suicide attempts.
  - Prepared, prioritized and executed complex patient care plans consistent with patient assessment data, physician-guided treatment plans, and professional standards of evidence-based practice.
  - Assumed role as lobby charge nurse to improve patient flow and ensure patient safety.
  - Demonstrated ability to work independently as well as collaboratively within a team environment.
  - Delivered non-judgmental and non-discriminatory care sensitive to patient diversity, preserving dignity and rights.
  - Performed therapeutic nursing interventions to promote patient well-being.
  - Ordered, interpreted, and evaluated diagnostic tests to identify and assess patient's condition.
  - Acted as patient advocate and collaborated with fellow members of the medical care team to ensure effective and safe care is continually being provided to all patients.
  
- **Fawcett Memorial Hospital** - Port Charlotte, FL  
*RN, Emergency Department | 02/2014 - 02/2015*
  - Experience managing acute withdrawal, overdoses, self-injurious behavior, and post-suicide attempts.
  - Utilized critical thinking skills to assess changes in patient conditions, recognize complications and intervene appropriately.
  - Demonstrated strong communication skills to collaborate with interdisciplinary team members to ensure optimal patient outcomes.
  - Provided direct patient care, including assessment and evaluation of health status, development of individualized plans of care and implementation of nursing interventions.
  - Responded to life-saving situations based upon nursing standards and protocols.
  - Maintained a safe environment by adhering to infection control guidelines and safety protocols.
  - Kept accurate records and charts related to medications and treatments according to policies, procedures, and physician orders.
  - Performed accurate documentation in the electronic medical record according to established standards.