

MARY A. SMITH

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EDUCATION

Saint Mary's College | Notre Dame, Indiana

May 2018

Bachelor of Science in Nursing

Minor: Biology | Cumulative GPA: 3.80/4.0

Awards and Honors:

- ♦ Dean's List, December 2014 – Present
- ♦ Presidential Merit Scholarship, August 2014 – Present

LICENSURE, CERTIFICATIONS, AND TECHNICAL SKILLS

- ♦ NCLEX, Pending June 2018
- ♦ CPR/AED Certified, American Heart Association, June 2017
- ♦ Certified Nursing Assistant, March 2017
- ♦ Database Usage and Proficiency: Medline, PubMed, CINAHL

RESEARCH EXPERIENCE

- ♦ **Evidence-Based Practice Projects:** Compassion Fatigue in Oncology Nursing; Heparin Vs. Normal Saline Flushing in Central Venous Catheters; Accuracy and Precision of Temporal Artery Thermometers Vs. Oral Thermometers
- ♦ **Quality and Safety Education for Nurses:** Topic: Evidence-Based Practice
- ♦ **Cultural Competency Projects:** The Amish and Jewish Orthodox
- ♦ **Advanced Writing Proficiency:** Aspiration Pneumonia in Post-Stroke Individuals with Dysphagia: Occurrence and Necessary Interventions

RELEVANT NURSING EXPERIENCE

Little Company of Mary Hospital | Evergreen Park, Illinois

May 2017 – August 2017

Nurse Extern-Stroke/Telemetry Unit

- ♦ Collaborated with nurses to provide care to patients, including performance of routine vital signs and daily hygiene care.
- ♦ Discussed findings of physical assessments, explained the actions and predicted outcomes of medication usage, and prioritized pertinent medical findings with a preceptor.
- ♦ Observed and participated in procedures such as insertion of a nasogastric tube, removal of an IV insertion sites, and the initiation of a blood transfusion.
- ♦ Assisted preceptor in the paperwork and procedures involved in active discharges, MRI screenings, and stroke education.
- ♦ Attended weekly Stroke Rounds with the floor nurses and physicians to gain insight into the physiological process behind stroke and best care practices for stroke patients.
- ♦ Rotated weekly to different units within the hospital to observe the diverse areas of nursing, as well as the varying requirements of care involved.

CLINICAL EXPERIENCE

Memorial Hospital | South Bend, Indiana

August 2017 – October 2017

Medical-Surgical Nursing- Advanced Care of the Adult

- ♦ Participated in a Dedicated Educational Unit (DEU), and implemented care to as many as four patients each week on an intermediate care unit.
- ♦ Frequently printed and interpreted ECG strips, and adjusted patient care based on these readings.
- ♦ Rotated to the ICU, and learned critical care skills such as analyzing pulmonary artery catheter (PAC) readings, and the process of collecting arterial blood gases (ABGs).
- ♦ Provided patient education on multiple topics, including the danger of metabolic alkalosis, and the procedure of self-administering subcutaneous injections.

Saint Joseph Regional Medical Center | Mishawaka, Indiana

March 2017 – April 2017

Medical-Surgical Nursing- Acute Care of the Adult

- ♦ Assessed and administered care to patients on a general medical-surgical floor, and later to patients on an orthopedic care unit by acquiring frequent vital signs and performing thorough total body assessments.
- ♦ Provided care to patients with surgical sites by performing multiple dressing changes, emptying drains, and measuring drainage output.
- ♦ Educated patients on the usage and importance of incentive spirometry and the necessity of medications after surgery, particularly those of blood thinners.
- ♦ Accompanied patients to physical therapy, and observed proper ambulation and self-care techniques for patients recovering from orthopedic surgery, especially those of total hip and knee replacements.
- ♦ Implemented evidence-based practice in terms of using oral thermometers for more accurate and precise temperature assessments, rather than temporal artery thermometers.

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Oaklawn Psychiatric Center, Inc. | Goshen, Indiana

January 2017 – February 2017

Psychiatric Nursing-Adult

- ◆ Performed mental health assessments and safety plans for three clients, including the PHQ-9, CIWA, and AIMS scales.
- ◆ Utilized therapeutic communication with clients through frequent conversation and active listening, especially when clients verbalized emotions and difficult subject matter.
- ◆ Engaged clients by interacting with them in a variety of ways, including coloring, playing board and card games, and building puzzles with them.
- ◆ Attended an Alcoholics Anonymous meeting to gain insight into addiction and substance abuse disorders.

Saint Joseph Regional Medical Center | Mishawaka, Indiana

October 2016 – December 2016

Medical-Surgical Nursing- Chronic Care of the Adult

- ◆ Facilitated care to patients on an oncology unit through conduction of daily assessments of each body system and administration of medications, including oral and parenteral medications.
- ◆ Documented patient care and gained insight into charting using the Cerner charting system.
- ◆ Cared for patients at the Center for Hospice Care in South Bend, Indiana, which included acquiring vital signs, bed making, and interacting with families present at the center.

Memorial Hospital | South Bend, Indiana

August 2016 – October 2016

Perinatal Nursing

- ◆ Provided family-centered post-partum care for mothers, including the assessment of breast, fundus, lochia, discharge, and perineum, and administered maternal vaccinations.
- ◆ Educated mothers on the topics of post-partum depression and nutrition.
- ◆ Implemented family-centered care for the newborn through conducting newborn assessments, performing car-seat challenges, administering of vaccinations, and providing newborn education to the family. Topics of education included breastfeeding, signs and symptoms of newborn illness, and SIDs prevention.
- ◆ Administered intra-partum care to patients on the labor and delivery unit through reading of contraction and fetal heart rate (FHR) strips, and gained insight into APGAR scoring for newborns.

Holy Cross Village: Dujarie House | South Bend, Indiana

February 2016 – April 2016

Nursing Home Care

- ◆ Instilled basic care measures for residents on a memory care unit, which included lunchtime feedings, assistance with ambulation, and hygiene care.

ADDITIONAL EXPERIENCE

Private Family Nanny | Woodridge, Illinois

July 2014 – Present

- ◆ Provide a safe and fun environment for two children ages 8-10.
- ◆ Encourage outdoor play through going to the park and playing outside, facilitate educational learning by reading of books, and promote creative abilities through coloring and playing of games.

Worth American Legion Post 991 Annual Food Pantry Drive | Worth, Illinois

November 2011 – Present

- ◆ Participate in organizing food donations into baskets, and then deliver baskets to families in need during the Thanksgiving and Christmas holiday season.

Little Company of Mary Hospital | Evergreen Park, Illinois

August 2016

- ◆ Assisted another nurse in performing weekly blood pressure screenings and explaining the results to the patient.
- ◆ Compiled flyers for the Men's Wellness Event, and distributed them throughout the hospital and surrounding community.
- ◆ Prepared for hospital events, including a discussion that counted as continuing education for nurses, and events for the Health Academy at Smith Village.

CAMPUS INVOLVEMENT

Student Nurses Association

January 2015 – Present

- ◆ Serve as a member on nursing issues and service activities around the South Bend community.

Friends with Sisters

September 2014 – Present

- ◆ Socialize and attend group events on a weekly basis with a Sister of the Holy Cross.

Geriatric Club

September 2014 – May 2015

- ◆ Planned events and volunteered at Healthwin Specialized Care Facility, a nursing home in South Bend, Indiana. Events included Christmas Caroling, Bingo, and a holiday dinner.