



EDUCATION

Bachelor of Science in Nursing

Northwestern College | Orange City, IA
Dean's List; Peale Scholar

Expected May 2021
GPA: 3.67/4.0

Certifications: Certified Nursing Assistant, Youth Mental Health First Aid, Red Cross Disaster Training, COVID Contact Tracing, IHI Quality & Safety Certificate, ELNEC End-of-Life Modules

CLINICAL EXPERIENCE

Will accumulate > 700 clock hours of clinical experience prior to graduation

Emergency Room Preceptorship Sanford Health Sioux Falls, SD [120 hours]	<i>January–March 2021</i>
Critical Care Mercy Medical Center Sioux City, IA [90 hours]	<i>January–March 2021</i>
Public Health Promise Community Health & Hegg Health Center Sioux County, IA [16 hours]	<i>August–December 2020</i>
Mental Health Rotation Cherokee Mental Health Institute Cherokee, IA [60 hours]	<i>January–March 2020</i>
Obstetrics/Neonatal Intensive Care Unit Sanford Health Sioux Falls, SD [8 hours]	<i>January–March 2020</i>
Medical–Surgical Mercy Medical Center Sioux City, IA [120 hours]	<i>August–December 2019</i>
Medical–Surgical Orange City Area Health System Orange City, IA [120 hours]	<i>August–December 2019</i>

RELATED EXPERIENCE

PRN Patient Care Technician Pella Regional Health Center Pella, IA	<i>February 2017–Present</i>
<ul style="list-style-type: none">▪ Monitor, track and communicate patient health status to optimize treatment planning and care delivery▪ Promptly answer call lights and provide individualized patient care in a comfortable and safe environment	

COVID Screening Technician Pella Regional Health Center Pella, IA	<i>August 2020–Present</i>
<ul style="list-style-type: none">▪ Screen patients and visitors at health center entrances, ensuring safety and proper protocol	

COVID Tester Orange City Area Health System Orange City, IA	<i>October–November 2020</i>
<ul style="list-style-type: none">▪ Performed nasal swab testing for individuals with exposure to or symptoms of COVID-19▪ Ensured proper safety, adherence to efficacy guidelines, and patient confidentiality	

Psychiatric Volunteer Hope Haven Rock Valley, IA	<i>January–March, August–September 2020</i>
<ul style="list-style-type: none">▪ Performed psychiatric assessments on patients in group homes, participated in daycare activities with special needs clients, and observed sessions with psychiatrist▪ Researched and compiled information to minimize the risk of patient falls, reduce exposure to COVID and Influenza, and care for special needs patients with dementia	

CLINICAL OBSERVATIONS

Obstetrics/Labor and Delivery Observation Pella Regional Health Center Pella, IA	<i>June–July 2020</i>
<ul style="list-style-type: none">▪ 34-hour OB/L&D observation, including cesarean sections, post-partum care for mothers, medication administration, parent education on baby care and developmental milestones, and baby care	

Neurointensive Care Unit Observation Mercy Medical Center Des Moines, IA	<i>December 2019</i>
<ul style="list-style-type: none">▪ 12-hour ICU observation of neurological assessments, medication administration, and dressing changes	

Emergency Room Observation MercyOne West Des Moines Medical Center Des Moines, IA	<i>August 2018</i>
<ul style="list-style-type: none">▪ 18-hour ER nursing observation including medication administration, delegation and triage	

RESEARCH EXPERIENCE

Plymouth County Suicide Prevention | NUR440

September–October 2020

- Provided Plymouth County Public Health Office with research regarding suicide and prevention among adolescents due to high incidence within the county
- Presented findings to Plymouth County Public Health Office board members with suggested interventions for reducing the risk of suicide within school systems

Spencer Hospital – Discharge Education | NUR420

August–December 2020

- Researched methods to improve discharge interventions, practices, and protocols, thereby decreasing hospital readmission rates within 30 days
- Utilized CINNAHL database, National Institutes of Health, American Nursing Association, and other medical journals to provide process and procedure improvements to benefit patient education and recovery

DIVERSITY TRAINING & SERVICE

Health-related Service Learning Project | Miami, FL [30 hours]

June 2020

- While serving in an inner-city health clinic in Miami, learned the importance of building rapport with patients from diverse backgrounds and ethnicities
- Witnessed the critical nature of working as a team alongside nurse practitioners and interpreters
- Applied my technical skills, including triaging and conducting blood draw procedures

CAMPUS LEADERSHIP

Northwestern College | Orange City, IA

Peer Tutor

August 2018–Present

- Tutor students in chemistry, anatomy, physiology, writing, and various nursing courses

Writer | *The Beacon* Student Newspaper

August 2018–Present

- Collaborate with editors to write and edit stories for campus newspaper

Writing Fellow

August 2018–December 2020

- Assisted first-year students with essay revision, and provided constructive feedback

Resident Assistant

August 2019–May 2020

- Planned and organized dormitory events while enforcing campus guidelines and behavior expectations

Amsterdam Trip Leader | Spring Service Partnership

October 2019–March 2020

- Arranged team meetings and fundraising initiatives, facilitating communication between leaders