

# Natalia Holland

## Labor & Delivery OB Technician

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### STRENGTHS

- Empathy**  
Always prioritize patient comfort and emotional support, easing stress during high-pressure situations.
- Team Collaboration**  
Frequent cooperation with healthcare teams showcases commitment to seamless patient care experiences.
- Aseptic Technique**  
Expert in maintaining sterile environments, reinforcing safety during surgical procedures by applying strict protocols.
- Communication**  
Strong verbal and written skills aid effective interactions with patients and staff alike, fostering trust.
- Initiative**  
Proactively monitor unit workflows, ensuring consistent readiness for unforeseen emergencies enhances overall effectiveness.

### SKILLS

Patient Care Surgical Assistance

Communication

Team Collaboration

Aseptic Technique Multitasking

Safety Protocols Data Collection

Educational Program Design

Time Management Technical Skills

Critical Thinking Adaptability

Documentation



Research Methodologies

### SUMMARY

Compassionate and detail-oriented Labor & Delivery OB Technician with hands-on experience in supporting obstetrical procedures and patient care developed through rigorous academic training. Demonstrates a strong understanding of patient needs, focusing on safety and comfort during critical care situations. Proven ability to collaborate effectively with healthcare teams and maintain a sterile environment during procedures. Committed to providing high-quality care to patients and their families, ensuring that every delivery meets the highest standards of medical excellence. Ready to join a dedicated team at HealthFirst Medical Center.

### EXPERIENCE



#### Labor & Delivery OB Technician

HealthFirst Medical Center  June 2026 - Present  Des Plaines, IL

Support obstetrical procedures as part of a collaborative healthcare team, focusing on patient safety and comfort. Responsible for maintaining sterile fields and assisting in all types of deliveries. Enhance operational readiness by preparing materials and training staff on equipment usage.

- Assist surgical teams during cesarean sections and vaginal deliveries, ensuring adherence to strict safety protocols.
- Maintain a thorough understanding of necessary setups and instruments for each procedure, improving workflow efficiency.
- Apply aseptic techniques consistently to ensure safety and reduce infection risks.
- Collaborate closely with nursing staff to assess and address patient comfort and safety needs effectively.
- Continuously check and maintain stock levels of surgical supplies to ensure emergency preparedness.
- Document accurate and timely information regarding patient conditions to improve care coordination.



#### Research Assistant

University Research Lab  January 2025 - May 2026  Chicago, IL

Contributed to research initiatives focused on obstetric care, emphasizing data collection and literature reviews. Engaged in collaborative projects analyzing educational impacts on labor outcomes while developing practical research skills.

- Assisted faculty in collecting and analyzing data on patient education's impact on labor outcomes.
- Conducted extensive literature reviews, enhancing current project understanding and methodologies.
- Participated in regular lab meetings, presenting findings and recommending methodological enhancements.
- Recorded patient interactions meticulously, ensuring data accuracy and reliability.
- Supported junior students in reflecting research protocols and keeping detailed records.
- Helped prepare presentations for academic conferences, strengthening communication abilities.

#### Capstone Project Developer

Student Innovation Lab  August 2024 - December 2024  Chicago, IL

Led a student team to develop an educational program aimed at addressing the needs of expectant mothers. Worked closely with healthcare professionals to improve patient education on labor safety and delivery methods.

- Spearheaded the development of a comprehensive patient education program tailored for expectant mothers.
- Designed engaging educational materials highlighting safety practices during labor and delivery.
- Collected user feedback through surveys, optimizing materials for targeted educational outreach.
- Presented project outcomes to faculty, showcasing the potential benefits for community health enhancement.

## LANGUAGES

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English Native

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Spanish Proficient

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## MY CAREER

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● Research Assistant at University Research Lab (1.3 Years)

● Capstone Project Developer at Student Innovation Lab (4 Months)

- Collaborated with healthcare providers to integrate current best practices into the curriculum.
- Refined presentation techniques through multiple discussions, building persuasion and clarity in communication.

## LEADERSHIP & AWARDS

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- Dean's List, City College of Chicago, 2024-2026
- Best Presentation Award, Nursing Research Conference, 2025

## EDUCATION

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### Associate Degree in Nursing

City College of Chicago 🎓 GPA: 3.5 📅 2026 📍 Chicago, IL

**Coursework:** *Clinical Skills, Patient Care, Obstetrics, Aseptic Techniques*

## CERTIFICATIONS

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- Certified Nurse Aide 📅 2026
- Basic Life Support (BLS) 📅 2026

## TECHNICAL SKILLS

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- **Medical Software:** Epic, Meditech, Cerner
- **Patient Monitoring Tools:** Pulse Oximeter, EKG Monitor, Infusion Pumps
- **Research Methodologies:** Qualitative Data Analysis, Survey Design, Clinical Trials
- **Communication Tools:** Microsoft Teams, Zoom, Slack
- **Collaboration Platforms:** Google Workspace, Dropbox, Trello
- **Statistical Software:** SPSS, SAS, Stata
- **Educational Resources:** PowerPoint, Canva, Word
- **Training and Development:** Workshops, Simulations, Peer Training
- **Logistics Coordination:** Inventory Management, Supply Chain Tracking, Emergency Preparedness
- **Compliance Standards:** HIPAA, OSHA, JCAHO

## PROFESSIONAL AFFILIATIONS

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- Member, Nursing Student Association, City College of Chicago
- Volunteer, Local Health Clinic, providing support to mothers and infants

## ADDITIONAL INFORMATION

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**Work Status** : Authorized to work in United States. No sponsorship required.

## REFERENCES

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AVAILABLE ON REQUEST