

# Natalia Holland

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## 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

June 2026 - Present

HealthFirst Medical Center

*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

January 2025 - May 2026

University Research Lab

*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

August 2024 - December 2024

Student Innovation Lab

*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.
- 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

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

## EDUCATION

### Associate Degree in Nursing

2026

City College of Chicago GPA: 3.5

*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

## SKILLS

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- 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

## PROFESSIONAL AFFILIATIONS

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

## LANGUAGES

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- English (Native)
- Spanish (Proficient)

## 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