

# Leila McLaughlin

Registered Nurse

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 123 Main St, Richmond, VA 23220

## STRENGTHS

-  **Empathy**  
Deeply understand patients' needs, leading to effective communication and stronger connections in treatment contexts.
-  **Team Building**  
Foster collaboration within healthcare teams, encouraging contributions that enhance patient-centered care delivery.
-  **Adaptability**  
Respond dynamically to changing environments, managing stressors inherent in fast-paced psychiatric settings triumphantly.
-  **Critical Thinking**  
Apply analytical skills to address complex patient scenarios promptly and accurately, whenever urgent decisions emerge.
-  **Community Engagement**  
Participate eagerly in outreach initiatives, raising awareness and sensitivity toward mental health topics crucial to public discourse.

## SKILLS

- Crisis Management
- Patient Assessment
- Medication Administration
- Interpersonal Skills    Care Planning
- Team Collaboration
- Documentation Practice
- Mental Health Support
- Emergency Response
- Cultural Competence
- Therapeutic Communication

## SUMMARY

Compassionate and dedicated Registered Nurse specializing in psychiatric care. With over 4 years of experience within behavioral health units, firmly committed to delivering exceptional patient outcomes. Proven expertise in conducting assessments, administering medications, and supporting patients during crises, all while fostering teamwork with interdisciplinary partners. Skilled in navigating high-risk situations with critical interventions, ensuring all patients receive culturally competent, trauma-informed care. Continually advocate for mental health awareness through community involvement, eager to contribute as a proactive member of the Healthcare Solutions team.

## EXPERIENCE

### Psychiatric Registered Nurse

Healthcare Solutions Inc.  June 2025 - Present  Richmond, VA

- Overseeing clinical activities within the Behavioral Health Unit, enhancing safety and treatment adherence through direct patient engagement. Provide structured psychiatric nursing care tailored for serious mental illness cases and emergency response endeavors.
- Facilitating direct psychiatric nursing care in a dynamic setting by adhering meticulously to evolving patient needs.
  - Conducting thorough health screenings and guiding mental health assessments to preemptively address any emerging concerns.
  - Monitoring compliance with suicide precautions while actively engaging and supporting patients' emotional safety.
  - Administering medications through various methods while tracking patient reactions to facilitate rapid adjustments in care.
  - Collaborating closely with healthcare professionals to communicate vital patient updates and ensure effective continuity of care.
  - Implementing emergency protocols responsibly, delivering immediate interventions throughout crisis occurrences.

### Registered Nurse

Wellness Care Network  March 2024 - May 2025  Norfolk, VA

- Delivered structured psychiatric nursing support in a community health environment, stressing holistic wellness alongside collaborative patient education efforts.
- Engaging creatively in patient education initiatives focused on improving treatment comprehension for diverse mental health issues.
  - Assisted in developing personalized care plans collaboratively, ensconcing input from various medical providers and families alike.
  - Participated in training geared towards crisis intervention techniques, enhancing overall preparedness among team members during high-acuity scenarios.
  - Maintained precise documentation adhering to Electronic Health Records standards, securing patient confidentiality throughout.
  - Actively supported theater-style group therapy endeavors designed to foster communal healing and therapeutic growth for participants.

### Nursing Intern

Caring Hands Medical Center  June 2023 - February 2024  Virginia Beach, VA

- Gaining foundational nursing skills while directly supporting psychiatric patients under seasoned registered nurses' supervision.
- Conducted essential vital sign assessments, facilitating adherence to strict medication protocols through attentive observation.
  - Contributed meaningfully to interdisciplinary team meetings, dialoguing best strategies for candidates to achieve set patient-oriented objectives.

## Time Management

Problem Solving Patient Advocacy

Health Education

## LANGUAGES

English Native

Spanish Intermediate

## MY CAREER



● Psychiatric Registered Nurse at Healthcare Solutions Inc. (1.1 Years)

● Registered Nurse at Wellness Care Network (1.2 Years)

● Nursing Intern at Caring Hands Medical Center (8 Months)

- Engaged thoroughly with patients, forging trust-building therapeutic interactions resulting in greater counseling efficacy.
- Provided timely documentation of patient records reflecting accurate information continuously alongside shift challenges.
- Played an integral role in orchestrating group wellness activities, advocating for patient involvement along therapy channels.

## LEADERSHIP & AWARDS

- Member of the Virginia Nurses Association contributing via shared insights on policy measures.
- Awarded Volunteer Recognition ribbon for active involvement in Mental Health Awareness Campaign.

## EDUCATION

### Bachelor of Science in Nursing

Virginia Commonwealth University 🎓 GPA: 3.8 📅 2023 📍 Richmond, VA

**Coursework:** *Psychiatric Nursing, Community Health Nursing, Pharmacology, Advanced Patient Assessment*

## CERTIFICATIONS

- Registered Nurse, Virginia 📅 2025
- Basic Life Support (BLS) Certification 📅 2026

## TECHNICAL SKILLS

- **Nursing Certifications:** BLS, RN License, Psychiatric Board Certification
- **Clinical Tools:** Electronic Health Records, Care Plans, Medication Management Systems
- **Professional Associations:** Virginia Nurses Association, National Honor Society of Nursing, American Nurses Association
- **Education Methods:** Crisis Intervention Training, Patient Education Initiatives, Group Therapy Facilitation
- **Therapeutic Approaches:** Cognitive Behavioral Therapy, Trauma-Informed Care, Holistic Healing Techniques
- **Emergency Protocols:** Safety Procedures, Crisis Assessments, Staff Resilience Drills
- **Patient Monitoring:** Vital Signs Assessment, Compliance Checks, Patient Communications
- **Team Collaboration:** Interdisciplinary Meetings, Peer Consultations, Family Involvement Strategies
- **Quality Improvement:** Clinical Audits, Feedback Incorporation, Best Practices Implementation
- **Patient Experience:** Culturally Competent Care, Trauma-Specific Interventions, Personalized Treatment Plans

## PROFESSIONAL AFFILIATIONS

- Participant, Annual Nursing Symposium on Behavioral Health.
- Active member of the Virginia Nurses Association fostering peer connection and support.

## ADDITIONAL INFORMATION

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

## REFERENCES

AVAILABLE ON REQUEST