



# Clara Strickland

## Registered Nurse - Labor and Delivery

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### STRENGTHS

- 🧠 **Critical Thinking**  
Elevated patient safety by implementing rapid assessment protocols during emergency situations. Gained peer recognition for swift decision-making.
- 👥 **Team Collaboration**  
Fostered strong interdisciplinary relationships within care teams, often bridging gaps between specialties to ensure patient success.
- 📖 **Patient Education**  
Engaged actively with patients and families to explain procedures and enhance understanding and comfort. Became a trusted resource.
- 🗣️ **Leadership Development**  
Volunteered for leadership roles, guiding new nurses as preceptors and enhancing unit operations through effective mentorship.
- ↔️ **Adaptability**  
Effectively managed multiple evolving priorities in fast-paced environments, ensuring uninterrupted, high-quality patient care amid challenges.

### SKILLS

Patient Care   Critical Thinking

Interdisciplinary Collaboration

Evidence-Based Practice

Nursing Assessment

Patient Education   Fetal Monitoring

Emergency Response

Documentation Skills

Care Coordination

Neonatal Assessment

### SUMMARY

Compassionate RN with over 5 years in Labor and Delivery. Proficient in delivering patient-centered care via evidence-based practices. Holds a current RN license and BLS certification. Significant experience in high-risk environments, caring for mothers and newborns. Actively seeks opportunities for professional growth through clinical advancement programs. Dedicated to enhancing patient outcomes while collaborating effectively within multidisciplinary teams. Recognized for many contributions toward unit leadership and supportive patient care multitasking, managing complex cases with confidence and skill.

### EXPERIENCE

#### Registered Nurse - Labor and Delivery

HealthFirst Medical Center 📅 January 2022 - Present 📍 Chicago, IL

Lead efforts in the Level III Perinatal Unit, focusing on care delivery for high-risk pregnancies and neonatal complexities. Deliver comprehensive patient assessments and coordinate care within interdisciplinary teams. Develop skills using advanced technologies for fetal health monitoring, enhancing patient outcomes.

- Collaborated closely with obstetricians and neonatologists to provide integrated care for high-risk, vulnerable populations.
- Educated families on discharge plans and recovery processes for enhanced understanding and better health management post-delivery.
- Implemented evidence-based practices to ensure persistent safety and quality throughout childbirth and aftercare in collaboration with nursing colleagues.
- Conducted critical assessments to elevate focus on individualized patient care needs, leading to improved team efficiency.
- Participated in leadership development initiatives within the unit, enhancing knowledge-sharing among peers.
- Received recognition for significant contributions to collaborative projects aimed at improving patient experiences during labor.

#### Registered Nurse - Postpartum

Springfield Community Hospital 📅 June 2018 - December 2021 📍 Springfield, IL

Delivered intensive support for postpartum patients and their infants in an accredited hospital setting. Took pride in developing holistic care plans tailored to individual patient needs, fostering relationships built on empathy and education.

- Executed personalized care plans that addressed both emotional and physiological need components post-birth.
- Facilitated new parent education regarding infant care, breastfeeding techniques, and overall postpartum wellness.
- Emphasized cooperation and shared learning by mentoring incoming nursing staff, enabling smooth transitional onboarding processes.
- Engaged in continuous quality improvement metrics intending to heighten patient satisfaction scores across service lines.
- Gained praise for demonstrating excellence in patient care beyond standard benchmarks set by the institution.
- Enhanced community relations via volunteering at local health fairs, highlighting the hospital's commitment to family health initiatives.

### LEADERSHIP & AWARDS

- Dean's List, University of Illinois at Chicago, 2019
- Nursing Excellence Award, Springfield Community Hospital, 2021

Community Engagement

Quality Improvement

Conflict Resolution

Techniques in Nursing

## LANGUAGES

English Native

Spanish Intermediate

## MY CAREER



● Registered Nurse – Labor and Delivery at HealthFirst Medical Center (4.4 Years)

● Registered Nurse – Postpartum at Springfield Community Hospital (3.5 Years)

## EDUCATION

### Bachelor of Science in Nursing

University of Illinois at Chicago 🎓 GPA: 3.8 📅 2021 📍 Chicago, IL

**Coursework:** Patient Care, Nursing Assessment, Clinical Practice, Evidence-Based Methods

## CERTIFICATIONS

- Registered Nurse 📅 2021
- Basic Life Support (BLS) 📅 2021

## TECHNICAL SKILLS

- **Clinical Standards:** Nursing Process, Patient Safety Protocol, Care Guidelines
- **Monitoring Equipment:** Fetal Monitor, Otoscope, Ultrasound Device
- **Patient Management Systems:** Epic, Cerner, Allscripts
- **Specialized Certifications:** ACLS, NRP, Fetal Monitoring
- **Educational Platforms:** Continuing Education Courses, Online Nursing Curriculum, Simulation Labs
- **Quality Initiatives:** Patient Satisfaction Surveys, Six Sigma Methodologies, Lean Framework
- **Discharge Planning Tools:** Care Coordination Software, Follow-up Systems, Case Management Resources
- **Interdisciplinary Collaboration:** Maternity Team Meetings, Integrated Care Plans, Root Cause Analysis Sessions
- **Healthcare Regulations:** HIPAA Compliance, Licensing Standards, Accreditation Requirements
- **Community Engagement:** Health Education Workshops, Outreach Programs, Public Health Initiatives

## PROFESSIONAL AFFILIATIONS

- Member, Illinois Nurses Association
- Volunteer, Chicago Health Fair

## ADDITIONAL INFORMATION

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

## REFERENCES

AVAILABLE ON REQUEST