



# Heaven Savage

Registered Nurse - PACU

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## SUMMARY

Compassionate Registered Nurse with over five years of experience in post-anesthesia care across diverse settings. Demonstrated expertise in delivering high-quality patient care, utilizing evidence-based practices to enhance recovery and overall outcomes. Proven ability to coordinate complex care efficiently while adhering to established standards and safety protocols. Strong communicator and collaborator who excels in fostering a safe, therapeutic environment for patients and families alike. Eager to leverage skills and knowledge at Apex Health Systems to redefine patient care through exceptional service.

## EXPERIENCE

### Registered Nurse - PACU

Caring Health Center 📅 January 2022 - Present 📍 Naperville, IL

As a Registered Nurse in the Post Anesthesia Care Unit at Caring Health Center, responsibilities include ensuring comprehensive post-anesthesia care focusing on patient safety and comfort during recovery. Skills utilized here range from clinical decision-making to effective collaboration with surgical teams to implement individualized care plans.

- Administered pain management strategies to optimize patient comfort during recovery phases.
- Collaborated closely with surgical teams to evaluate and adapt care plans based on ongoing assessments.
- Provided patient education on post-operative care procedures, increasing compliance and awareness.
- Led quality improvement initiatives that significantly decreased post-operative complications by 15%.
- Participated in multi-disciplinary rounds to push for seamless cooperation between departments.
- Engaged in ongoing professional development to stay updated on advanced recovery care techniques.

### Registered Nurse - Surgical Unit

Metro Health Services 📅 June 2018 - December 2021 📍 Downers Grove, IL

Served as an integral member of the surgical unit team, where excellence in patient-centered care was emphasized. Took part in pre-operative assessments and collaborated with multidisciplinary teams for tailored patient outcomes.

- Managed a dynamic caseload of up to 10 patients while ensuring adherence to safety and hygiene protocols.
- Executed detailed pre-operative assessments and formulated patient care plans that aligned with best practices.
- Implemented discharge planning processes leading to a notable improvement in patient satisfaction scores.
- Trained and mentored new nursing staff on unit operations, promoting adherence to standards.
- Facilitated patient education sessions focused on health management and post-discharge recovery.
- Communicated effectively with family members about patient needs to ensure understanding and support.

### Nursing Intern

Sunny Day Hospital 📅 January 2016 - May 2018 📍 Chicago, IL

Interacted directly with patients to provide fundamental care alongside registered nurses, gaining hands-on experience in recovery protocols. Developed meaningful connections to foster trust and support during critical recovery phases.

- Assisted nursing staff with routine tasks, contributing positively to patient comfort and care.
- Recorded vital signs and monitored patients under supervision, ensuring accurate reporting.

## STRENGTHS

- ♥️ **Patient-Centered Approach**  
Wholeheartedly commit to putting patients first, adapting approaches to suit individual needs, enhancing recovery experiences.
- 🎓 **Professional Development**  
Pursued continuous education on advanced care techniques, evolving skills, and obtaining new certifications for better patient outcomes.
- 💬 **Effective Communication**  
Built strong rapport with patients and families; actively listen and inform to improve comfort and understanding throughout their healthcare journeys.
- 🏆 **Quality Improvement Leadership**  
Initiated and led several quality improvement projects, proving impact on patient outcome metrics and demonstrating leadership capabilities.
- 👥 **Collaborative Spirit**  
Fostered teamwork across departments; willingly share knowledge and support colleagues, creating a robust care environment.

## SKILLS

Patient Care Pain Management

Clinical Decision Making

Team Collaboration

Patient Education

Quality Improvement

Postoperative Recovery

Surgical Assistance

Communication Strategies

Interdepartmental Coordination

Critical Thinking Empathy in Care

Leadership Development

Sterile Techniques

Health Management

## LANGUAGES

English Native

Spanish Proficient

## MY CAREER



● Registered Nurse - PACU at Caring Health Center (4.4 Years)

● Registered Nurse - Surgical Unit at Metro Health Services (3.5 Years)

● Nursing Intern at Sunny Day Hospital (2.3 Years)

- Contributed insights to interdisciplinary treatment rounds that helped adjust patient care plans effectively.
- Developed empathy and communication skills essential for providing emotional assistance.
- Participated actively in procedural simulations to build confidence and practical skill sets.
- Took advantage of training opportunities offered by the hospital for continued professional growth.

## LEADERSHIP & AWARDS

- Recognized for outstanding patient advocacy efforts in 2023.
- Received the Excellence in Nursing Service Award, 2022, for leadership within the PACU unit.

## EDUCATION

### Bachelor's Degree in Nursing

University of Illinois 🎓 GPA: 3.8 📅 2018 📍 Champaign, IL

**Coursework:** *Clinical Practice, Nursing Theory, Patient Care Management, Advanced Pathophysiology*

## CERTIFICATIONS

- Registered Nurse (RN) 📅 2020
- Basic Life Support (BLS) 📅 2020
- Advanced Cardiac Life Support (ACLS) 📅 2020

## TECHNICAL SKILLS

- **Patient Monitoring Systems:** Alaris, Phillips IntelliVue, Mindray
- **Medical Software:** Epic, Cerner, Meditech
- **CPR Techniques:** BLS, ACLS, Advanced Airway Management
- **Assessment Tools:** Braden Scale, Focused Assessments, Pain Scales
- **Infection Control Protocols:** Isolation Procedures, PPE Usage, Sterilization Techniques
- **Care Planning Frameworks:** SOAP Notes, NANDA Standards, Evidence-Based Practice Guidelines
- **Regulatory Compliance:** HIPAA, JCAHO, State Nursing Regulations
- **Evidence-Based Techniques:** Research Methodologies, Statistical Analysis, Outcome Evaluation
- **Team Collaboration Tools:** Microsoft Teams, Zoom, Slack
- **Emergency Procedure Knowledge:** Code Blue Protocol, Rapid Response Team, Crisis Intervention

## PROFESSIONAL AFFILIATIONS

- Member of the American Nurses Association since 2019.
- Active participant in local nursing workshops aimed at improving community health services.

## ADDITIONAL INFORMATION

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

## REFERENCES

AVAILABLE ON REQUEST