

Sophia Martinez

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SUMMARY

Compassionate Registered Nurse with over four years' experience delivering specialized care in telemetry and medical-surgical environments. Proven ability to monitor patient health, assess needs, and collaborate with interdisciplinary teams for optimal recovery pathways. Experience includes developing personalized care plans rooted in evidence-based practices to boost patient satisfaction and outcomes. Eager to bring resource management skills and strong communication to HealthCare Solutions Inc., enhancing patient experiences while furthering professional growth through ongoing education.

EXPERIENCE

Registered Nurse

January 2023 - Present

Healing Hands Medical Center

Naperville, IL

In this role, manage patient care by implementing effective nursing strategies tailored specifically for telemetry patients. Assess conditions, create targeted care plans, and cooperate closely with healthcare professionals to promote optimal recovery and meet discharge goals.

- Provide comprehensive nursing support and critical care management in a fast-paced telemetry setting.
- Develop individualized care strategies ensuring adherence to established best practices.
- Coordinate interdisciplinary efforts enhancing recovery speed and minimizing readmission rates.
- Deliver tailored patient and family education on post-discharge lifestyle adjustments.

Registered Nurse

June 2020 - December 2022

Bright Star Health Services

Elgin, IL

Focused on delivering high-quality patient care within dynamic med-surg units. Leveraged clinical expertise to facilitate both medication and treatment regimen adherence among diverse patient populations.

- Administer medication and conduct assessments for approximately eight patients per shift.
- Collaborate with multidisciplinary teams during rounds to optimize care strategies.
- Monitor vital signs to ensure patient stability and adjust care plans as necessary.
- Lead disease management education sessions significantly enhancing patient compliance.

Nursing Intern

August 2019 - May 2020

Greenwood Community Hospital

Chicago, IL

Gained foundational nursing experience through hands-on assistance in patient care. Participated actively in care planning processes alongside experienced nurses during clinical rotations.

- Supported nursing teams in delivering day-to-day patient care under direct supervision.
- Conducted essential assessments and meticulously documented patient data.
- Engaged in educational initiatives explaining care procedures to patients and families.
- Aided the development of care plans addressing individual patient needs.

LEADERSHIP & AWARDS

- Patient Excellence Award for outstanding commitment to patient care, 2021
- Team Recognition for exceptional performance during Night Shift Operations, 2022

EDUCATION

Bachelor of Science in Nursing

2020

University of Illinois at Chicago GPA: 3.8

Chicago, IL

Coursework: *Clinical Practice, Patient Assessment, Care Planning, Ethics in Healthcare*

CERTIFICATIONS

- Registered Nurse 📅 2020
- Basic Life Support (BLS) 📅 2020

TECHNICAL SKILLS

- **Nursing Protocols:** Evidence-Based Practice
- **Medical Software:** Epic, Meditech

- **Telemetry Equipment:** Monitors, ECG Machines
- **Patient Management:** Patient-centered Approach
- **Health Information Systems:** Electronic Records Management
- **Educational Strategies:** Patient Empowerment Initiatives
- **Collaboration Tools:** Microsoft Teams, Zoom
- **Nurse Rounding Systems:** Daily Goals Review
- **Treatment Protocols:** IV Therapy, Wound Care
- **Assessment Procedures:** Physical Examination

SKILLS

- Patient Care
- Team Collaboration
- Medication Administration
- Clinical Standards
- Telemetry Monitoring
- Health Management
- Health Advocacy
- Patient Safety
- Care Planning
- Emergency Response
- Interdisciplinary Communication
- Resource Management
- Patient Education
- Data Documentation
- Assessment Techniques
- Problem Solving

PROFESSIONAL AFFILIATIONS

- Member of Illinois Nurses Association focused on advocacy and continued education.
- Volunteer at local health fairs providing free screenings and health education.

LANGUAGES

- English (Native)
- Spanish (Proficient)

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST