

SOPHIA MARTINEZ

WELLNESS NURSE

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STRENGTHS

- ♥️ **Empathy**
Built nurturing connections with patients, establishing an atmosphere of trust.
- 🗨️ **Communication Skills**
Facilitated clear channels of discussion that allowed for better patient awareness.
- 👥 **Teamwork**
Supported collaborative efforts with diverse clinical teams resulting in cooperative successes.
- 🔄 **Adaptability**
Navigated various shifts and challenges with ease allowing for improved service continuity.
- 💡 **Problem Solving**
Addressed unforeseen patient needs proactively building confidence from caregiving network.

SKILLS

Patient care

Medication administration

Effective communication

Time management

Team collaboration

Critical thinking Conflict resolution

Health education

Record maintenance

Personal hygiene assistance

Nursing protocols

Clinical evaluation

Wellness promotion

SUMMARY

Compassionate nursing professional dedicated to delivering quality healthcare in residential settings. Over three years of experience providing effective communication and adhering strictly to medication protocols, ensuring safety and well-being. Collaborate with clinical teams to develop personalized care strategies and empower residents with education on health practices and medication management. Eager to contribute actively to a mission-driven environment that prioritizes resident care through teamwork and respect.

EXPERIENCE

Wellness Nurse

Caring Hearts Nursing 📅 January 2025 - Present 📍 Peoria, IL

Currently serving as Wellness Nurse responsible for administering patient medications while ensuring compliance with established procedures. Engage collaboratively with healthcare professionals to craft individualized care plans supporting holistic health. Monitor adherence to strict safety protocols, fostering an environment of trust and care among residents and peers.

- Administer medications according to MAR, verifying precision at every step.
- Collaborate daily with healthcare team members for optimal resident care planning.
- Educate residents and families across diverse healthcare topics, promoting understanding of treatment plans.
- Supervise and support non-licensed staff, empowering them through guidance.

Junior Nurse

Serenity Home Health 📅 June 2023 - December 2024 📍 Champaign, IL

Worked diligently as Junior Nurse assisting in various patient care activities within a home health framework. Developed strong relationships with patients and their families, facilitating ongoing communication regarding progress and needs. Recognized for proactive approach toward healthcare in personal settings.

- Assisted licensed nurses with direct patient care tasks and monitored changes in conditions closely.
- Delivered continuous education regarding self-care and medication to patients and families.
- Maintained accurate documentation of patient interactions and medical histories.
- Engaged in regular team discussions enhancing collective approaches to care needs.

Student Nurse Intern

Sunrise Assisted Living 📅 September 2022 - May 2023 📍 Normal, IL

Acquired foundational nursing knowledge as Student Nurse Intern focusing on supportive care practices. Gained practical skills in managing daily living activities for patients, reinforcing educational background with hands-on experience. Actively participated in strategy meetings aimed at refining resident care techniques.

- Implemented assistance in daily living chores fostering patient comfort.
- Kept comprehensive records reflecting patient behavior and responses.
- Participated in multidisciplinary team gatherings optimizing care strategies.
- Actively integrated learning into real-world scenarios improving care methodologies.

LEADERSHIP & AWARDS

- Recipient of the Caring Heart Award for exceptional dedication to patient care.
- Honored with Excellence in Team Collaboration by Caring Hearts Nursing.

Emergency preparedness

Policy adherence

LANGUAGES

English Native

Spanish Proficient

MY CAREER



- Wellness Nurse at Caring Hearts Nursing (1.4 Years)
- Junior Nurse at Serenity Home Health (1.5 Years)
- Student Nurse Intern at Sunrise Assisted Living (8 Months)

EDUCATION

Associate Degree in Nursing

Springfield Community College 🎓 GPA: 3.7 📅 2022 📍 Springfield, IL

Coursework: Nursing Fundamentals, Pharmacology, Patient Advocacy, Healthcare Ethics

CERTIFICATIONS

- CPR Certification 📅 2023
- First Aid Certification 📅 2023
- Licensed Practical Nurse (LPN) 📅 2022

TECHNICAL SKILLS

- **Clinical Tools:** eMAR, Electronic Health Records, Medication Administration Systems
- **Communication Tools:** Phone, Email, Electronic Messaging Platforms
- **Assessment Methods:** Health screens, Surveys, Progress Reports
- **Care Planning:** SMART Goals, Interdisciplinary Approach, Evidence-Based Practice
- **Regulatory Compliance:** State Regulations, Federal Guidelines, Organizational Policies
- **Equipment Proficiency:** Thermometers, Blood Pressure Monitors, Glucose Meters
- **Emergency Protocols:** CPR Training, First Aid Responses, Evacuation Procedures
- **Therapeutic Techniques:** Motivational Interviewing, Mindfulness Practices, Patient Education
- **Documentation Tools:** Patient Records, Reporting Software, Care Plans
- **Patient Engagement:** Feedback Forms, Care Meetings, Family Involvement

PROFESSIONAL AFFILIATIONS

- Active member of the Illinois Nurses Association, participating in community health initiatives.
- Volunteer Coordinator for Springfield Health Fair, organizing wellness sessions.

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST