

# Sophia Mitchell

## Wound Care Nurse

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### STRENGTHS

- Empathy**  
Clients appreciate the genuine care provided, enhancing trust in medical decisions made.
- Collaboration**  
Thrives in teamwork settings, gaining insights and support from varied health specialists.
- Attention to Detail**  
Thoroughly document patient information and care instructions, reducing errors and enhancing care!
- Clinical Skills**  
Proficient in routine patient procedures, securing consistent results and optimal patient comfort.
- Adaptability**  
Capable of quickly adjusting approaches based on changing patient feedback and emerging trends.

### SKILLS

Wound Care Patient Assessment

Documentation

Team Collaboration

Treatment Planning

Medication Administration

Infection Control

Nutritional Interventions

Direct Patient Care

Communication Skills

Therapeutic Relationships

Patient Education

Equipment Operation

Surgical Preparation

Emergency Response

### SUMMARY

Compassionate nursing professional dedicated to providing top-notch wound care, ensuring residents' well-being and dignity throughout treatment. Experience in implementing comprehensive assessment, planning, and evaluation processes tailored to each individual, fostering better healing outcomes. Commended for strong communication skills, enhancing collaboration with interdisciplinary teams, particularly when addressing complex resident needs. Adept at seamlessly integrating nutritional interventions into care plans, facilitating optimal recovery for residents. Passionate about ongoing personal development and skilled in adhering to best practices in skin integrity management and infection control.

### EXPERIENCE

#### Wound Care Nurse

Greenwood Nursing Home June 2023 - Present Chicago, IL

Focused on delivering exceptional wound care and preventive measures for various residents while upholding all policies and guidelines. Coordinate effectively with healthcare teams to enhance operational efficiency and maintain high standards of patient care.

- Utilize nursing processes for evaluating and implementing individualized wound care plans.
- Document thorough assessments of resident skin conditions and pertinent medical history.
- Prioritize actions regarding wound care while communicating key needs with physicians.
- Initiate nutritional interventions tailored to promote and accelerate healing.

#### Nurse Intern

Holy Cross Hospital January 2022 - May 2023 Chicago, IL

Supported a dedicated team delivering quality inpatient care, focusing on restorative practices and effective communication with patients and their families. Gained hands-on experience that bolstered practical nursing expertise.

- Administered treatments according to strict protocols while respecting patient comfort and dignity.
- Collaborated with nurses and doctors for direct resident care addressing their needs promptly.
- Maintained a clean environment adherent to infection control standards and procedures.
- Conducted rounds ensuring timely care related to skincare and medication administration.

#### Clinical Rotation

Advocate Aurora Health August 2021 - December 2021 Chicago, IL

Engaged in extensive clinical rotation while assessing diverse nursing practices across departments to understand holistic patient care. This foundational experience prepared me to tackle real-world challenges in nursing settings.

- Had hands-on training through various shifts across multiple units alongside seasoned nursing staff.
- Executed essential nursing tasks accurately while ensuring patient safety at every stage.
- Built relationships with patients, listening to concerns and clearly conveying care plans.
- Participated in interdisciplinary meetings, contributing to unified patient care strategies.

### LEADERSHIP & AWARDS

- Employee of the Month at Greenwood Nursing Home, February 2024
- Excellence Award in Wound Care Management, December 2023

### EDUCATION

#### Bachelor of Science in Nursing

University of Illinois Chicago GPA: 3.8 2023 Chicago, IL

**Coursework:** Nursing Fundamentals, Adult Health Nursing, Community Health Nursing, Pharmacology

## LANGUAGES

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English Native

Spanish Proficient

## MY CAREER

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● Wound Care Nurse at Greenwood Nursing Home (2.9 Years)

● Nurse Intern at Holy Cross Hospital (1.3 Years)

● Clinical Rotation at Advocate Aurora Health (4 Months)

## CERTIFICATIONS

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- Registered Nurse License 📅 2023
- Basic Life Support Certification 📅 2022

## TECHNICAL SKILLS

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- **Nursing Software:** Epic, Cerner, Meditech
- **Assessment Tools:** Braden Scale, Norton Scale, Waterlow Score
- **Patient Monitoring:** Electronic Vital Signs Monitoring, Chart Review Systems
- **Personal Protective Equipment:** Gloves, Gowns, Masks
- **Nutritional Assessment Tools:** MNA, MUST
- **Surgical Instruments:** Scalpel, Forceps, Scissors
- **Wound Care Supplies:** Dressings, Topicals, Adhesives
- **Fluids Administration:** IV Setup, Subcutaneous Injection Techniques
- **Medical Equipment:** Wheelchair, Walker, Bed Trapeze
- **Care Plan Management:** Clinical Pathways, Patient Charts, Treatment Orders

## PROFESSIONAL AFFILIATIONS

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- Member of American Nurses Association since 2023
- Volunteer with Chicago Hope Positives, focusing on community healthcare support

## ADDITIONAL INFORMATION

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

## REFERENCES

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AVAILABLE ON REQUEST