



# SAMANTHA POWERS, RN, BSN

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## Career Aspiration: Cardiothoracic Transitional Care

### REGISTERED NURSE PROFILE

- Practiced the role of RN under the guidance of top nursing staff at UCSF: #1 hospital in Northern California and #7 best hospital nation-wide according to *U.S. News & World Report*.
- Selected to participate in BSN-program pilot: 12-hour, rapid-response shadowing opportunity. Observed and learned, gaining deeper insight into critical care by witnessing a quality-driven care team save lives.
- Invited to train under the tutelage of UCSF's Medical Surgical unit charge nurse. Modelled excellence in nursing care through qualitative and quantitative care, evidence- and research-based services.

*"Through nursing, you can give back to your community; as a nurse you impact patients on several levels (physical, spiritual, and mental) and provide therapeutic basis to promote trust thereby aiding in the healing process." ~ Nurse Samantha*

**Contagious RN!** Afflicted with a positive and vibrant personality...ready to epitomize the nurse's role as a healthcare partner and teacher. Passionate patient advocate and family cheerleader, providing supportive, holistic, and culturally-sensitive nursing care. Sharp critical thinker who sizes up situations quickly, arrives at logical conclusions, and reacts swiftly while maintaining professional and ethical standards of care. Committed to becoming *'the compassionate hand'* for top physicians. Enthusiastic about carving a path toward healthcare leadership with the goal of making life-altering impact.

<b>NURSING SKILLS PRACTICED:</b>	Nursing Process & Diagnosis	Clustering Patient Care	Attentive Bedside Care
	Time Management & Prioritization	Computerized Charting	Active Listening Skills
	Therapeutic Communications	Patient Teaching Education	Patient Assessments

### HIGHLIGHTS OF QUALIFICATIONS AND NURSING FOUNDATION

**Graduate Nurse**, UNIVERSITY OF SAN FRANCISCO, San Francisco, CA

2010 to 2014

Excelled in comprehensive training during 1137 clinical hours at magnet status, accredited, and nationally-ranked teaching hospitals. Successfully transitioned from a didactic classroom into a patient-facing environment. Acclimated into a professional care team setting, working alongside top and highly experienced medical professionals. Trained by PCCN nurses and met all USCF's standards.

- Became one of the first students to participate in a new BSN program initiative: handpicked as school ambassador in a pilot group for the USF/UCSF partnership.
- Interviewed by the nursing department faculty; selected from hundreds of applicants for this coveted opportunity to mature during clinicals at UCSF.
- Exceeded performance targets during all practicums, demonstrating the ability to implement the nursing process with a high-level of independence and focus on problem-specific care planning.
- Awarded first-choice preceptorship in a Cardiothoracic Transitional Care unit. Exposed to more advanced procedures, including using state-of-the-art equipment for heart and lung transplant.
- Maximized every opportunity to strengthen nursing delivery for complex patient care: diabetes, heart/lung transplants, valve replacement, vascular reconstruction, myocardial infarction, heart failure, peripheral arterial disease, COPD, neuropathy, and peripheral vascular.

**Cardiothoracic Transitional Care**, UCSF Medical Center, 225 hours

**Pediatrics**, Oncology unit, UCSF Medical Center, 90 hours

**Labor & Delivery**, Postpartum, NICU, Well baby, OB/GYN, UCSF Medical Center, 90 hours

**Advanced Medical Surgical**, Transplant Unit, UCSF Medical Center, 180 hours

**Inpatient Acute Psychiatric Unit**, UCSF—Langley Porter, 32 hours

**Psychiatric, Case Management**, St. Mary's Medical Center, 160 hours

**Medical Surgical**, Bone Marrow, Oncology, UCSF Medical Center, 180 hours

**Nursing Fundamentals**, California Pacific Medical Center, 180 hours

- Collaborated with multidisciplinary teams of case managers, social workers, respiratory care, and nutrition professionals, sustaining a continuum of quality care, including palliative nursing with holistic approach.
- Pegged as a promising new nurse who bonds easily with patients from diverse cultures, socioeconomic backgrounds, and various religions.
- Recognized for efficiently managing patient caseload based on acuity and accurately administering cardiac medications such as Diltiazem, Insulin, Heparin, Dobutamine, Dopamine, and Amiodarone.
- Utilized therapeutic communications and patient teaching to ensure excellence in nursing care. Earned praise from patient, communicated through Charge Nurse: ***"Samantha is a great nurse and provides great whole patient care"***

<b>Leadership:</b>	USF School of Nursing Representative: Consulted Dean to discuss student concerns • Alpha Phi Fraternity – VP of Member Recruitment: partaking in enrollment increase of 20% • Director of Scholarships: Improved overall chapter GPA by 2 points.
<b>Presentations:</b>	"Decreasing Cost and Improving Quality of Life with Palliative Care for End Stage Heart Failure."
<b>Partial list of clinical skills:</b>	Central line care, IV starts, blood draws, 12-Lead EKG, fluids and electrolyte balance, post-op wound care, oral/SQ, IM, IV med admin, rectal tubes, VADs, TPNs, peritoneal dialysis, tracheostomy care, interpretation of lab values, urinary catheterization, flu shots, tube feedings, nasogastric tube insertion, diabetes management, telemetry reading, and more.

## CREENTIALS

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**Bachelor of Science in Nursing**, UNIVERSITY OF SAN FRANCISCO, San Francisco, CA. G.P.A.: 3.6.

06/2014

**License & Certifications:** California RN (#95022689) | BLS—Basic Life Support | ACLS—Advanced Cardiovascular Life Support | PALS—Pediatric Life Support | Basic ECG and Pharmacology | Advanced 12-Lead EKG.

**Association & Affiliations:** National Student Nurses Association, USF Student Nurses Association, California Nurse Leaders Association, San Francisco Alpha Phi Alumni.

**Volunteerism:** American Diabetes Association | American Heart Association's Go Red for Women | Stanford Medical Center, assisted patients, relatives and visitors.

**Continuing Education:** Interpreting Lab Values with Confidence, Deffib This, Santa Cruz | Diabetes Educator Course Level 2, Diabetes Education Services | Mock Code Blue Class, Diabetes Education Services | RN Competency of Teach Back Method of Patient Education, UCSF Department of Nursing Education | Art for Recover, UCSF Mount Zion Cancer Center | Evidence-base Technique of Patient Education, UCSF Department of Nursing Education.

## PAST WORK HISTORY

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**Research Assistant, University of San Francisco School Of Nursing**, San Francisco, CA

06/2013 to Present

Provided exceptional assistance. Fortified nursing knowledge by witnessing second-year nursing students navigate their medical surgical clinical rotation at UCSF and utilizing QSEN based time task tool. Presented findings to doctoral-level nurses. Branched nursing foundation into oncology through observation.

**Sales Educator, Common Wealth Athletica**, Oakland, CA

10/2010 to 04/2011

Excelled at customer service and ensuring positive experience for guests through products, culture, and community education.

## New Graduate Strategy:

Samantha is a student nurse who recently graduated. The nursing profession is very competitive. There are 300 to 500 applicants for every position or program available to new grads. Therefore, I knew that Samantha needed something very different since she was targeting one of the most competitive residency programs in the country.

The idea to make the resume red was born during our phone consultation. Because she was after a position in the Cardiac unit, we went with red (heart). We also agreed that this color would be vibrant enough for her. She is a very spirited young lady who has huge aspirations to make a positive change in the healthcare industry.

The use of keywords is essential when writing nursing resumes for new graduates. I made sure to embed many nursing buzzwords and even references to disease pathologies throughout the entire resume.

The top three bullets are the key differentiators she offers. This resume was a homerun. She was offered several opportunities and accepted her dream position: NEW RN on a Cardiac floor.