



Helen Nightingale, RN, BSN

Phone: 248-555-2310 • Email: hnightingale@oakland.edu
Beverly Hills, MI 48025

Summary

Registered Nurse and BSN Graduate seeking a medical-surgical nurse residency position. Able to create trusting relationships with peers, patients, and their families. Thrive in fast-paced environments. Training and experience include:

- Med/Surg
- Cardiac
- Post Op
- Medication Administration (IV, IM, Oral, SubQ)
- Pediatrics
- OB/GYN
- Patient & Family Education
- Infection Control

Education

Bachelor of Science in Nursing (BSN), Oakland University (2017) *accelerated program; GPA 3.55*
Registered Nurse (RN), Michigan

Clinicals

ROYAL OAK BEAUMONT HOSPITAL, Royal Oak, Michigan 5/2016-8/2016
Student Nurse-Preceptor – Labor & Delivery – 300 hours

- Gained hands-on skills in fetal monitoring, newborn assessment, IV starts, Foley catheterization, and straight catheter insertion. Experience included post-surgery recovery.

SINAI-GRACE DMC, Detroit, Michigan 5/2015-6/2015
Student Nurse – Psychiatric Unit – 84 hours

- Worked with a population of patients with psychiatric disorders and substance addictions. Participated in therapeutic activities such as group counseling sessions. Learned therapeutic talking techniques and a variety of psychiatric medication assessments.

TROY BEAUMONT HOSPITAL, Troy, Michigan 3/2015-4/2015
Student Nurse – General Med/Surg II Clinical – 84 hours

- Provided medication administration and patient education for patients with pulmonary, cardiac, and renal diagnoses. Learned basic IV insertion and observed lab values to determine safe medication administration.

ST. JOHN MOROSS HOSPITAL, Detroit, Michigan 2/2015-3/2015
Student Nurse – Pediatrics – 84 hours

- Provided care planning and administered medication (PO, IV, and IM). Conducted wound care assessments, neurological checks, activities of daily living (ADLS), and feeding. Learned weight-based safe dosage ranges and IV piggyback medication administration. Provided patient and family education to a vulnerable, inner city population, aged 1 month to 21 years.

CRITTENDON HOSPITAL, Rochester, Michigan 10/2014-12/2014
Cardiac-Telemetry Clinicals – 168 hours

- Administered oral, subcutaneous, and IM medications to cardiac patients. Acquired skills in safe medication administration, TPN feedings, neuro-stroke assessments, and incentive spirometer.

Technical

Microsoft Office (Excel, Word, PowerPoint, Outlook), Epic, OneChart.
Former technical support professional for Hewlett Packard. Proficient with a wide range of software.

Memberships

Student Nurses of Oakland University, 1/2015-present
The Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN)
Grizzlies Against Violence – an Oakland University violence prevention group, 2015-present