

# Sarah Smith



## Mental Health Nurse

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United States

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**Nationality** American

**Phone** (541) 754-3010

**Place of birth** San Antonio

**Driving license** Full

## 01 PROFILE

*Mental Health Nurse experienced in treating both adult and child patients with disorders such as: bipolar disorder, anxiety, ADHD, and depression. Highly competent in the areas of planning treatments, which include Experienced in psychotropic medication administration and psychotherapy. Efficient in delivering mental health nursing care handling a caseload of up to 17 patients per day*

## 02 EMPLOYMENT HISTORY

01/2019 — 10/2020

### **Mental Health Nurse at St Johns Psychiatric Hospital**

Oklahoma City

*Educated family members on pharmaceuticals' efficacy and providing attentive patient care, leading to 100% patient/customer retention*

- Identifying and minimizing barriers to providing coordinated care
- Providing leadership in the daily operations of a pediatric mental unit
- Showcasing leadership in the professional a psychology practice setting
- Maintaining clinical expertise by giving direct patient care, acting as a charge nurse when required, and serving several hospital departments as a clinical resource
- Addressing issues related to the severity and intensity of disorders, including motivating reasons for new admissions, continued stays, and also discharges
- Collaborating with the healthcare team in the hospital such as social workers, nurses, physicians, and psychologists to monitor and ensure treatment plan progressions and also amendments where required
- Responsible for effecting smooth transitions for clinical treatments plans to homecare settings
- Providing services for individual patients to facilitate optimal patient results in the treatment of chronic mental disorders
- Facilitating and promoting mental health education and advice on healthy lifestyle choices to aid in the prevention of mental health disorders
- Maintaining a safe and secure treatment environment for patients, family members, staff, and visitors

01/2015 — 12/2019

### **Mental Health Nurse at Marx & Smith GPs**

Menlo Park

*Developed and spearheaded a new patient care plan, increasing patient confidence by 35%.*

- Performing practice audits, research investigations, and analysis tasks associated with compliant clinical practice
- Applying appropriate legislation and oversight to local practice operations, for example, medicine management, patient group directives, and counseling sessions
- Providing an initial health screening of all new patients to the facility within the timeframes governed by the clinical practice

- Staying abreast with security constraints and regulatory aspects about secure and safe environments
- Participating and contributing to teaching and supporting new and junior members of staff
- Informing and counseling patients regarding matters about their physical wellbeing and how that affects their mental health.
- Operate within the bounds of confidentiality at all times, adhering to data protection and maintaining private patient records
- Acting predominantly within a selected area of specialization but to operate as part of a team delivering generic primary care services regardless of specialty studied
- Providing professional advice and support to all health professionals and non-clinical staff members to ensure significant health and social care protocols are maintained
- Promoting a company culture of positive health, safety, and infection control conduct to ensure a safe environment for all internal and external stakeholders

## 03 EDUCATION

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Jan 2020 — Present

### Joliet University

Chicago

Master of Science Degree in Pediatrics Nursing

Jan 2018 — Dec 2019

### Central Pennsylvania College

Summerdale

Bachelor Science in Health Sciences (Advanced Patient Care)

Major Subjects:

- Drug Dependency
- Manic Depression
- Seizure Disorders
- Suicidal Ideations
- Assault Behavior
- Psychosis

Jan 2015 — Dec 2016

### University of California

New York City

Associate of Science – Nursing

## 04 SKILLS

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Medication Administration	● ● ● ● ●	Behavioristic Charting	● ● ● ● ●
BLS/ACLS/PALS certified	● ● ● ● ●	Psychological Mapping	● ● ● ● ●
Assaultive Behavior	● ● ● ● ●	Initiating Behavior Modification	● ● ● ● ●
Initial Nursing Assessment & Care Plan	● ● ● ● ●	Conduct Individual Psychotherapy	● ● ● ● ●

## 05 COURSES

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Jan 2019 — Oct 2020

**Basic Life Support (BLS) for Healthcare Providers, at Mecosta Medical Center, Traverse City, MI**

## 06 LANGUAGES

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English	● ● ● ● ●	Russian	● ● ● ● ●
Spanish	● ● ● ● ●		

## **07 HOBBIES**

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Running, Rugby, Art