

LARISSA SIDES

Registered Nurse, BSN
408-612-2122
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PROFESSIONAL PROFILE

Experienced medical professional with over 8 years of varied medical experience including pre-hospital, clinical, hospital, nutrition and education.

EDUCATION

FNP/DNP STUDENT - Samuel Merritt University 1/2023-6/2026

BS IN NURSING - Samuel Merritt University 4/2021-4/2022

BS IN NUTRITION - Arizona State University 1/2017-5/2019

EMT-B - San Jose City College 1/2015-5/2015

WORK EXPERIENCE

Clinic Nurse

Sutter Health, Mountain View, CA | 3/2023 — present

- **Oncology Nursing Expertise:** Skilled in providing specialized care to patients with gynecologic cancers, including ovarian, cervical, and uterine cancers.
- **Pain Management:** Competent in managing cancer-related pain through various interventions, including pharmacological and non-pharmacological approaches.
- **Symptom Management:** Proficient in addressing common symptoms associated with gynecologic cancers, such as nausea, fatigue, and neuropathy.
- **Surgical Support:** Knowledgeable about surgical procedures related to gynecologic oncology, assisting surgeons during surgeries and providing post-operative care.
- **Counseling and Education:** Capable of offering emotional support, education, and counseling to patients and their families about their diagnosis, treatment options, and prognosis.

ICU NURSE

Regional Medical Center, San Jose, CA | 6/2022 — 3/2023

- **Critical Care Nursing:** Proficient in providing specialized care to critically ill patients, including those with complex medical conditions, post-operative recovery, and acute respiratory failure.
- **Advanced Cardiac Life Support (ACLS):** Certified in ACLS and skilled in managing cardiac emergencies, interpreting EKGs, and administering life-saving interventions.
- **Patient Assessment:** Able to perform thorough assessments, monitor vital signs, and quickly recognize changes in a patient's condition, initiating appropriate interventions.
- **Mechanical Ventilation:** Competent in managing mechanical ventilators, adjusting settings, and monitoring patients with respiratory failure, ensuring optimal oxygenation and ventilation.
- **Advanced Monitoring:** Proficient in using advanced monitoring equipment, such as invasive hemodynamic monitoring, arterial lines, and cardiac output monitoring.

- Medication Management: Knowledgeable about high-risk medications used in the ICU and adept at calculating dosages, administering medications, and monitoring for adverse reactions.
- Critical Thinking: Ability to think critically, analyze complex patient data, and make rapid and informed decisions to provide the best care.
- Interdisciplinary Collaboration: Collaborates effectively with healthcare teams, including physicians, respiratory therapists, and pharmacists, to develop and implement comprehensive care plans.

EMERGENCY DEPARTMENT TECHNICIAN

Kaiser Permanente, Santa Clara, CA | 3/2018 – 12/2023

- Emergency Procedures: Skilled in assisting with emergency medical procedures such as wound care, splinting, and CPR, ensuring timely and effective treatment.
- Medical Equipment Operation: Competent in operating and maintaining a wide range of medical equipment, including defibrillators, and EKG machines.
- Emergency Response: Capable of maintaining composure during high-stress situations, responding promptly to emergency codes and assisting healthcare teams.
- Patient Care: Experienced in providing compassionate and attentive care to patients, addressing their needs and concerns in a calm and reassuring manner.
- Communication Skills: Effective verbal and written communication abilities for conveying critical information to healthcare teams and patients.
- Teamwork: Demonstrates the ability to work collaboratively with physicians, nurses, and other healthcare professionals to deliver high-quality patient care.

EMT SKILLS INSTRUCTOR

San Jose City College, San Jose, CA | 1/2016 – 6/2020

- Professional Development: Committed to staying updated with the latest developments in emergency medical procedures and instructional methods.
- Instructional Methods: Skilled in employing various teaching methods, such as hands-on demonstrations, simulations, and multimedia presentations, to engage and educate students effectively.
- Assessment and Evaluation: Capable of assessing students' performance, providing constructive feedback, and tracking their progress to facilitate learning and skill improvement.
- Adaptability: Able to tailor training programs to meet the diverse learning needs of students, adjusting teaching methods as necessary.
- Communication Skills: Excellent verbal and written communication skills for conveying complex medical concepts and procedures in a clear and understandable manner.

EMERGENCY MEDICAL TECHNICIAN

American Medical Response, Santa Clara, CA | 7/2015 – 7/2017

- Patient Assessment: Quickly and accurately evaluate patients' conditions, e.g., identifying signs of shock or respiratory distress.
- Emergency Medical Procedures: Proficiently perform CPR, wound care, and splinting, ensuring timely and effective treatment.
- Medical Equipment Operation: Operate and maintain medical tools, like defibrillators and oxygen masks, used in emergencies.
- Emergency Response: Maintain composure during high-stress situations, such as car accidents or cardiac arrests, reacting swiftly to provide aid.
- Communication Skills: Effectively convey vital information to healthcare teams and offer comforting reassurance to patients and families.

Licenses

RN,
ACLS,
BLS,
EMT-B