***Kelsey Johnson***

336 East Summit Ave (651) 808-1227 Ellsworth, WI 54011 kmjohnson08@winona.edu

**OBJECTIVE:** To obtain a job in Cardiopulmonary Rehabilitation.

**EDUCATION: Winona State University, Winona, MN**

*Bachelor of Science, Exercise and Rehabilitative Sciences: Cardiopulmonary Rehabilitation option with a minor in nutrition*

**CLINICAL Johns Hopkins Bayview Medical Center in Baltimore, Maryland**

**EXPERIENCE:**  *Intern* January 2014 to May 2014

* Participated in screening individuals’ medical history to identify risk factors
* Assisted patients with fitness and health related educational programs and conversations
* Planned, coordinated and implemented fitness programs for a wide variety of patients; including deaf, blind, stroke victims, patients with downs syndrome, healthy and wheelchair bound individuals
* Observed both non-invasive and invasive cardiac procedures
* Helped develop safe exercise programs for patients whether they are low, medium or high risk
* Supported patients through goal setting and a safe progression through rehabilitation

**Mayo Clinic in Red Wing, MN**

*Student* July to August 2013

* Worked with phase II cardiac and pulmonary rehab patients
* Measured patient blood pressures and oxygen saturations before, during and after exercise
* Monitored electrocardiograms of four patients at a time
* Educated patients of various health benefits and ways to keep a healthy lifestyle
* Worked with inputting patients progress into the epic program with each appointment

**Practicum at Winona State University’s Cardiopulmonary Rehabilitation and Prevention Program** *Student*June to July 2013

* Worked with Phase III cardiac rehab patients
* Measured patients’ resting, exercise and recovery blood pressures
* Communicated, motivated and encouraged exercise and healthy lifestyle changes

**RELEVANT** Clinical Exercise Testing and Prescription, Electrocardiogram, Cardiac Risk Prevention,

**COURSE WORK:** Nutrition, Behavioral Interventions, Anatomical Kinesiology, Mechanical Kinesiology, Physiology of Exercise, Pharmacology, Personal and Community Health, Anatomy, Physiology, Advanced Nutrition

**CERTIFICATIONS** CertifiedCancer Exercise Specialist, Adult CPR Certified, American Red Cross, First Aid Certified,

**& SKILLS** American Red Cross, AED Adult Certified, American Red Cross, Certified Nursing Assistant

**WORK Certified Nursing Assistant** August 2013 to December 2013

**EXPERIENCE:** *Winona Health Hospital; Winona, MN*

* Assist nurses with daily care of patients
* Work with Medical, Surgical, Family Birth and Intensive Care Unit departments
* Regularly take and input patients’ vitals and activities of daily living into Cerner program

*Sterling House; Winona, MN*March 2012 to December 2013

*Ellsworth Care Center; Ellsworth, WI*June 2010 to current

**ACTIVITIES:** Winona State Cardiopulmonary Rehab Club Marketing Chair August 2012 to May 2013

Winona State University Middle School Scrub Camp presenter on Health Exercise and Rehabilitative Sciences and Aging Sensitivity in Rochester and Winona Minnesota June 12th and 27th, 2013