| Theresa A. Phillmon RN |
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| Profile | Background experience in hospital based, Med/Surg., Psychiatric, Rehab Nursing, and Skilled Care Nursing within LTC facilities. Specialized in Psychiatric Nursing, with the adolescent and adult population, over the past 10 years. Attained Home Care experience, over a 3 year period, while continuing care at the inpatient, geropsychiatric program. Generalized experience acquired in medical/ surgical nursing, during 30 year career. Have gained recent experience, in admission and discharge processes of hospital based patients. Licensed in Connecticut and Virginia as an RN. Certified in BLS. Knowledgeable in phelbotomy. Excellent communication skills. Computer literate, and versed in electronic charting. Possesses an empathetic, caring, and positive attitude, and strong, responsible work ethic. Reestablishing residency in the state of Connecticut. Seeking a position as an RN, in the behavioral health field. |
| Career History | Admission-Discharge Nurse II  June 2011 – present~ Chesapeake Regional Medical Center, Chesapeake, Virginia  ~Worked as an admission/discharge nurse II. As an RN, working for the travel team, was able to complete the admission or discharge process for patients throughout the hospital. Assisted different units, with the flow of patients from the Emergency Dept, to their specific unit, and transitioning of patients to be discharged. Gained experience in quick assessments, prioritizing patient care, and delegating responsibilities to staff RNs regarding their patients. Focused on patients’ needs, and helped to begin a Plan of Care for the patient. Attention to detail was an asset necessary to possess, to allow the patient to focus on follow up care after discharge. Medication and diagnostic teaching performed as needed. Enhanced communication skills with the multi-disciplinary team, and allowed for a smooth discharge from the hospital, to their appropriate destination. Gained experience using the McKesson, electronic charting system. Was provided with a mobile laptop on wheels, and was able to complete procedures in a timely manner. |
|  | Psychiatric-Medical Staff/Charge Nurse  Dec 2008-June2011, July 2006-Aug 2007~ Chesapeake Regional Medical Center, Chesapeake, Virginia  ~Worked as a staff/charge nurse, on an inpatient acute care psychiatric unit for older adults. Completed medication administration. Assisted pts. with physical care. Anticipated and intervened with escalating pt. behaviors appropriately. Maintained appropriate pt. safety. Monitored medical profiles, and delivered appropriate care, regarding their specific diagnosis, per MD orders. Completed admissions, followed pts. through their stay, and discharged to appropriate facilities. Acquired the knowledge, as charge nurse, to evaluate pts., for admission through the ED. Able to supervise and assist MHT’s, LPN’s, and RN’s, while in the charge position. Communication skills were developed with pts., families, and the multidisciplinary team. Mastered ability to prioritize and multitask. Gained ability to chart electronically using the McKesson System. Chesapeake Regional closed this unit in June of 2011. Acquired above referenced position as the Admit/ Discharge II RN. |
|  | Home Health/ Visiting Nurse  March 2008-Nov 2010~ Karya Home Care, Williamsburg, Virginia  ~Worked as Home Health Nurse, and delivered care regarding pts. transition back to their home setting. Assessed and taught patients, and families how to maintain their medical care at home, and guide in their recuperative process. Completed and taught wound care, medication teaching, and general skilled services that were ordered by the MD. Evaluated what was being administered by the multiple disciplinary team, was helping the patient to attain recovery. Was also a liason between the MD and the patient. Administered care during emergency situations. Gained experience in admitting pts. utilizing the OASIS form. Delivered care within patient’s private homes, senior apts., assisted living facilities, and nursing homes. Monitored patients in a large geographic area. Cities included Richmond, Williamsburg, Hampton, Newport News, Portsmouth, Suffolk, Chesapeake, and Virginia Beach. |
|  | Charge-Supervisory Nurse  August 2007-Sept 2009 ~ Madison Retirement Center, Williamsburg, Virginia  ~Worked as a charge nurse/ supervisory nurse, in an assisted living facility. Responsible for assessment, monitoring and supportive care of seventy residents, many of whom were psychiatrically compromised. Assisted with medical/ psychiatric appointments. Completed medication passes. Anticipated and intervened with residents regarding any acting out or behavioral issues. Assisted residents with any emergency situations. Provided for and maintained a safe environment for the residents, at all times. Completed any necessary documentation for the shift, and any that was required by the facility on a monthly basis. Administered monthly IM injections. Audited charts for content, to allow for their completion. Many of these patients had trust issues, and was able to develop a therapeutic rapport with these residents.  **Psychiatric-Medical Charge-Staff Nurse**  Sept 2005-Feb 2007~ The Bridges at Rappahannock General Hospital,  Kilmarnock, Virginia  ~Worked as an RN charge nurse, on this adult, psychiatric, acute care unit. Passed medications, completed medication teaching, monitored and assisted with patient behavioral issues. Attended care plan meetings. Completed admissions, monitored patients progress, and recovery. Worked closely with the psychiatrist and social worker regarding patients care, discharge recommendations, and their return to the community. Audited charts and completed shift paperwork within a timely manner.  **Psychiatric-Medical Charge-Staff Nurse**  May 2001-July 2005 Cumberland Hospital for Adolescents and Children  New Kent, Virginia  ~Worked as an RN charge nurse, at this long term/ residential care facility for adolescents and children. Many of these patients were also medically compromised. Worked with patients in a tandem approach to care, focusing on both their physical and emotional issues. A major portion of the patient population, that was managed, had Diabetes Mellitus Type I. Completed teaching proper medical attention for their disease process. Assisted with the proper use of their insulin pumps. Monitored them as they delivered their insulin injections, to assure correct technique. Distributed medications. Helped them to develop appropriate coping skills. Trained for behavioral emergencies, acquired skills on how to maintain a safe environment. Went on day trips off the campus, with the patients, to assist with any medical issues that arose. Weekly care plans were updated, and documentation was completed for patient specific monthly summaries, in an appropriate time frame. |
| Education | Salve Regina University, Newport, Rhode Island  May 1982   * Bachelor of Science –Nursing Major |
| **References** | **Professional references from colleagues, submitted upon request.** |