Thera Savala

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Professional Objective: To extend my dedication and compassion to caring for those in need of a skilled, prudent and proficiently trained Registered Nurse that will continually educate and implement best practice methods according to the Texas Board of Nursing.

Education:

Western Governors University Online Dallas, TX Cohort

Bachelor of Science in Nursing

Graduated: 12-2017 BSN Licensure: 10-16-18

Richland College Dallas, TX    
Associate of Science Degree   
Graduated: 07-2014

Tarrant County College Arlington, TX   
RN Nursing Prerequisites   
April 2005-July 2010

Concorde Career Institute Arlington, TX    
Vocational Nurse Program    
Graduated: 09-2009  LVN Licensure: 10-13-09

BSN Clinical History:

60 HRS Across the Lifespan I at Lake Pointe Medical Center/ 01-29-2016 to 02-16-2016

* Several Key Clinical Behaviors demonstrated: Obtained a health history and performs a general physical assessment on the adult patient.
* Integrated principles of comfort in assessing and responding to physical and emotional needs and changes in adult patients
* Integrated principles of skin integrity, activity, and mobility in assessing and responding to needs and changes in the patient

60 HRS Across the Lifespan II at Dallas Medical Center/ 04-15-2016 to 05-16-2016

* Several Key Clinical Behaviors demonstrated: Provided perioperative nursing care that ensures safety, quality, and continuity of care during the preoperative, intraoperative, and postoperative periods
* Provided patient education that recognizes individual attitudes and values.
* Used cognitive and clinical reasoning to incorporate the principles of patient-centered care when planning/providing care to adults with common injuries and/or diseases

72 HRS Complex Illnesses in Adults at Dallas Medical Center / 08-03-2016 to 08-31-2016

* Several Key Clinical Behaviors demonstrated: Recognized less-than-desired patient care outcomes and uses that evidence to identify alternative care measures
* Maintained ethical, respectful, professional behavior always through reflective practice in nursing care of patients
* Prioritized care of patients on a medical-surgical unit

72 HRS Psych/Mental Health Clinical at Nexus Recovery Center/ 10-26-2016 to 11-16-2017

* Several Key Clinical Behaviors demonstrated: Effective communication skills and therapeutic use of self to manage individuals experiencing mental health disorders
* Established appropriate professional boundaries while promoting safe and therapeutic environments
* Provides patient-centered care, integrating theories and concepts relevant to mental health across the lifespan

36 HRS Care of Developing Family at Dallas Medical Center/ 01-07-2017 to 01-21-2017

* Several Key Clinical Behaviors demonstrated: Incorporated the patient/family birth plan into the nursing plan of care and advocated for them related to both the birthing
* Anticipated/planned for unexpected patient & family variations during the antepartum through the postpartum period by identifying potential complications
* Instructed parents on infant/parent identification procedures to prevent infant abduction

36 HRS Care of Growing Family at Head Start of Greater Dallas 02/01/2017 to 02/26/2017

* Several Key Clinical Behaviors demonstrated: Used cognitive knowledge and clinical reasoning to plan and provide safe, quality, patient-centered care in all settings to the child who is ill, injured, or disabled
* Utilized age-appropriate health promotion and health maintenance activities
* integrates principles of physical, emotional, and psychological growth and development into the pediatric assessment

64 HRS Community Health & Population at AIDS Outreach Center/ 04-16-2017 to 05-14-2017

* Several Key Clinical Behaviors demonstrated: Analyzed primary, secondary and tertiary prevention activities in various settings
* Participated in community-based committee meetings to identify the community partners and collaborative relationships that addressed prenatal morbidity
* Identified Community Health needs in relation to Healthy People 2020 objectives

73 HRS Critical Care Nursing Clinical at Dallas Medical Center/ 07-19-2017 to 08-01-2017

* Several Key Clinical Behaviors demonstrated: Collaborated with interdisciplinary team to effectively treat, advocate & therapeutically communicate to/for critically ill pt and family regarding care
* Maintained ethical decision making regarding pt preferences to care and cultural standards
* Recognized critical lab values, their significance to pt status and demonstrated applicable interventions

184 HRS Nursing Practicum at Dallas Medical Center ER Dept. / 09-04-2017 to 10-08-2017

* Several Key Clinical Behaviors demonstrated: Synthesized the requisite knowledge and skills necessary to function as a novice baccalaureate prepared nurse
* Utilized clinical and professional insight to detect subtle changes and deviations from expected health patterns when managing a beginning practitioner’s workload with minimal supervision
* Integrated delineated knowledge and skills to coordinate and advocate a respectful interdisciplinary environment that promotes optimal well-being

Work History:

06/17/19 to 08/08/19

Hickory Trail Behavioral Health Hospital-Nurse Manager Desoto, TX. FULL-TIME

I assisted the ADON/Interim DON with management of a 3 inpatient units building of Pediatric/Adolescent patients. I ensured treatment plans for psychiatric care and medical treatment were implemented by the staff nurses 24 hours a day. I educated, trained and implemented the JHACHO rules and regulations for nursing care were followed. I participated in Nursing Executive Committee meetings to imitate, implement and evaluate nursing documentation, medication administration, chart audits, assisted with admissions and discharge of pts and collaborative patient treatment outcomes while supervising

06/17/19 to 08/04/19

Hickory Trail Behavioral Health Hospital-Assistant Director of Nursing/Infection Control Desoto, TX. FULL-TIME

I assisted the interim Director of Nursing with daily functionality of a 7 unit inpatient psychiatric/behavioral health facility while training as ADON. My duties included house supervisor, staff education training, monthly audit chart reviews, direct the flow of patient care to all patient areas and units, acted as facility AOC, assisted with staff scheduling of 82 bed facility, infection control measures and employee evaluations. I was a member of the Leadership Nursing Executive Team that analyzes and reviews patient data, chart reviews, competency measures, quality control measures and compliance of legal documents. I also crested infection control logs, implement measures for infectious disease prevention, employee health vaccines and record maintenance, and kitchen audits, CPI instructor certified

04/29/19 to 06/17/19

Hickory Trail Behavioral Health Hospital-Staff Nurse Desoto, TX. PRN

As a staff nurse, I admitted and discharged patients needing psychiatric to behavioral health inpatient interventions per doctors orders. I utilized psychiatric care plans and medical care plans for adult and children units to render care. I monitored effectiveness of treatment and modified care plans as needed. I monitored behavior health for decline or increase in behavioral care needs

02/26/19 to 05/22/19

MHMR of Tarrant County-Youth Behavioral Services Fort Worth, TX FULL-TIME

I was a Wellness RN working in Youth Behavioral Health Services that planned, coordinated and participated in the provision of health care services for individuals in the community. I utilized holistic care with the understanding individuals served at MHMR Tarrant have both behavioral health and physical health needs considered. As the field RN, I used a comprehensive and psychiatric nursing assessment to determine the behavioral health care needs of the individual and document in the medical record. As the RN, I make medication decisions for the individuals served in the program related to medication delegation, self-administration of medication or self-administration of medication with supervision. I also provide oversight to unlicensed staff in medication competency to assist with self-administration of medication with supervision. As the RN, I assist the prescriber to ensure compliance with lab studies, follow care for EKGs and lab procedures and coordinate care with colleagues to ensure continuity of care relating to behavioral health and physical health conditions. This includes follow ups after emergency department visits and hospitalizations, as well as follow ups with primary care providers. I promote collegiality among health care team members, through collaborative communication, maintain medications for my behavioral health site, ensure medication inventory for all medications on site is completed and documented according to protocol. As the RN, I also maintain necessary supplies for implementation of agency policies and procedures on infection control, according to the Infection Control Manual, SAMA protection trained.

12/09/13 to 02/26/19

Tarrant County Public Health Dept.-Tuberculosis Elimination Fort Worth, TX. FULL-TIME

I was a LVN in Tuberculosis (TB) Prevention specialty whom is responsible for project managing; ordering, packing and delivery of latent TB medications for $2 million DSRIP grant program in Tarrant County to all latent TB clients. In addition to this I follow up on all positive reports to TCPH and arrange for those clients to be further evaluated by a Provider. I case manage TB case/suspect and HIV/AIDS caseloads for clients 10 years old and older to ensure medication compliance through duration of their treatment and coordinate referrals for additional follow up care. I supervise up to 6 CSA team members and assign tasks in addition to delivering TB medication, monitor routes and are a POC for medications issues, I also home/work deliver pt. meds  and observe medication administration, give updated vaccinations, give pt. medication regimen according to Dr. written and verbal orders, place and read TB skin tests, draw various blood labs for baseline values, obtain medical and health history for homeless clients for open chart process, advocate pt. needs during screenings, triage/assess pt. issues over telephone and in person for toxicity of TB meds, schedule Dr. appointments for pts., chart pt. progress and medication administration in EMR program ECW, create medication labels for pharmacist use, maintain file system for pt. toxicity reporting forms, document compliance of TB therapy, Manages Access, Word and Excel spreadsheets daily to update pt. medication dosing, collaborate pt. care referred into and transferred out of TCPH TB clinic, process referrals for pt. follow up, add billing and coding CPT codes for pt. visits in EMR, collaborate pt. care needs and interventions with the Physician/staff, notified treating Physician on pt. compliance of orders, ensure pt. safety and quality of care, attend trainings to maintain licensure and certifications, participate in continuous quality improvement trainings to maintain competency levels and ensure compliance with departmental policies and procedures

 12/06/11 to 12/06/13   
Tarrant County Public Health Dept.-Prevention/ Planning Fort Worth, TX  FULL-TIME  
Worked as LVN in HIV/AIDS specialty clinic that checked-in patients, assessed/recorded their vital signs, updated pt medication lists in EMR, assisted with patient annual pap/well women's exams, administered due vaccines/ TB skin test as ordered by physician, track/ follow up on healthcare needs referrals, scheduled patient appointments, documented patient care interventions and education in EMR, conducted focused needs assessments, prepared/restocked exam rooms supplies for patient care, conducted medical records requests, notified treating Physician on pt. compliance of orders, and made f/u calls for medication pick up, called in/faxed prescription refills to pharmacies, submitted prior authorizations for medication approvals, assisted with blood lab draws occasionally, conducted telephonic patient triage and documented outcomes in EMR, ran EKG tests with diagnostic equipment, collected specimens for wound cultures, influenza and strep throat in office and sent to appropriate lab for evaluation, documented patient care interventions and education in EMR, obtained appropriate patient consent forms for release or preparation of medical treatment, inspected exam room equipment to ensure patient safety and proper functioning and cleanliness, reordered medical supplies, completed medical coding/billing forms and clinical documentation daily, collaborated pt. care needs and interventions with the Physician/staff, ensure pt. safety and quality of care, maintained clinical/technical skills by attending training programs to maintain competency levels and ensure compliance with departmental policies and procedures

05/21/11 to 12/04/11

Tender Heart Home Health Agency Arlington, TX  PART-TIME

LVN which assessed patients daily for homebound status and improvement/declines in health as ordered including checking for s/s of infection, sickness, weakness and abnormal limitations/issues, checked blood sugars, pre-filled insulin syringes and med boxes, provided wound care, observe medication reactions, provided ADL assistance and gave pt. /family teachings as needed, ensure pt. safety and quality of care, charted regularly on pt. status, collaborated pt. care needs and interventions with the Physician/staff, notified treating Physician on pt. compliance of orders

11/08/10 to 05/20/11

Duncanville Healthcare and Rehab Center Duncanville, TX  PRN  
Charge LVN which provided skilled care to geriatric population using HTT assessments, diabetic care mgmt., ADL/transfer assist. care plan mgmt., administered breathing treatments, monitor for side effects of medications, applied wound vac and dressing care and enteral tube feedings, monitored IV therapy, provided pt./family teachings, charted pt. care regularly, managed nurse station telephone calls and call lights, assisted with narcotic cart counts and medication reconciliation documentation, notified treating Physician on pt. compliance of orders, rotated shifts as charge nurse and processed patient admissions/discharges, collaborate pt. care needs and interventions with the Physician/staff, ensure pt. safety and quality of care, attended on the job skills trainings

10/06/09 to Current  
No Place Like Home Hospice Care Fort Worth, TX  PART-TIME  
RN case manager which assesses new and current patients for intake or discontinuation of services while collaborating with medical team, works in acute care IPU hospice setting.

As a LVN I provide continuous bedside care and start of service assessment visits to sick and deathly ill patients, monitored V/S, gave comfort medications as ordered, provides ADL transfers and oral care prn, gave family teaching of dying process, ensure pt. safety and quality of care, document pt. status, call in deceased pt info to local mortuary, collaborated pt. care needs and interventions with the Physician/staff

09/21/09 to 04/09/10   
T&T Home Health Agency Dallas, TX PART-TIME

Assessed patients daily for homebound status and improvement/declines in health status as ordered including checking for s/s of infection, sickness, weakness and abnormal limitations/issues, checked blood sugars, pre-filled insulin syringes and med boxes, ensure pt. safety and quality of care, provided wound care and medication administration, provided ADL assistance and gave pt./family teachings as needed, notified treating Physician on pt. compliance of orders, collaborated pt. care needs and interventions with the Physician/staff, and charted regularly on pt. status

Attributes: Dependable~ Communication Skills~ Self-motivated~ Multi-Task Oriented~ Team Player~ Time/Organization Management~ Fast Learner~ Respectful/Caring~ Works Well Under Stress~ Project Manager~ Reliable~ Leadership Oriented

Licensure/Certifications: BSN RN 10-16-2018 to 11-30-2019 TX 955202, LVN 10-13-2009 to 11-30-2019 TX 224923, BLS certified until 04/30/2020, CPI certified until 05/02/2020, SAMA certified until 03/28/2020, CPI Instructor Certification until 07/2022, Vision and Hearing screening certified until 12/2024

Awards/Accomplishments: *Honors Academy GPA 3.4 in 2014* (Richland College), *Academic Deans List GPA 3.5 in 2009* (Concorde Career Institute), *Member of CQI Committee in 2013* (Tarrant County Public Health Dept.), *Graduate of Leadership Development Program 2018* (Tarrant County Public Health Dept.) *BSN Nursing Portfolio of Academic Works* (Western Governors University)