

Contact

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Certifications

Pediatric Advanced Life Support
(PALS)

Julie Gilstrap BSN-RN, BBA

ICU Nurse

Dallas/Fort Worth Area

Summary

I am a bachelors-prepared registered nurse with a previous degree in healthcare administration, and seven years of patient-centered care and team-building experience. Through my years of experience and education, I have become highly skilled in effective oral and written communication, problem solving, and leadership. As a detail-oriented and resourceful self-starter I am continuously seeking out new learning opportunities. My enthusiasm is the driving force that allows me to master clinical techniques and software quickly.

In the clinical environment, I use independent judgement, situational awareness, and analytical skills to continuously monitor and assess for subtle changes, allowing for prompt nursing intervention and optimal patient response. I value and enjoy multidisciplinary care with a focus on patient education and empowerment.

FUN FACTS

- Learning is my favorite but don't tell music
- I enjoy studying details & aspire to specialize in the future
- I adapt to change quickly & thrive in a challenging environment
- I value constructive criticism as a tool for continuous growth
- My favorite aspect of nursing is not just fixing the problem but improving quality of life
- I'm learning Spanish and my mom is a Spanish speaker
- I'm reading my critical care textbook because it's the only one I paid for and why not? (I can get very detailed about ABG analysis if anyone is interested)
- My Myers-Briggs personality type is INFP – The Mediator
- I have a dog-son and he is a Boston Terrier named Yoda

Experience

GHR Travel Nursing

Travel Nurse - ICU
April 2020 - Present (3 months)

Texoma Medical Center
Cardiovascular Intensive Care Nurse
April 2019 - April 2020 (1 year 1 month)
Sherman/Denison, Texas Area

Parkland Hospital
Registered Nurse
July 2018 - April 2019 (10 months)
Dallas, TX

Daily responsibilities:

- Triage patients and assigning the appropriate ESI and acuity
- Medication administration (IV push, IM, Subq, PO) and timely reassessment
- Determining priority tasks based on acuity, dwell time, and time-sensitive orders (for example - EKG within 10 minutes, discharge within 15 minutes, pain reassessment based on mechanism of administration, vital signs and reassessment of chief complaint within an hour of discharge or transfer)
- Manage four rooms while reviewing the pod as a whole and providing help to teammates to better serve patients
- Communicating with providers effectively and updating patients on plan of care
- Utilizing Epic software and remaining up to date on changes (my favorite update is the preferred pharmacy addition – it saves a lot of time)
- Documenting handoff, providing report, and including the patient during transfers and shift changes

Education

The University of Texas Health Science Center at Houston
(UTHealth)
Bachelor of Science - BS, Nursing Science · (2016 - 2017)

University of Houston
Bachelor of Business Administration - BBA, Healthcare
Administration · (2010 - 2013)