

Contact

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Top Skills

Nursing

Patient Safety

Patient Care

Certifications

Registered Nurse

Honors-Awards

Sigma Theta Tau, Nu Xi at-Large Chapter

Summa Cum Laude

Army Achievement Medal

Army Commendation Medal

Supreme Headquarters Allied Powers Europe, Youth Volunteer of the Year Award

Frank Ladra

Registered Nurse at San Francisco Department of Public Health
Walnut Creek, California

Summary

Compassionate Registered Nurse with a keen attention to detail who is seeking a diverse and challenging position, where I can grow professionally as a nurse. Strong critical thinking skills allow me to quickly assess the situation and respond using the required skill-sets to resolve any medical situation proficiently while under pressure. My preceptive and insightful interpersonal skills allow me to provide individual and/or team based high quality safe patient care. The 5 plus years spent in the military, my time as a student nurse, Class President at CSUEB, and my time as a registered nurse in a post-acute rehabilitation setting has instilled in me valuable leadership capabilities and a strong sense of teamwork.

Experience

San Francisco Department of Public Health

Registered Nurse

March 2020 - Present (5 months)

San Francisco, California, United States

Aspen Skilled Healthcare, Inc.

Registered Nurse

April 2019 - March 2020 (1 year)

La Casa Via Transitional Care Center, Walnut Creek, CA

Awarded the Employee of the Month designation for December of 2019 for teamwork and superb patient care.

Charged with the medication administration, individualized care plan development and nursing interventions of up to 16 patients in a post-acute rehabilitation setting.

Prioritized care with a keen sense of time management while employing evidence-based practice to provided positive patient outcomes.

Conducted intravenous therapy, specialized wound care, catheter and colostomy care, enteral administration, pain management, as well as diabetic management and education.

Monitored and assessed patients to evaluate effectiveness of treatment and to detect early signs and symptoms of clinical deterioration. Coordinated care with a multidisciplinary team while advocating for my patient's treatment goals.

Represents the organization in a positive and professional manner, interacting and communicating with dignity and respect.

Leads by investing and building healthy relationships among staff, colleagues and other disciplines.

Demonstrates enthusiasm for continuous learning and identifies and creates a plan for the continuation of learning and development.

Complies with established medication use policies, safety policies and procedures including standard infection control practices.

Ensures nursing care is delivered in accordance with California Nursing Practice Act, established Standards of Care, Policies and Procedures, and regulations.

Facilitates communication between all nursing personnel, other departments/ disciplines, and physicians and ensures necessary follow-up actions are taken.

Serves as an engaged member of a team supporting colleagues in service to patients and families and may participate in task forces or other initiatives.

Aegis Living

Life Enrichment Assistant

January 2019 - April 2019 (4 months)

Moraga, California

Assist in designing, facilitating, and conducting activities for residents alongside the Life Enrichment Director.

Assess participants in both assisted living and memory care environments to plan and execute interventions designed to maximize function and promote independence.

Assist in the coordination of community wide events

Create new and innovative enrichment programs and activities for our residents with a commitment to high quality standards for residents.

California State University - East Bay

Student Nurse

September 2016 - December 2018 (2 years 4 months)

Concord, CA

Clinical Rotation:

Community Health (90hrs)

St. Mary's, Oakland

08/20/2018 – 10/14/2018

Preceptorship (203.5hrs)

Contra Costa Regional Medical Center

06/18/2018 – 08/12/2018

Labor & Deliver/Obstetrics (60hrs)

John Muir, Walnut Creek

03/26/2018 – 04/29/2018

Medical Surgical: Adult Cardiac (60hrs)

John Muir, Concord

04/30/2018 – 06/03/2018

Medical Surgical: Psychiatric (60hrs)

Contra Costa Regional Medical Center

02/05/2018 – 03/11/2018

Medical-Surgical: Perioperative (60hrs)

San Ramon Regional Medical Center

01/02/2018 – 02/04/2018

Medical-Surgical: Geriatrics (60hrs)

San Ramon Regional Medical Center

10/25/2017 – 12/03/2017

Medical-Surgical: Pediatrics (60hrs)

Children's Hospital, Oakland

09/20/2017 – 10/24/2017

Medical-Surgical: Adult Rehabilitation

Contra Costa Regional Medical Center

03/27/2017 – 06/11/2017

Rehabilitation (60hrs)

Windsor Manor

01/03/2017 – 03/19/2017

Aegis Living

Medication Care Manager

June 2017 - September 2017 (4 months)

Pleasant Hill

Managed medication dispensing to over 60 residents of a geriatric memory care center.

Assisted residents with the self-administration of their medications as well as aided them with their activities of daily living.

Diligently assessed and reported changes in a resident's condition on a day-to-day basis.

Contra Costa ARC

Work Unit Supervisor

January 2016 - September 2016 (9 months)

San Francisco Bay Area

Charged with teaching work skills to adults with intellectual and developmental disabilities in a warehouse/production environment along with engaging them in learning other educational related activities.

Ensured control and management of stock material movement as well as product placement in a warehouse/production environment.

Lowe's Companies, Inc.

Stocker/Truck Unloader

June 2014 - January 2015 (8 months)

San Francisco Bay Area

Responsible for distributing and stocking merchandise throughout the store including caring for store equipment and cleaning hazardous materials spills.

Responsible for providing excellent customer service by greeting customers and assisting customers in locating, selecting, demonstrating, and loading merchandise.

US Army

Pharmacy Technician

October 2008 - October 2013 (5 years 1 month)

Fort Hood, Texas

Accountable for over \$3,000,000.00 worth of pharmaceutical products and inventory management.

Orchestrated processes for reviewing and revising Department of Pharmacy standard operating procedures with the end goal of streamlining operations and eliminating redundancies.

Charged with narcotic documenting and record keeping as well as compounding of drugs and preparations of medications.

Extensive administrative, inpatient, outpatient and supply experience.

Advocated for patients to receive the best pharmacy care possible and performed patient counseling and verification of medication lists.

Accelerated in resolving and/or mitigating patient complaints to ensure satisfactory pharmacy visits.

Subject matter expert in infection control, medication management, emergency management procedures, and disposal of hazardous waste.

The Exchange

Store Associate

June 2008 - October 2008 (5 months)

Heidelberg, Baden-Württemberg, Germany

Sold a variety of merchandise to customers using salesmanship and courtesy.

Practiced loss prevention procedures and performed other related retail duties as required.

Noted for personal service, concern for customers, amiable disposition and knowledge of AAFES/Retail policies and business procedures.

Education

California State University - East Bay

BSN, Registered Nursing/Registered Nurse · (2016 - 2018)

Los Medanos College

Transfer Degree, Registered Nursing/Registered Nurse · (2013 - 2015)