

Contact

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Top Skills

Nursing
Patient Safety
Inpatient

Certifications

Orthopedic Nursing Certification

Publications

Breaking Burnout for Nurses - 365
Quotes and Thoughts to Rejuvenate,
Inspire & Empower Nurses

Bonnie Kitahata

RN, nurse advocate, author and founder of Breaking Burnout
#breakingburnout
Greater Los Angeles Area

Experience

Thousand Oaks Surgical Hospital
10 years

Staff R.N.
2010 - Present (10 years)
In-Patient

Instructor
September 2018 - March 2020 (1 year 7 months)
Thousand Oaks, California, United States

Instructor for orthopedic surgery patients to inform them of what to expect and what is needed before, during and after their surgery. This helps to alleviate their usual fears and anxiety of their upcoming procedure and recovery.

Rhetorical Link Toastmasters
Public speaker
January 2017 - April 2017 (4 months)
Thousand Oaks, CA

Senior Care Home RCFE
Interim Administrator
December 2013 - March 2014 (4 months)
Upland, CA

Los Robles Hospital and Medical Center
Staff R.N.
1988 - 2010 (22 years)
ICU, Radiology, Operating Room

Medical Ministry International
International Volunteer
2006 - 2006 (less than a year)
Ecuador

Travel Nurses

Travel Nurse

1992 - 1992 (less than a year)

Greensboro/Winston-Salem, North Carolina Area

Meditech Health Services - Nursing Registry

Registry Nurse

1988 - 1990 (2 years)

Ventura County, CA

Harbor-UCLA Medical Ctr.

Staff RN

1985 - 1988 (3 years)

Neuro ICU

Education

El Camino College

Associate of Science (AS), Registered Nursing/Registered Nurse · (1982 - 1985)