

# Sarah Acuff

(704)-287-6726 | acuffsa@gmail.com | Carrboro, NC

## PROFESSIONAL SUMMARY

I am a recent graduate of Elon University's Accelerated Bachelor of Science in Nursing, with a prior career in outdoor education and austere environment medical response. I am a strong critical thinker and supportive colleague who appreciates a well-trained team. I returned to school for nursing, motivated by a desire to combine all the skills I've learned through outdoor guiding and teaching wilderness first responders with my drive for continuous learning. My aim is to apply these strengths in service to bedside nursing.

## LICENSURE & CERTIFICATIONS

Eligible for NCLEX-RN test

estimated test date: January 2025

BLS (CPR and AED)

expires: Sept 2028

Wilderness First Responder

January 2017 - current

Former NR-EMT

October 2020 - March 2025

## EDUCATION

Elon University, Elon, NC

December 2025

*Accelerated Bachelor of Science, Nursing*

- Honors: Dean's List (Fall 2024, Spring 2025, Summer 2025)

University of North Carolina at Chapel Hill, Chapel Hill, NC

May 2021

*Bachelor of Arts, Double Major: Global Studies and Political Science*

## CLINICAL ROTATIONS [540 hours]

UNC Medical Center, Cardiothoracic Critical Care Unit - 130 hrs (*Preceptorship*)

November 2025

Cone Health, Moses Cone Hospital, 4E CV and 2C CV Units - 80 hrs (Medical-Surgical Adult Health II)

Fall 2025

Cone Health Women and Children's Center - (2S, 3S Units, Floors 4 & 5) - 40 hrs (NICU, L&D, & Mother/Baby)

Fall 2025

Freedom's Hope and the Salvation Army, Burlington, NC - 40 hrs (Population and Community Health)

Summer 2025

Cone Health, Moses Cone Hospital, 6M Unit - 40 hrs (Pediatrics)

Spring 2025

UNC Hospitals, Youth Behavioral Hospital - 40 hrs (Mental Health)

Spring 2025

Cone Health Alamance Regional Medical Center, 2C Unit - 80 hrs (Medical-Surgical Adult Health)

Spring 2025

Cone Health, Moses Cone Hospital, 2W Unit - 90 hrs (Fundamentals and Assessment Nursing)

Fall 2024

## PROFESSIONAL EXPERIENCE

*Precepting Instructor, NOLS Wilderness Medicine, Lander, WY*

November 2017 - present

- Taught 120+ courses and 2200+ students to date between wilderness first aid, wilderness first responder, and wilderness first responder-recertification course types, and hybrid-wilderness first responder
- Maintained working knowledge of curriculum updates
- Attended yearly faculty summit with continuing education each year since hiring
- Adapted to shifting technological tools as first hybrid models were introduced
- Trained new instructors during their first courses providing feedback on lesson plans, teaching strategies, curriculum accuracy, and classroom management
- Adapted classroom management and infection control measures during COVID-19 pandemic to protect students and faculty while sustaining course offerings critical to students' job requirements
- Designed practice scenarios to promote critical thinking and repetition with patient assessment
- Designed MCI scenarios to integrate NOLS leadership curriculum with medical decisionmaking
- Coordinated site logistics with various course hosts including summer camps, National Parks Service, universities, and environmental non-profits
- Completed accurate post-course documentation and peer feedback for each course

*EMT, UNC Health - Outpatient Services, Chapel Hill, NC*

February 2022 - February 2024

- Traveled to various UNC outpatient clinics with urgent staffing demand, including Occupational/Employee Health; Neurology at Meadowmont; Internal Medicine, Cardiology, and Nephrology at Panther Creek
- Supported 3 employee flu clinic campaigns

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- Assisted with receiving new employee health records for recordkeeping in compliance with OSHA and the JCAHO, including the onboarding of 300+ new resident physicians during summer 2022
- Managed COVID vaccine boosters for Employee Health to administer to employees
- Administered Tdap, flu, COVID, Hepatitis B, varicella, and MMR vaccines to employees supporting hospital compliance policies
- Ran Occupational Health COVID testing as solo employee managing check-in, testing, hand-off of specimens, and documentation
- Roomed patients in fast-paced, team-based environment for headache, sleep, cognitive, epilepsy, and movement disorders clinicians at Neurology
- Provided accurate allergy and vitals assessment, medication reconciliation, and GAD7 and PHQ9 screens
- Filed accurate and timely SAFE Reports for "close call" monitoring, patient falls, adverse reactions, and equipment concerns
- Performed additional assessments, specimen collection, and vaccine administration dependent on clinic assignment, including EKGs, urinalysis, A1C measurements, diabetic foot checks, Shingrix, Prevnar-20, HPV

EMT, UNC Health - COVID Vaccination Clinic, Chapel Hill, NC

April 2021 - February 2022

- Ensured accuracy of vaccination administration in patient's electronic medical record
- Ensured compliance with manufacturer and FDA policy for novel vaccine administration
- Worked cohesively with a large team serving hundreds of patients a day
- Monitored patients for adverse reactions post vaccine administration and provided appropriate assistance
- Served on the vaccine prep team, arriving early and prepping dosages scheduled for off-site outpatient clinics
- Maintained accurate records of vaccine use to report to national database as evidence of vaccine stewardship
- Participated in outreach events in Rolesville and Williamston, NC to bring vaccines to underserved populations
- Served on the hospital-based team administering vaccine during the supplemental dose rollout for immunocompromised patients
- Served on the hospital-based team administering vaccine during the pediatric rollout
- Scheduled follow-up appointments for second doses in EPIC
- Provided the appropriate psychological first aid and compassion warranted to patients and employees with various concerns for safety and health

Health and Wellness Manager, Teen Adventure, Lexington, VA

Summers 2023 - 2024

- Originated the Health and Wellness Manager position for a 3-week expedition-based leadership program for highschoolers between 15 and 17
- Supported 8 separate trips with over 100 students and 25+ staff members each year
- Received, documented, and organized all prescription medications for dispersal to respective students
- Organized medical kits for all trips and designed a resupply system for ongoing needs support
- Trained field staff on medical decisionmaking, medical kit use, documentation, emergency procedures, and the medical concerns of their specific students
- Coordinated evacuation plans with the logistics support team based on medical urgency, facility required, and available resources within a limited communication setting
- Consulted with field staff on medical concerns to support field-based treatments, and decrease evacuation needs
- Consulted with the directors on future changes to the position and created original set of job resource documents
- Briefed guardians post trip on relevant medical concerns and dispersed all prescription medications back to respective students
- Coordinated evacuation of several less common expedition medical concerns: first-time seizure, rhabdomyolysis, and envenomated rattlesnake bite

## Community Involvement

Board Member, Baltimore Yearly Meeting - Camping Program Committee, Baltimore, MD

June 2023 - present

Member, NOLS Employee Association

September 2018 - present

Volunteer, Raleigh Community Kickstand, Raleigh, NC

May 2023 - present

Volunteer, Triangle Mutual Aid

October 2024 - present

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## Skills

- EMR - EPIC
- Clinical Skills - patient assessment, vitals monitoring, mobility & repositioning, patient hygiene support, medication administration,
- Interpersonal Skills - therapeutic communication, group dynamics facilitation, peer feedback, cultural humility
- SOP design, lesson planning, workshop facilitation, resource management