

SHELBY ROSE THOMASON

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INTRODUCTION

As a dedicated registered nurse, and current midwifery MSN student, I specialize in primary care, reproductive health, and perinatal nursing. My journey in healthcare has been fueled by a profound commitment to providing compassionate and high-quality care to individuals throughout their reproductive journeys.

EDUCATION

Master of Science in Nursing

Yale University

Expected Graduation: May 2027

Bachelor of Science in Nursing

University of Wisconsin

May 2018 - May 2019

Bachelor of Art in Literature

University of Minnesota

September 2010 - May 2013

NURSING EXPERIENCE

Nursing Care Coach

Jan. 2024 - current

You Health Medical Groups, Remote Office

- Respond to patient inquiries via online messaging systems about reproductive health with empathy and accuracy, providing reassurance and evidence-based information
- Collaborate with customer support, nurses, and providers to deliver seamless, asynchronous care that meets patient needs

School Nurse

Sept. 2023 - Feb. 2024

Riverside International School, Prague, Czech Republic

- Conducted health education sessions, promoted wellness initiatives, and ensured compliance with state health regulations and school policies
- Collaborated with teachers in the classroom to support student health and well-being, providing immediate care for injuries and illnesses

Lead Registered Nurse

Oct. 2021 - Nov. 2022

Fairview Riverside Women's Clinic, Minneapolis, MN

- Conducted comprehensive reproductive health and fertility consultations, providing compassionate patient-centered guidance through preconception, pregnancy, and postpartum stages
- Developed and coordinated individualized care plans for fertility treatments, collaborating with multidisciplinary teams to ensure comprehensive and solution-focused care

Registered Nurse

March 2020 - Oct. 2021

Fairview Southdale Hospital NICU and Mother Baby Unit, Edina, MN

- Skillfully provided comprehensive care for complex neonatal patients and applied critical assessments to ensure positive birth outcomes and adherence to industry standards
- Proactively identified and managed postpartum complications, including preeclampsia, hemorrhage, sepsis, and anesthesia-related risks and educated patients on postpartum recovery

Registered Nurse

Aug. 2019 - March 2020

Planned Parenthood Family Services, Minneapolis MN

- Conducted thorough patient interviews and detailed medical history reviews to inform individualized care plans and ensure comprehensive reproductive health assessments
- Demonstrated sensitivity and empathy when assessing and addressing patients with physical or mental symptoms resulting from traumatic experiences, including sexual assault and violence
- Educated patients on all FDA-approved birth control methods, empowering them to make informed and autonomous decisions about their reproductive health

VOLUNTEER EXPERIENCE

Food Distribution Volunteer

Oct. 2023 - Present

Friendship, Prague, Czech Republic

- Prepared and distributed lunches and coffee to individuals experiencing homelessness
- Engaged with people visiting our food distribution table to foster a sense of community

Engagement Team Leader

June 2024 - Aug. 2024

All Hands And Hearts, Uzhhorod, Ukraine

- Facilitated English and art classes for internally displaced women and children, fostering community engagement and emotional support
- Managed on base volunteers, planned and led volunteer engagement activities, and coordinated new volunteer arrival

Researcher and Grant Writer Online Volunteer

April 2024 - June 2024

NewBeginnings Charitable Trust, Christurajapuram, India

- Collaborated on the development of the 'Screening and Early Detection of Breast Cancer' project, conducting in-depth research on the impact of breast cancer in Andhra Pradesh
- Authored a concept note for submission to the Rising Tide Foundation's 'Freedom in Practice' grant, supporting efforts to secure funding for early detection initiatives

PROFESSIONAL AWARDS

Kirk D. Ramin, M.D. Endowment Fund Recipient

University of Minnesota Physicians, Minneapolis, MN 2022

Medical Staff Scholarship Award Recipient

Fairview Health Services, Minneapolis, MN, 2021