

ZARAH L. COLLINS, RN, BSN

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🏠 1423 Springhill Drive, Pittsburg, CA 94565



PROFILE

An enthusiastic recent BSN graduate with over 2 years of health-care related experience, a strong work ethic and proven efficiency in managing multiple tasks under pressure, and producing quality results through hard work, time management, collaborative, and leadership skills. Looking to join a highly respected teaching hospital to start a career as a new registered nurse.

EDUCATION

- Bachelor's Degree in Nursing//California State University-Stanislaus, CA//2021-2022 (*with highest honors*)
- Pre-Nursing GE //Los Medanos College, Pittsburg CA//2017-2021
- Bachelor's in Psychology//University of the City of Manila, Philippines (*with honors*)

CLINICAL EXPERIENCE

Student Nurse | St. Joseph's Medical Center (Stockton, CA) Doctor's Medical Center (Modesto, CA) | Clinical rotations and practicum March 2021-May 2022

- Assists in providing care for patients with life-threatening illnesses in cardiac telemetry and ICU unit.
- Recognizes signs and symptoms of cardiopulmonary and respiratory emergencies and helps start standard interventions to stabilize patients
- Initiates and maintains IV therapy and 12-lead EKGs, monitors respiratory ventilation and pulse oximetry, responds to codes
- Administers medications, calculates drug dosages, and monitors patients for effects of medications in the various clinical rotation units
- Assesses injuries, helps change dressings, sets up NG feeding tubes, inserts indwelling catheters
- Implements plan of care in collaboration with a multi-disciplinary team

PROFESSIONAL EXPERIENCE

Certified Nurse Assistant | Diamond Ridge Healthcare Center, Pittsburg, CA | June 2019 – March 2020

- Provided care to an average of 7-10 patients in a CNA capacity.
- Reported to nurse in charge of unusual incidents, behavior, and skin observation, charts all care performed on each resident within the shift, weighs and measures height as needed, assists residents with ambulation and exercise in the absence of restorative nurse assistant (RNA)
- Facilitated activities in the absence of Activities and Recreation staff

Personal caregiver | Private residence | January 2019-June 2019

- Gave in-home care to a patient, administers medications (antibiotics, insulin), provides wound care, obtains and records vital signs (BP, blood sugar level, O₂) before handing out meds or giving O₂, assists with transfers, creates checklist of medicines administered, and care given, and monitors said checklist

Laboratory/Teacher Assistant | Los Medanos College | January 2019-May 2019

- Set up lab equipment and materials prior to lab sessions; cleaned tools and devices following laboratory activities; helped the instructor with cadaver dissections; answered student questions on cadavers, models, and general and specific lecture materials

Certified Nurse Assistant | Lone Tree Convalescent Hospital, Antioch, CA | June 2016-September 2016

- Provided care to residents of a skilled nursing facility.
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SKILLS

- Proficient in oral and written English and Tagalog communication skills
- Proficient in MS Office: Word, PowerPoint, Excel

AFFILIATIONS

- American Red Cross, member since 2019

CERTIFICATIONS

- NIHSS, expires 01/2023
- Basic Life Support, AHA, expires 02/2023
- ACLS, expires 02/2024
- PALS, expires 02/2024
- EKG certified, 02/2024