

Crystal F. Laramore

OBJECTIVE:

To obtain employment, as a Registered Nurse. Patient-focused and empathic registered nurse with 21 plus years of nursing experience, care, and extensive knowledge to help improve the lives of patients.

CAREER PROFILE:

- Proven record of reliability and responsibility.
- Remain calm and professional throughout critical incidents.
- Strong analytical skills, capable of assessing conditions and implementing appropriate intervention.
- Resourceful problem solver capable of implementing solutions to complex problems.
- Possess special sensitivity to meeting diverse needs in varied situations.
- Develop rapport with patients, family, staff, and health Care Providers.
- Relate well to people from a variety of cultures.

Hawaii Pacific University, Honolulu, HI

August 2023- present

Lecturer-School of Nursing

- Teaches one or more academic subjects in area of discipline within prescribed curriculum.
- Prepares and delivers course content to students, whether in the classroom, clinical laboratory or online.
- Compiles materials for course as needed for readings or assignments.
- Compiles administers, and grades examinations and other assignments.
- Performs other related duties as assigned.

Privia Health, Arlington, VA

July 2019- present

Remote Telephone Triage Nurse

- Responsible for handling patient phone calls and care in collaboration with the Physician, Mid-level, Clinical Manager, and/or Director of Clinical Services.
- Calls may be directly from the patient, staff, outside doctors, long term care facilities, and acute care settings.
- The RN will give advice and/or act according to protocols while ensuring that the patient receives the highest quality of care in a timely matter
- Quickly and accurately assesses member's and provider's needs by actively listening to caller and asking proactive questions.
- Identifies emergent situations and effectively dispatches appropriate resources to manage life-threatening conditions per protocol.
- Makes clinically appropriate recommendations for action/interventions and issue resolution.
- Timely triages members to other internal and external resources accordingly
- Ensures member understands and accepts advice/recommendations given.
- Collaborates with community-based primary care providers to facilitate care coordination for new and existing CCA members.
- Appropriately documents calls received with adherence to required standard documentation.
- Assists members in an empathetic, efficient manner to determine best course of action to resolve issue.
- Demonstrates ability to make quick decisions, based on a sound base of critical thinking skills.

Actalent Staffing Company, Hanover, MD 21076

Duke Health Care
March 2022- January 2023
Contract Remote Triage Nurse

- Speaks to all families who call with patient concerns using telephone triage protocols and documents in the electronic health records “Phone notes”
- Reviews all phone calls with a provider
- Schedules and triages sick call
- Processes prescription renewals-gets updates on condition-relevant patient progress, and sees that appropriate appointment follow up is made
- OT/PT, psychologist, other physician providers, newborn nursery information provider via the electronic health record and “Phone Notes” with “tasks”.
- Schedules procedures outside our office: CT scan, ultrasounds, etc.
- Assists family with appointments with other providers and referrals (ortho, dermatology, ER, etc)
- Activates EMS in an emergency

WellCare Home Health, Raleigh, NC 27613
August 2019- December 2022
On Call Registered Nurse

- On-Call schedule is Monday-Friday from 5pm to 8:30am, for phone triage and after hour visits as needed.
- Making home visits to clients in designated geographic territories after business hours and during the weekend days and evenings
- Performing assigned duties, including administration of medication, wound care, treatments, and procedures and comfort care
- Monitoring clients' conditions; reporting changes to Clinical or Client Services Manager
- Following up with, executing, and properly documenting doctors' orders
- Performing client assessments as necessary

Albany State University, Albany, GA
August 2008- July 2016, Full-time
August 2016- August 1, 2022 Part-time
Remote Nursing Faculty/ Undergraduate & Graduate Clinical Coordinator/ Grant Coordinator
, MSN, NE, RN

- Teach in the undergraduate nursing programs.
- Assist with integration of skills and simulations into applicable courses.
- Work with the faculty of the generic BSN & second-degree accelerated BSN program.
- Recruit and oversee progress of qualified students.
- Coordinate activities for tutoring.
- Clinical Instructor (8 hours per week).
- Assist students in the clinical sites with procedures and giving medications.
- Clinical placement for graduate FNP students.
- Collect and review all clinical documents (mid-term/ final evaluations from preceptors, preceptor agreement/qualification forms, and student personal clinical documents)
- Assist with grant writing.
- Gather supplies needed for each student skills check off.
- Assist faculty with creating simulations for their classes.
- Provide assistance to the Department Chair and other faculty and staff.
- Order supplies for the skills and simulation lab.
- Maintain student charts and confidential files.
- Assist students/faculty with skills check off.
- Manage simulations scenarios with the different classes.

- Build simulation scenarios for the nursing classes.
- Manage the Simulation Lab schedule

UNC Health Care, Wake Forest, NC

Internal Medicine at Heritage

October 2019- October 2020

RN Clinical Coordinator

- Coordinate the activities of the office and assign work to the clinical staff.
- Institute emergency procedures as necessary.
- Communicate patient status to clinical staff and to physicians.
- Educate the clinical staff on patient care.
- Supervise the delivery of care in the office.
- Telephonic Triage incoming calls from patients and patient caregivers.
- Perform patient assessment
- Reassess patients who are waiting
- Manage and communicate with patients in waiting room
- Provide education to patients and families when necessary
- Medication refills

Wake Med, Raleigh, NC

November 2017- July 2019

Casual (PRN) Cardiovascular Testing Staff Nurse, MSN, NE, RN

- Assist doctors in performing physical tests and prescribed tests so as to diagnose cardiac diseases.
- Educate and inform patients of the best disease prevention and control methods
- Work with doctors whenever a patient is undergoing TEE, TEE with CV, or Stress Echo with Treadmill test
- Advice and give professional and moral support to patients suffering from heart conditions, who may not understand the steps to take to manage their conditions
- Monitor heart devices like defibrillators.

Wake Technical Community College, Raleigh, NC

August 2017- August 2018

Clinical Nursing Instructor- Part-Time

- Supervising care provided by a group of students (usually 6 to 8 students in a group) while they complete their clinical rotation in your area of specialty.
- Coordinating with clinicians at the clinical site to make student patient assignments.
- Teaching students how to perform duties in the clinical site and answering their questions.
- Evaluating your students' clinical work.

Fresenius Medical Care, Clayton, NC

December 2016- July 2019

Remote Care Case Manager, MSN, NE, RN

- Utilize clinical judgment, independent analysis, critical thinking, time management and detailed knowledge of the Care Navigation Program to facilitate the coordination of care for patients assigned to the Care Navigation/ Management unit.
- Collaborate with clinical and non-clinical staff and other members of the patient's health care team to develop an individual plan of care to facilitate an immediate action plan to meet the patient's current needs.
- Communicate and coordinate with patient, appropriate members of the patient's health care team in developing, executing, and reviewing results of care coordination efforts.
- Collect, review, and employ all pertinent medical information available from but not limited to FMC clinical systems, care management notes, hospital discharge information, physician clinical information and patient reported health status.

- Assess patient condition, in conjunction with clinic staff, such as the discovery of unreported medical or social conditions or changes at home that may lead to adverse outcomes and ensures that these are referred to appropriate sources for attention.
- Maintain and update related software/tracking logs of patients in the Care Navigation Program to manage and record required information and data.
- Evaluate program processes and make recommendations to management that will improve the effectiveness and efficiency of the program.
- Maintain the integrity of Protected Health Information (PHI).
- Comply with all departmental required data collection and auditing activities, participates in quality improvement activities and participates in project-based work.
- Maintain current knowledge of the departmental program software and the Company's clinical information systems.
- Improve job related capabilities through continuing education, professional seminars and technical workshops.
- Assist with various projects as assigned by direct supervisor.
- Other duties as assigned.

ECPI University, Raleigh, NC

August 2016- December 2016

Nursing Faculty, MSN, NE, RN

- Plans learning experiences (i.e., classroom activities, pre/post conferences, and clinical assignments for student supervision, evaluation, and feedback conferences).
- Prepares written evaluation materials (i.e., syllabi, tests, handouts, etc.) for submission and duplication in a timely manner.
- Requests and submits complete descriptions of equipment and supplies needed for activities (clinical lab supplies, AV material, course budgets, etc.).
- Manages schedule to ensure regular and prompt attendance at all required course activities, committee and faculty meetings.
- Plans and schedules teaching and clinical/lab activities for curriculum courses and teaching.
- Controls and monitors ongoing instructional activities and systems to maintain adherence to prescribed standards and student evaluation.
- Holds students accountable for the acquired competency in their performance and assists students in remediation to acquire and maintain competence.
- Motivates students through instructional and counseling activities toward high levels of contribution to the discipline. Conducts conferences with students concerning academic and clinical competence and progress.
- Records and maintains data for student records, grades, accreditation, and school studies (i.e., test item banks, course evaluation portfolio, annual course reports, etc.).
- Coordinates and manages the course implementation in consultation with members of the team.

Tift Regional Medical Center, Tifton, GA

August 2014- July 2016

Registered Nurse, Mother/Baby Staff RN

- Execute mother baby nursing functions in the care of new mothers and their newborns.
- Assist and support pregnant women in their healthy labor processes.
- Administer medications and intravenous fluids to mothers.
- Provide nursing care to newborn babies.
- Continuously monitor the health of new mothers and their babies.
- Provide nursing care to babies born prematurely or seriously ill.
- Instruct and counsel new mothers on baby care issues like breastfeeding and bathing.
- Assist and support mothers in coping with postpartum depression.
- Initiate the highest degree of standards in mother baby nursing care programs.
- Adhere to and comply with all nurses practicing laws and regulations.

Phoebe Putney Hospital, Albany, GA

November 2013- July 2016

Registered Nurse, Staff RN

- Ensures efficient and coordinated clinic flow by coordinating and planning clinic activities; communicates patient's needs; makes referrals; serves as a resource person of insurance information.
- Delivers direct patient care; assesses patients physical, psychosocial and/or emotional needs; provides patient and family teaching; triages patients and informs physician of patient status; responds to phone messages from patients and informs physicians as needed; orders supplies; stocks and maintains patient's rooms; sterilizes instruments.
- Administers medications as assigned; serves as a resource person for knowledge of medication uses, side effects, and dosage; checks for proper medication order; documents medications; obtains required consent forms to administer immunizations; notifies pharmacies of physician approved prescriptions; reviews drug samples to insure they have not exceeded the expiration date; labels sample drugs and educates patients of medication administration.
- Performs other duties as assigned.

East Albany Pediatric & Adolescent Center, Albany, GA

August 2007 – July 2008

Licensed Practical Nurse

- Implemented patient care to patients.
- Educated patients/families on health care needs, conditions, options etc.
- Performed clinical tasks according to clinic policies.
- Assisted in the orientation of new staff members.
- Assessed patient conditions and advised of changes in status.
- Monitored and maintained patient charts.
- Gave medication as prescribed by a physician.
- Take vital signs, such as blood pressure, temperature, and weight.

Lee County Nursing Home, Leesburg, GA

September 2006 - 2008

Licensed Practical Nurse

- Provided quality patient care.
- Managed confidential patient files.
- Administered medications to patients.
- Observation of patients' skin for potential bed sores.
- Supervising CNAs (Certified Nursing Assistants).

Phoebe Cancer Center, Albany, GA

May 2002- February 2006

Licensed Practical Nurse

- Provided patient care under the supervision of the registered professional nurse.
- Provided a safe patient care environment.
- Proper charting, documentation, and maintenance of the patient's medical records.
- Gave oral medications and injections to patients.
- Relay information between patients, registered nurses, and physicians.
- Collect the patient's health information.
- Record the patients' vital signs (including blood pressure, pulse, and respiratory rate).
- Assist physician with procedures.
- Manage patient IVs.
- Provide emotional support.

Dialysis Clinic Inc., Albany, GA

July 2001- May 2002

Licensed Practical Nurse

- Provided patient care under the supervision of the registered professional nurse.

- Provided a safe patient care environment.
- Proper charting, documentation, and maintenance of the patient's medical records.
- Gave oral medications and injections to patients.
- Relay information between patients, registered nurses, and physicians.
- Collect the patient's health information.
- Record the patients' vital signs (including blood pressure, pulse, and respiratory rate).
- Oversee the dialysis treatment of a patient from start to finish
- Teach patients about their disease and its treatment and answering any questions
- Make sure patients are given the correct medications ordered by their doctors
- Evaluate patients' reaction to the dialysis treatment and medications
- Review the patients' lab work, home medications and activities and inform the doctors of changes in their patients' conditions

EDUCATION:

American Sentinel University, Aurora, CO
Master of Science in Nursing, MSN (3/2016)

Albany State University, Albany, GA
Bachelor of Science in Nursing, BSN (5/2014)

Abraham Baldwin Agricultural College, Tifton, GA
Associates of Science in Nursing, RN (5/2013)

Albany Technical College, Albany, GA
Practical Nursing, LPN (7/2001)

TEACHING EXPERIENCE:

Online

NURS 1232- Pre-Nursing Seminar/ Medical Terminology, Albany State University
NURS 2331- Adult Health Nursing I, Albany State University
NURS 2601- Geriatric Nursing, Albany State University
NURS 4111- Nursing Directed Study NCLEX Prep, Albany State University
NURS 4140- Nursing Leadership, Albany State University

Face-to-Face

NUR 114- Foundations I, ECPI University
NUR 238- Role Transition/ Nursing Leadership, ECPI University

LICENSURE

RN License # 285671

State of North Carolina- Compact State License, expire 06/30/2023

RN License RN1055156

District of Columbia, expire 06/30/2024

RN License # 206063

Connecticut, expire 06/30/2023

RN License #

Hawaii- license application pending

Certifications:

CPR Certification- American Heart Association, expire 03/31/2025