KAITLYN M. HELMES, BSN, RN-BC

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EDUCATION
Southern New Hampshire University, Manchester, NH
Bachelor of Science, Magna Cum Laude, Nursing, June 2020

St. Vincent's College, College of Nursing, Bridgeport, CT
Associate of Science, Cum Laude, Nursing, June 2018

Syracuse University, College of Arts and Sciences, Syracuse, NY
Bachelor of Science, Biology, May 2013

EMPLOYMENT
Kaiser Permanente Redwood City Neurosurgery ICU – Redwood City, CA
Registered Nurse (RN), October 2022 – Present
Critical Care Registered Nurse in the 19-bed ICU of a Joint Commission Certified Comprehensive Stroke Center.
- ACCN Board Certified Registered Nurse in Medical/Surgical Nursing
- NIH Stroke Scale certified
- Administration of prescribed medications, treatments, and interventions
- Experience with titration of sedation, vasoactive drips, cardiac drips, insulin drips. Comfortable and familiar with different classes and actions of medications
- Experience in care of ventilated patients, management of BiPAP, CPAP, Heated High Flow Nasal Cannulas
- Education of patients and supportive persons of diagnoses, disease process, medications, and administration of care
- IV therapies and central line management including arterial line management, blood product administration, central line care/management/blood draws, insertion of peripheral IV catheters

Aya Healthcare – Palo Alto, CA
Travel Registered Nurse (RN), May 2022 – September 2022
- **Stanford Health Center – C3 Adaptive Acuity Unit –** Stanford, CA, July 2022 – August 2022

Danbury Hospital Critical Care Float Pool– Danbury, CT
Registered Nurse (RN), May 2021- May 2022

Danbury Hospital 10 East Medical/Surgical Step-Down Unit – Danbury, CT
Registered Nurse (RN), March 2020- Present

Danbury Hospital 10 West General Medicine/Stroke – Danbury, CT
Registered Nurse (RN), July 2018- March 2020

MEDICAL CERTIFICATIONS, LICENSURE AND MEMBERSHIPS
- Registered Nurse, State of California, *June 2022- Present*
- Registered Nurse, State of Connecticut, *July 2018-Present*
- ANCC Medical-Surgical Nursing Board Certified, *February 2021-February 2026*
- Advanced Cardiac Life Support (ACLS), *June 2020-Present*
- BLS for Health Care Providers, *April 2015- Present*
- Crisis Prevention Institute, *September 2018 – Present*
- American Association of Critical Care Nurses, *March 2020 - Present*
- American Nurses Association, *January 2022 - Present*
- New York State Certified EMT-B, *May 2012- May 2015*

VOLUNTEER EXPERIENCE
- City of Danbury Roger's Park COVID-19 Vaccination Clinic, *2021*
- Pressure Injury and Wound Prevalence, Danbury Hospital, *2019-May 2022*
- Blood Pressure Screenings and Education, New Fairfield Senior Center, *July 2019*
- National Cancer Survivor's Day, *2017-2019*

SKILLS
- Proficient in Cerner, EPIC, Sorian, AllScripts, Microsoft and Apple Applications
- Proficient with Omnicell and Pyxis medication dispensing systems
- Exceptional interpersonal and writing skills