

Stefanie Edgar

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Wound Ostomy Nurse

Dedicated, skilled WOC nurse with a broad range of healthcare experience and recent completion of the WOC Nursing Education program at Cleveland Clinic. Academic background includes a Bachelor of Science Degree in Nursing from Marymount University. Caring professional with superior communication and management skills. Licensed in Virginia and Compact States.

Licensure & Certifications

- Licensed RN: Virginia (consortium license) and District of Columbia (expired)
- American Heart Association BLS Provider, current
- American Fitness Professionals Association: Certified Nutrition & Wellness Consultant
- The BioMechanics Method: Corrective Exercise Certification
- Personal Training Academy Global: Certified Personal Trainer (expired 1/2020)
- Certified Wound Ostomy Nurse

Clinical Experience

SENTARA HOSPITAL

Employed June 2021 – present

- Patient population consisting of spinal cord injury, various orthopedic patients and various med/surg. patients
 - The Registered Nurse (RN) is responsible to perform a competent level of nursing care as demonstrated by the critical thinking model known as the nursing process
 - The standards of practice (assessment, diagnosis, outcomes identification, planning, implementation, coordination of care- teaching and health promotion and evaluation) along with the standards of professional performance (ethics, culturally congruent practice, communication, collaboration, leadership, education, evidence- based practice /nursing research, quality, evaluation, resource utilization, and environmental health) encompass the actions and foundation of professional nursing
 - The RN possesses clinical knowledge and skills to meet standards as required by specific clinical areas
 - This position's primary duties include assessing/admitting patients, rounding checks, giving medications, talking with family members, and being responsible for the overall care of your patients

MEDSTAR NATIONAL REHABILITATION HOSPITAL, WASHINGTON, D.C.

Employed, July 2020 – June 2021

- Patient population consisting of spinal cord injury, various orthopedic patients, traumatic brain injury, and burn patients.

- o Contributes to the achievement of established department goals and objectives and adheres to department policies, procedures, quality standards, and safety standards. Complies with governmental and accreditation regulations.
- o Provides wound care treatment and education.
- o Shares information about the disease processes, underlying disabilities, and teaches nursing techniques to help patients and their families develop the self-care skills necessary to move toward wellness on the illness-wellness continuum.
- o Develops goals, in collaboration with patients, their families, and the rehabilitation team, that are oriented to wellness behavior and are reality based and that encourage socialization with others, and promote maximal independence for patients with disabilities or chronic disabling conditions.
- o Documents patient care activities in an accurate and timely manner using the electronic documentation system and Functional Improvement Measures (FIM) Ratings.
- o Participates in patient and family conferences as indicated while collaborating with the patient, family and other team members to establish short- & long-term treatment goals.

INOVA FAIRFAX: LABOR & DELIVERY, POST-PARTUM AND WOMEN’S OR, FAIRFAX, VA
Nursing Internship, March 2020 – April 2020

- Observed C-section surgeries/assisted with patient care,
- Assisted with care of mother and neonate: before, during and after labor
- Participated in education with new mothers
- Devised a Teaching plan for new mothers on the importance of breastfeeding

Education & Honors

CLEVELAND CLINIC

- Rupert B Turnbull, Jr., MD School of Wound Ostomy Continence Nursing at Cleveland Clinic, Cleveland, Ohio.

State of the art WOC Nursing Education Program, 2022-23

MARYMOUNT UNIVERSITY, ARLINGTON, VA

- B.S. Nursing (May 2020) GPA 3.5

Awards & Honors: Sigma Theta Tau International Honor Society

Evidence-Based Project accepted by and displayed at the Student Research Conference

MARYMOUNT UNIVERSITY, ARLINGTON, VA

- B.A. Graphic Design (Dec 2002) GPA: 3.7

References

Available upon request

Extracurricular Activity: Tough Mudder competition 2013, Gary Udit Bodybuilding competition Masters 2012, West Virginia/Mid-Atlantic Bodybuilding competition 2011, National Masters April Rego Park, NY 2010
American Master’s (Olympic Lifting Competition), York, PA 2009