

Sonya S. Kowalski

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Objective

A dedicated and compassionate Registered Nurse with extensive healthcare experience, seeking a position as a Wound Nurse. Recently completed the wound nursing education program at Cleveland Clinic, bringing a solid foundation in wound care and a patient-centered approach.

Education

R. B. Turnbull, Jr., MD School of WOC Nursing Education, Cleveland Clinic
Certification of Completion | 2020

Keuka College

Master of Science, Nursing Education | 2015
Adult and Gerontology Nurse Practitioner | 2017

Keuka College

Bachelor of Science in Nursing | 2011

Cayuga Community College

Associate of Science in Nursing | 2008

BOCES Practical Nursing Program

Licensed Practical Nurse (LPN) | 2007

Cayuga Community College

Associate of Science Degree | 2005

Skaneateles High School

High School Diploma | 2001

Clinical Experience

Upstate Medical University | 2022-Present
Registered Nurse (RN)

- Provide direct patient care and collaborate with healthcare teams for patient treatment and recovery.
- Assist with various procedures and interventions to ensure quality care for patients.

Pinnacle Open MRI | 2017–Present
Nurse Practitioner (NP)

- Conduct patient assessments, develop treatment plans, and collaborate with a multidisciplinary team.
- Assist in MRI procedures, ensuring patient safety and comfort.
- Perform Contrast dye injections intravenously to aid in MRI exam and daignostic

- Provide patient education on imaging procedures and post-procedure care.

Lifetime Homecare | 2015–2023

Registered Nurse (RN)

- Delivered comprehensive nursing care to patients in their homes, including chronic disease management, rehabilitation, and palliative care.
- Worked closely with physicians to develop and implement individualized care plans.

Victory Sports Medicine | 2009–2015

Registered Nurse (RN)

- Assisted in orthopedic and sports medicine procedures, including pre- and post-operative care.
- Monitored patient recovery and provided education on injury prevention and rehabilitation.

Geneva General Hospital | 2008–2009

Registered Nurse (RN)

- Delivered patient care in various departments, including surgical and emergency care.
- Collaborated with healthcare teams to ensure timely and effective patient interventions.

Auburn Memorial Hospital, Community General Hospital, University Hospital

Various Clinical Rotations

- Geriatrics, Hospice, Psychiatry, Emergency Care, Coronary Unit, Respiratory, Orthopedics, Developmental Facility.

Certifications & Awards

- Certified Nurse Practitioner (NP) – Adult and Gerontology
- Registered Nurse (RN)
- Licensed Practical Nurse (LPN)
- CPR and AED Certified
- Basic First Aid Certified
- Certified in SportsMetrix
- Honor Society of Nursing – Sigma Theta Tau International
- Dean’s List – Keuka College

Skills & Strengths

- Strong communication and interpersonal skills with a focus on patient education
- Highly motivated, dependable, and compassionate with a patient-centered approach

- Ability to foster collaborative relationships within multidisciplinary healthcare teams
- Skilled in wound care management, rehabilitation, and chronic disease management
- Proficient in patient assessment, diagnosis, and developing individualized care plans

Professional Affiliations

- Sigma Theta Tau International Honor Society of Nursing
- American Association of Nurse Practitioners (AANP)
- New York State Nurses Association (NYSNA)

Additional Experience

Mirbeau Inn and Spa | 2002–2008
Server

- Provided exceptional customer service in a high-end hospitality environment.
- Demonstrated strong communication, problem-solving, and multitasking skills.

Activities & Volunteer Work

- Skaneateles Girls Lacrosse/Soccer – Team Member
- Cayuga Community College Lacrosse – Team Member