

Hayden Arias

Laboratory Technician, Nursing and Health Technologies

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STRENGTHS

- ⚙️ **Simulation preparation**
Before each session, checks stations and supplies in sequence. Faculty gained confidence that learning time would start smoothly.
- 👥 **Student guidance**
Breaks complex procedures into clear steps during practice. Learners often returned with focused questions and greater confidence.
- 🔧 **Equipment safety**
Checks operation, storage, and cleaning after use. Peers sought practical advice when equipment or setup questions surfaced.
- ♥️ **Record accuracy**
Keeps clinical readiness and inventory information current. Early follow up helped students and faculty avoid deadline surprises.
- 🤝 **Collaborative service**
Listens carefully to student and faculty needs, then connects people with useful resources. Respectful responses kept busy days moving.

SKILLS

Nursing Skills Laboratories

Clinical Simulation Support

Skills Testing

Instructional Demonstrations

Laboratory Equipment

Equipment Maintenance

Inventory Control Supply Ordering

Budget Tracking

Clinical Readiness Records

Student Support Faculty Support

SUMMARY

Nursing laboratory and clinical education support professional with seven years of progressive experience across instructional simulations, skills laboratories, and direct nursing practice. Holds an **Associate Degree in Nursing** and active California Registered Nurse licensure, with hands on expertise supporting faculty and students through clinical **skills practice**, equipment use, demonstrations, testing, and safe laboratory operations. Coordinates practice schedules, **simulation days**, skills validation, supply inventories, educational records, and clinical readiness documentation in busy learning environments. Translates **nursing principles**, terminology, and procedures into clear demonstrations while maintaining orderly facilities, dependable equipment, accurate records, and responsive service. Works effectively with diverse learners, faculty, clinical partners, and administrative teams, using independent judgment, organized follow through, infection prevention, safety practices, office software, and instructional technology. Ready to contribute practical nursing knowledge and thoughtful student support in an on site community college laboratory.

EXPERIENCE

Nursing Laboratory Technician

Sierra Crest College 📅 July 2024 - Present 📍 Sacramento, CA

Coordinates **nursing skills laboratories**, simulation sessions, testing schedules, equipment readiness, student records, supplies, and resource pages for prelicensure education. Supports faculty and learners through safe practice, clear demonstrations, organized spaces, and dependable follow through.

- Coordinated weekly skills laboratories and simulations for approximately 140 prelicensure students using organized room setups.
- Prepared medication administration, wound care, and assessment stations before demonstrations and competency checks.
- Guided learners through equipment operation, procedural sequencing, **infection prevention**, and laboratory safety practices.
- Maintained **clinical readiness records** and **resource pages**, resolving missing documentation before externship deadlines.
- Managed supply levels, replenishment orders, deliveries, usage records, and expenditure details for budget monitoring.
- Scheduled **practice periods**, **skills testing**, and final exams while submitting repair requests for equipment issues.

Clinical Skills Lab Coordinator

Capital Allied Health Institute 📅 January 2022 - June 2024 📍 Roseville, CA

Supported nursing and allied health instruction through simulation staging, equipment **demonstrations**, skills testing logistics, inventory records, resource updates, and respectful service for students and faculty. Balanced room capacity, equipment availability, course needs, and instructor schedules across multiple cohorts.

- Staged **simulations**, models, instruments, **instructional materials**, and scenario supplies for scheduled laboratory courses.
- Demonstrated vital sign equipment, mobility devices, task trainers, and simulation resources before competency evaluation.
- Organized practice reservations and testing logistics across cohorts, rooms, equipment, and instructor schedules.
- Built inventory and **equipment** use records in **office software**, identifying low stock items before recurring exercises.
- Updated student resource materials and procedural guidance after **faculty** review, keeping laboratory information current.

Laboratory Safety
Infection Prevention
Recordkeeping

LANGUAGES

English Native

Spanish Intermediate

MY CAREER



- Nursing Laboratory Technician at Sierra Crest College (2.2 Years)
- Clinical Skills Lab Coordinator at Capital Allied Health Institute (2.4 Years)
- Registered Nurse, Medical Surgical Care at Riverbend Medical Center (2.5 Years)

- Answered student and instructor questions clearly, escalating unusual clinical, equipment, or policy concerns appropriately.

Registered Nurse, Medical Surgical Care

Riverbend Medical Center 📅 June 2019 - December 2021 📍 Davis, CA

Delivered direct medical surgical nursing care while developing practical expertise in assessment, medication safety, infection prevention, documentation, patient education, equipment readiness, and student orientation. Coordinated with multidisciplinary teams and used clinical experience to support realistic learning activities.

- Delivered medical surgical **nursing** care using assessment, medication safety, **infection prevention**, education, and documentation.
- Oriented nursing **students** during supervised rotations to unit workflow, equipment safety, and professional **communication**.
- Maintained electronic patient **records** and medication documentation under privacy, safety, and professional requirements.
- Checked clinical **equipment** before patient care, reported malfunctions, and reinforced cleaning and storage practices.
- Coordinated with nurses, providers, rehabilitation staff, and support teams during structured clinical handoffs.
- Contributed practical teaching examples involving vital signs, mobility, wound care, infection prevention, and patient communication.

PROJECTS

Prelicensure Simulation Readiness Program 📅 2025

Improved preparation for recurring simulation days by organizing stations, supplies, equipment checks, and student documentation around faculty course needs. Clearer workflows supported confident practice and dependable laboratory use.

Clinical Externship Documentation Resource 📅 2024

Created a clearer student resource approach for health documentation, forms, policies, procedures, and externship requirements. Early review helped resolve missing items before placement deadlines.

LEADERSHIP & AWARDS

- Recognized by faculty for dependable simulation preparation and calm student support during busy skills testing periods.
- Selected by clinical colleagues as a trusted resource for equipment safety, infection prevention, and student orientation.
- Provided peer leadership through practical guidance on documentation, laboratory organization, and safe clinical workflows.

EDUCATION

Associate Degree in Nursing

American River College 🎓 GPA: 3.5 📅 2019 📍 Sacramento, CA

Coursework: *Nursing principles, clinical practice, pharmacology, health assessment*

CERTIFICATIONS

- Registered Nurse, California, Active 📅 2026
- Basic Life Support, American Heart Association 📅 2026

TECHNICAL SKILLS

- **Nursing Education:** Skills laboratories, clinical simulations, skills testing
- **Clinical Practice:** Medication administration, wound care, vital signs
- **Laboratory Equipment:** Task trainers, mobility devices, simulation resources
- **Safety Practices:** Infection prevention, occupational safety, safe storage
- **Instructional Support:** Demonstrations, laboratory exercises, student practice
- **Records Management:** Clinical readiness records, equipment records, supply records

- **Inventory Operations:** Par levels, ordering, receiving, distribution
- **Office Software:** Microsoft Office, spreadsheets, electronic records
- **Scheduling Systems:** Practice periods, testing schedules, final exams
- **Resource Pages:** Forms, policies, procedures, student guidance
- **Budget Administration:** Expenditure tracking, supply estimates, program budgets
- **Communication Services:** Faculty support, student support, customer service

PROFESSIONAL AFFILIATIONS

- California Board of Registered Nursing, active Registered Nurse community.
- American Heart Association, Basic Life Support professional community.
- Nursing education teams, collaborative support for faculty, students, and clinical partners.

ADDITIONAL INFORMATION

Work Status : Authorized to work in United States. No sponsorship required.

REFERENCES

AVAILABLE ON REQUEST