

Laura Valencia

Operating Room Registered Nurse, Outpatient Surgery

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STRENGTHS

-  **Patient Safety**
Patient verification, assessment, safety checkpoints, and escalation stayed connected during changing surgical priorities.
-  **Sterile Practice**
Sterile field boundaries received close attention during complex cases, with early correction when aseptic practice shifted.
-  **Calm Communication**
Concise updates helped surgeons, anesthesia professionals, families, and recovery teams make timely clinical decisions.
-  **Case Coordination**
Across several specialties, preparation matched surgeon preferences, patient needs, supplies, positioning, and recovery requirements.
-  **Clinical Teaching**
Newer perioperative nurses sought practical guidance on room workflow, documentation, sterile technique, and escalation.

SKILLS

- Operating Room Nursing

Perioperative Care

Patient Assessment

Aseptic Technique

Sterile Field

Surgical Safety

Circulating Nursing

Preoperative Care

Postoperative Handoffs

Patient Education

Quality Improvement

Infection Prevention

Clinical Documentation

SUMMARY

Operating Room Registered Nurse with seven years of progressive **perioperative nursing** experience across ambulatory surgery and hospital based surgical services. Holds an unrestricted **Virginia RN license** with current Basic Life Support and Advanced Cardiovascular Life Support credentials. Provides coordinated care from **preoperative preparation** through intraoperative nursing and safe transition to recovery. Applies sound clinical judgment, focused assessment, aseptic technique, **sterile field maintenance**, and accurate documentation in demanding surgical settings. Supports orthopedic, ENT, urology, ophthalmology, gastroenterology, and podiatry procedures. Communicates clearly with surgeons, anesthesia professionals, patients, families, recovery teams, and ancillary departments. Contributes to quality audits, infection prevention, patient safety, workflow improvement, education, and dependable multidisciplinary care.

EXPERIENCE

- Operating Room Registered Nurse, Ambulatory Surgery

Riverbend Ambulatory Surgery Center  July 2024 - Present  Richmond, VA

Lead circulating nursing care across a varied outpatient surgical schedule, supporting patient readiness, intraoperative safety, documentation, recovery handoffs, and quality improvement. Coordinate with surgeons, anesthesia professionals, scrub personnel, patients, families, and perioperative colleagues across multiple specialties.

 - Coordinated circulating care, readiness **assessment**, documentation, and recovery handoffs for varied outpatient cases.
 - Protected sterile fields by identifying aseptic breaks early and initiating corrective action before safety risks developed.
 - Supported orthopedic, ENT, urology, **ophthalmology**, gastroenterology, and **podiatry** procedures through precise case preparation.
 - Communicated concise clinical updates during status changes, supporting timely decisions from **surgeons** and anesthesia professionals.
 - Standardized room readiness checks, improving consistency across equipment, supplies, positioning resources, and required documentation.
 - Participated in quality audits covering documentation, **infection prevention**, and **patient safety** practices.

- Perioperative Registered Nurse, Surgical Services

Commonwealth Regional Medical Center  January 2022 - June 2024  Midlothian, VA

Managed **perioperative nursing** activities for scheduled and add on procedures, connecting preoperative findings with intraoperative precautions, documentation, communication, and postoperative handoff requirements. Supported team capability through practical guidance for newer perioperative nurses.

 - Managed scheduled and add on cases by linking assessment findings with intraoperative precautions and handoff needs.
 - Prepared **patients** and **families** through education, clinical verification, and early escalation of discrepancies before surgery.
 - Maintained **aseptic technique**, sterile boundaries, supplies, counts, and procedural flow during complex surgical cases.
 - Coordinated surgeons, anesthesia professionals, recovery nurses, and ancillary departments when patient needs changed.
 - Strengthened documentation through timely records of interventions, specimens, positioning, implants, and safety checkpoints.
 - Guided newer perioperative nurses on room workflow, sterile practice, communication, and safe clinical escalation.

- Registered Nurse, Surgical Services

James River Community Hospital  August 2020 - December 2021  Petersburg, VA

Team Communication

Patient Advocacy

LANGUAGES

English Native

Spanish Proficient

MY CAREER



Operating Room Registered Nurse, Ambulatory Surgery at Riverbend Ambulatory Surgery Center (2.2 Years)

Perioperative Registered Nurse, Surgical Services at Commonwealth Regional Medical Center (2.4 Years)

Registered Nurse, Surgical Services at James River Community Hospital (1.3 Years)

Registered Nurse, Medical Surgical and Perioperative Transition at Shenandoah Medical Center (1.1 Years)

Delivered **perioperative nursing** support across **preoperative preparation**, operating room care, and post anesthesia transfer. Built dependable skills in patient assessment, sterile practice, positioning, specimen management, communication, and infection prevention.

- Delivered perioperative care from preparation through **operating room** support and transfer to post anesthesia recovery.
- Completed focused assessments and reconciled procedural information before surgery, escalating missing documentation or patient concerns.
- Supported positioning, skin preparation, specimen management, surgical counts, and room turnover using **infection prevention** practices.
- Communicated patient status and procedural updates with physicians, colleagues, patients, and families during stressful care.
- Maintained concentration during urgent workflow changes, prioritizing safety while coordinating supplies, personnel, and clinical information.
- Contributed observations during quality reviews and adopted revised practices for documentation, sterile technique, and patient identification.

Registered Nurse, Medical Surgical and Perioperative Transition

Shenandoah Medical Center 📅 June 2019 - July 2020 📍 Staunton, VA

Cared for adult medical surgical patients with preoperative and postoperative needs while developing assessment, medication, education, discharge planning, and structured handoff skills. Cross trained into perioperative workflows under experienced surgical nurses.

- Cared for adult medical surgical patients with preoperative and postoperative needs across varied clinical conditions.
- Prepared patients by verifying orders, completing assessments, reinforcing instructions, and communicating changes in condition.
- Managed postoperative monitoring and pain interventions while escalating concerning findings to surgical or anesthesia providers.
- Coordinated discharge education covering wound care, medications, mobility precautions, and warning signs with families.
- Cross trained into perioperative workflows, gaining practical exposure to **operating room** safety and aseptic practice.
- Built accurate documentation and dependable interdisciplinary communication supporting transition into dedicated **perioperative nursing**.

PROJECTS

Outpatient Room Readiness Initiative 📅 2026

Small workflow changes protect more than schedules. Standardized room readiness checks aligned equipment, supplies, positioning resources, documentation, and patient safety steps before case entry.

Perioperative Quality Audit Program 📅 2024

Reliable care leaves a clear trail. Audit participation connected documentation, infection prevention, sterile practice, and patient safety findings with practical workflow updates.

LEADERSHIP & AWARDS

- Perioperative Quality Improvement Contributor, supported audits and practical workflow updates across surgical nursing teams.
- New Nurse Resource, provided peer guidance on sterile practice, room workflow, communication, and safe escalation.
- Patient Safety Leadership, strengthened identification, documentation, handoff, and infection prevention practices in surgical care.

EDUCATION

Bachelor of Science in Nursing

Virginia Commonwealth University 🎓 GPA: 4.0 📅 2019 📍 Richmond, VA

Coursework: Perioperative nursing, patient assessment, pharmacology, health assessment, community health

CERTIFICATIONS

- Registered Nurse, Virginia, Unrestricted, Active 📅 2026
- Basic Life Support 📅 2026
- Advanced Cardiovascular Life Support 📅 2026

TECHNICAL SKILLS

- **Perioperative Nursing:** Operating room nursing, perioperative care, circulating nursing
- **Patient Assessment:** Focused assessment, readiness assessment, clinical judgment
- **Sterile Technique:** Aseptic technique, sterile field maintenance, sterile boundaries
- **Surgical Safety:** Patient verification, safety checkpoints, surgical counts
- **Outpatient Surgery:** Ambulatory surgery, case flow, recovery handoffs
- **Clinical Documentation:** Intraoperative documentation, specimens, positioning
- **Infection Prevention:** Infection prevention, skin preparation, room turnover
- **Patient Education:** Preoperative education, discharge education, family education
- **Care Coordination:** Surgeon communication, anesthesia coordination, ancillary departments
- **Surgical Specialties:** Orthopedics, ENT, urology, ophthalmology, gastroenterology, podiatry
- **Quality Improvement:** Quality audits, workflow updates, patient safety projects
- **Emergency Response:** Clinical escalation, status changes, urgent workflow support

PROFESSIONAL AFFILIATIONS

- Virginia Registered Nurse community, active unrestricted Virginia RN license holder.
- Perioperative nursing teams, collaborative contributor across ambulatory and hospital based surgical services.

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST