



Claire Villarreal

Registered Nurse, Postpartum

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STRENGTHS

- 👁 **Clinical Observation**
A careful reassessment caught a subtle change during night shift, giving the care team time to respond safely.
- 💬 **Family Teaching**
Teach back and demonstration turned anxious questions into practical routines families could use at home.
- ❤ **Patient Advocacy**
Listening closely to preferences helped protect comfort, privacy, and dignity during vulnerable recovery moments.
- 👥 **Team Coordination**
A shared plan with obstetric, pediatric, and lactation partners kept family needs visible during discharge planning.
- 🔔 **Calm Escalation**
Clear condition updates helped charge nurses and providers act promptly when maternal or newborn findings shifted.

SKILLS

- Postpartum care
- Newborn assessment
- Patient advocacy Family education
- Care planning
- Clinical documentation
- Discharge planning
- Interdisciplinary teamwork
- Condition escalation
- Night shift nursing
- Direct patient care Patient safety
- Maternal recovery Newborn care
- Care evaluation

SUMMARY

Postpartum Registered Nurse with four years of current maternal newborn experience in **hospital maternity** units. Provides direct care for mothers and newborns through assessment, planning, implementation, evaluation, education, advocacy, documentation, and discharge preparation. Coordinates care with obstetricians, pediatric clinicians, lactation specialists, charge nurses, and support services, keeping family priorities visible during recovery and transition home. Night shift practice includes focused reassessment, recognition of changing conditions, timely provider communication, and careful escalation of safety concerns. Uses teach back, demonstration, and clear written guidance to support confident family decisions. Maintains Washington RN licensure, **American Heart Association Healthcare Provider BLS**, and **Neonatal Resuscitation Program** credentials. Brings steady clinical judgment and compassionate communication to postpartum care.

EXPERIENCE

Postpartum Registered Nurse

Cedar Sound Regional Hospital 📅 October 2024 - Present 📍 Olympia, WA

Supports assigned postpartum couplets during night shift, balancing **maternal recovery**, newborn adaptation, feeding progress, pain control, education, documentation, and safe discharge planning. Works with physicians, pediatric clinicians, lactation specialists, charge nurses, and support services to coordinate individualized care and respond to changing clinical needs.

- Managed **night shift** care for **postpartum** couplets, supporting recovery, feeding, comfort, and discharge readiness.
- Completed maternal newborn assessments and reported condition changes promptly for timely clinical evaluation.
- Coordinated bedside teaching on warning signs, **newborn care**, feeding, **safe sleep**, medications, and follow up.
- Partnered with obstetric, pediatric, lactation, and support teams to remove barriers before home transition.
- Maintained electronic records covering assessments, interventions, **education**, responses, and provider notifications.
- Advocated for comfort, privacy, preferences, and safety during every bedside interaction.

Maternal Newborn Registered Nurse

Rainier Valley Medical Center 📅 October 2022 - September 2024 📍 Puyallup, WA

Delivered **maternal newborn nursing** care from admission through discharge preparation in a **hospital maternity** setting. Combined bedside assessment, family teaching, emergency readiness, structured handoff, and interdisciplinary coordination to support safe recovery and confident newborn care.

- Delivered postpartum and newborn care from admission **assessment** through **discharge preparation** for families.
- Recognized changing maternal and newborn findings, completed reassessments, and escalated significant concerns.
- Guided families through recovery and newborn care using teach back, demonstrations, and written resources.
- Coordinated physicians, lactation consultants, social services, and nursing colleagues around complex family needs.
- Applied **American Heart Association** BLS principles during urgent clinical events and unit response procedures.
- Supported safe shift transitions through structured handoffs and complete **clinical documentation**.

LANGUAGES

English Native

Spanish Intermediate

MY CAREER

3.8
YEARS

● Postpartum Registered Nurse at Cedar Sound Regional Hospital (1.9 Years)

● Maternal Newborn Registered Nurse at Rainier Valley Medical Center (1.9 Years)

PROJECTS

Family Transition Education Program 📅 2024

Created a bedside education resource focused on recovery warning signs, newborn care, feeding, safe sleep, medications, and follow up. Clear teaching helped families leave with practical next steps.

Night Shift Safety Handoff Review 📅 2023

Reviewed handoff practices for postpartum and newborn care, focusing on condition changes, pending needs, provider communication, and discharge barriers. Structured information supported smoother continuity between teams.

LEADERSHIP & AWARDS

- Recognized by maternity colleagues for dependable night shift support and calm bedside communication.
- Selected by nursing peers as a trusted resource for postpartum and newborn family education.

EDUCATION

Bachelor of Science in Nursing

Pacific Lutheran University 🎓 GPA: 0 📅 2022 📍 Tacoma, WA

Coursework: Maternal newborn nursing, health assessment, pharmacology, community health

CERTIFICATIONS

- Washington Registered Nurse License 📅 2026
- American Heart Association Healthcare Provider BLS 📅 2026
- Neonatal Resuscitation Program 📅 2026

TECHNICAL SKILLS

- **Nursing Assessment:** Maternal assessment, newborn assessment, reassessment
- **Postpartum Care:** Postpartum recovery, couplet care, discharge readiness
- **Newborn Care:** Newborn adaptation, feeding support, safe sleep
- **Patient Education:** Teach back, family teaching, written resources
- **Clinical Documentation:** Electronic records, nursing notes, provider notifications
- **Care Planning:** Plans of care, care evaluation, discharge planning
- **Clinical Communication:** Structured handoff, condition reporting, interdisciplinary rounds
- **Emergency Credentials:** AHA BLS, NRP, Washington RN license
- **Safety Practices:** Patient safety, equipment concerns, quality concerns
- **Maternity Collaboration:** Obstetric care, pediatric care, lactation support

PROFESSIONAL AFFILIATIONS

- Washington State Nurses Association, participant in shared nursing practice and professional exchange.
- Association of Women's Health, Obstetric and Neonatal Nurses, maternal newborn practice community member.

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST