

Sylvia Cabrera

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SUMMARY

New graduate Bachelor of Science in Nursing candidate prepared for supervised adult **Surgical ICU** practice through inpatient technician work, critical care simulation, research, and senior practicum learning. Clinical preparation covers **postoperative assessment, physiologic monitoring, ventilator concepts, fluid and electrolyte correction**, parenteral nutrition, respiratory failure, multisystem dysfunction, and escalation of clinical concerns. Bedside work with adult medical surgical and step down patients strengthened safe care, infection prevention, electronic health record documentation, and communication with licensed nurses. Faculty supervised simulation included invasive hemodynamic monitoring concepts, rapid response workflows, surgical recovery, and transplant related care priorities. A 3.72 GPA, BLS certification, student leadership, research presentation recognition, and NCLEX RN preparation support continued growth through classroom instruction and precepted bedside practice.

EDUCATION

Bachelor's Degree in Nursing
Western Michigan University GPA: 3.72
Coursework: Adult acute care, critical care nursing, physiologic monitoring, nursing assessment, fluid and electrolyte management

2026
Kalamazoo, MI

TECHNICAL SKILLS

- **Clinical Assessment:** Postoperative assessment, adult acute care, nursing process
- **Critical Care Monitoring:** Physiologic monitoring, Swan Ganz monitoring, hemodynamic assessment
- **Respiratory Support:** Ventilator support, oxygen therapy, respiratory failure
- **Nutrition Support:** Parenteral nutrition, intake and output, nutrition assessment
- **Fluid Management:** Fluid correction, electrolyte correction, renal failure
- **Patient Safety:** Fall prevention, skin protection, safe patient handling
- **Infection Prevention:** Infection control, standard precautions, isolation practices
- **Clinical Communication:** Rapid response communication, structured handoff, escalation
- **Health Records:** Electronic health records, nursing documentation, shift transitions
- **Research Methods:** Simulation coding, literature review, dataset quality checks
- **Clinical Education:** High fidelity simulation, reflective debriefing, faculty feedback
- **Acute Conditions:** Multisystem failure, cardiac disease, pulmonary disease

SKILLS

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|----------------------------|------------------------------------|--------------------------------|-----------------------------------|
| • Adult acute care | • Ventilator concepts | • Rapid response communication | • Patient safety |
| • Postoperative assessment | • Swan Ganz monitoring | • Electronic health records | • Interdisciplinary communication |
| • Critical care simulation | • Fluid and electrolyte management | • Nursing documentation | • Clinical prioritization |
| • Physiologic monitoring | • Parenteral nutrition | • Infection prevention | |

EXPERIENCE

Student Nurse Technician, Adult Inpatient Care
Lakeshore Regional Medical Center

May 2025 - Present
Kalamazoo, MI

Support adult medical surgical and step down patients under RN direction, with emphasis on bedside safety, postoperative observation, accurate records, infection prevention, and timely escalation of changing conditions.

- Organized vital signs, mobility, hygiene, intake, output, and safety observations across assigned adult inpatient rooms.
- Reported respiratory, mental status, circulation, pain, and mobility changes promptly to licensed nurses during bedside rounds.
- Documented care activities and patient observations in **electronic health records** for clear shift transitions.
- Applied infection prevention, fall prevention, skin protection, and safe patient handling practices with postoperative adults.
- Coordinated routine bedside needs with nurses and care team members during fast paced inpatient shifts.
- Sought supervised exposure to oxygen therapy, drains, lines, nutrition support, and postoperative monitoring within scope.

Critical Care Nursing Research Assistant, Simulation Studies
University Research Lab

January 2026 - September 2026
Kalamazoo, MI

Supported faculty nursing research through structured review of adult deterioration simulations, dataset quality checks, literature review, and presentation of findings related to escalation and communication.

- Coded de identified observations from 48 student scenarios focused on adult clinical deterioration recognition.
- Maintained structured data tracking assessment cues, communication steps, intervention timing, and documentation quality for faculty review.
- Reviewed nursing literature on **rapid response** activation, respiratory failure, hemodynamic assessment, and deterioration communication.

- Applied standardized definitions and quality checks to resolve inconsistent entries before faculty analysis.
- Prepared concise tables and presentation notes describing recurring assessment and communication patterns without overstating findings.
- Presented research workflow to faculty and peers, explaining methods, limitations, and simulation education implications.

PROJECTS

Surgical ICU Transition to Practice Project 📅 2026

Faculty supervised capstone used high fidelity adult Surgical ICU scenarios to connect postoperative assessment, ventilator support, fluid and electrolyte correction, invasive monitoring concepts, rapid response communication, and reflective preparation for precepted bedside practice.

LEADERSHIP & AWARDS

- Dean's List recognition, 2024 through 2026, reflecting sustained academic performance.
- Nursing Academic Achievement Scholarship, 2025, supporting continued clinical education.
- Student Research Presentation Recognition, 2026, acknowledging clear communication of simulation findings.

CERTIFICATIONS

- Basic Life Support, American Heart Association 📅 2026
- NCLEX RN Candidate 📅 2026
- Michigan Registered Nurse Licensure Eligibility 📅 2026

PROFESSIONAL AFFILIATIONS

- Peer Mentor, Undergraduate Nursing Student Success Program, 2025 through 2026.
- Student Representative, Nursing Simulation Advisory Group, 2025 through 2026.
- Volunteer, Campus Health Education Outreach, 2024 through 2026.

LANGUAGES

- English (Native)
- Spanish (Proficient)

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST