

Sylvia Cabrera

Registered Nurse, Surgical ICU Graduate Nurse Intern

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STRENGTHS



Early Escalation

During inpatient shifts, noticed changing respiratory effort and mental status, then shared concise observations with nurses before concerns grew.



Bedside Safety

Postoperative patients received careful mobility, skin, fall, and infection prevention support; small checks helped nurses trust follow through.



Clear Documentation

Electronic health record entries captured care and observations promptly, giving incoming staff a cleaner picture during shift handoff.



Clinical Curiosity

Asked for supervised exposure to oxygen, drains, lines, and nutrition support, turning each bedside moment into a focused learning step.



Calm Communication

Simulation handoffs practiced concise status updates and unresolved concerns, helping peers and faculty see organized thinking during urgent events.

SKILLS

Adult acute care

Postoperative assessment

Critical care simulation

Physiologic monitoring

Ventilator concepts

Swan Ganz monitoring

Fluid and electrolyte management

Parenteral nutrition

Rapid response communication

Electronic health records

Nursing documentation

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 📅 2026 📍 Kalamazoo, MI

Coursework: *Adult acute care, critical care nursing, physiologic monitoring, nursing assessment, fluid and electrolyte management*

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

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.

Infection prevention Patient safety

Interdisciplinary communication

Clinical prioritization

LANGUAGES

English Native

Spanish Proficient

MY CAREER



- Student Nurse Technician, Adult Inpatient Care at Lakeshore Regional Medical Center (1.4 Years)
- Critical Care Nursing Research Assistant, Simulation Studies at University Research Lab (8 Months)

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.

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST