

Rowan Howard

Trauma ICU Registered Nurse

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STRENGTHS

- 💓 **Trauma Assessment**
During unstable trauma assignments, connected changing assessment findings with immediate care priorities and clear team updates.
- 💊 **Medication Safety**
Managed complex infusions with repeated reassessment and documentation, helping teams trust treatment decisions during critical changes.
- 🚑 **Emergency Response**
When patients deteriorated, applied ACLS steps and focused communication kept resuscitation work organized and patient centered.
- 👨 **Family Communication**
Supported families through critical illness with plain language, respect for patient rights, and culturally responsive conversation.
- ♿ **Safe Mobility**
Coordinated repositioning and transfers with body mechanics and staff support, protecting patients and colleagues during demanding care.

SKILLS

<u>Trauma ICU</u>	<u>Critical Care</u>
<u>Nursing Process</u>	
<u>Patient Assessment</u>	<u>Care Planning</u>
<u>Pharmacology</u>	
<u>Medication Administration</u>	
<u>Hemodynamic Monitoring</u>	
<u>Invasive Procedures</u>	
<u>Emergency Response</u>	
<u>Infection Control</u>	<u>Patient Rights</u>

SUMMARY

Trauma ICU **Registered Nurse** with six years of RN experience, including more than four years caring for unstable, high risk adults in ICU and trauma settings. Applies assessment, planning, implementation, coordination, and evaluation across complex clinical conditions, invasive procedures, **medication protocols**, and continuous hemodynamic, neurological, and respiratory monitoring. Nevada licensed RN with current BLS, ACLS, TNCC, and AMLS credentials. Uses **anatomy and physiology**, disease process knowledge, pharmacology, **infection control**, emergency response, patient rights, and safe equipment practices during rapidly changing care situations. Develops individualized care plans, evaluates treatment response, coordinates multidisciplinary interventions, and communicates clearly with patients, families, physicians, respiratory therapists, pharmacists, nurses, and support teams. Ready to contribute experienced critical care judgment, compassionate communication, and safe trauma nursing practice in a highly technical hospital environment.

EXPERIENCE

Trauma ICU Registered Nurse

Desert Horizon Regional Hospital 📅 March 2024 - Present 📍 Henderson, NV

Supports trauma ICU operations for critically injured adults requiring **continuous monitoring**, invasive procedures, complex medication therapies, and coordinated multidisciplinary care. Delivers **individualized nursing care** while balancing rapid assessment, safe mobility, family communication, and accurate clinical documentation.

- Managed unstable trauma patients through continuous hemodynamic, neurological, respiratory, and medication monitoring.
- Applied **nursing process** during changing trauma conditions, supporting timely intervention and documented treatment **evaluation**.
- Titrated complex medication infusions using pharmacology knowledge, reassessment, and documented patient response.
- Performed **invasive procedures** with specialty equipment, infection control practices, and safe nursing standards.
- Coordinated patient positioning, transfers, and mobility using **body mechanics** and appropriate staff support.
- Reported condition changes and care priorities to physicians, respiratory therapy, pharmacy, nurses, patients, and families.

ICU Registered Nurse

Silver Peak Medical Center 📅 February 2022 - February 2024 📍 Las Vegas, NV

Managed medical and surgical ICU patients requiring ventilatory support, vasoactive medication, invasive device care, and frequent reassessment. Combined clinical judgment, emergency response, infection prevention, documentation, and family support across high acuity assignments.

- Managed medical and surgical ICU patients receiving ventilatory support, vasoactive medication, and **continuous monitoring**.
- Developed care plans from **disease processes**, anatomy, physiology, laboratory trends, and treatment response.
- Initiated **emergency response** during deterioration, applying **ACLS** algorithms during resuscitation events.
- Maintained infection control and hazardous material practices during invasive device care and medication preparation.
- Documented assessments, medications, procedures, safety checks, and intervention response in clinical software.
- Supported families through critical illness using **patient rights** and culturally responsive **communication**.

Clinical Software

Safe Patient Handling

Nevada Nurse Practice Act

LANGUAGES

English Native

Spanish Intermediate

MY CAREER



● Trauma ICU Registered Nurse at Desert Horizon Regional Hospital (2.6 Years)

● ICU Registered Nurse at Silver Peak Medical Center (2 Years)

● Progressive Care Registered Nurse at Red Rock Community Hospital (1.5 Years)

Progressive Care Registered Nurse

Red Rock Community Hospital 📅 July 2020 - January 2022 📍 North Las Vegas, NV

Cared for high risk adults in progressive care, building readiness for ICU practice through telemetry monitoring, complex **medication administration**, emergency drills, rapid escalation, and coordinated transfers. Provided age specific care with attention to safety, infection prevention, and patient rights.

- Cared for high risk adults requiring telemetry, frequent **assessment**, complex medications, and rapid escalation.
- Identified changes in perfusion, respiratory effort, mental status, pain, and medication response for treatment escalation.
- Administered time sensitive medications using **safety** checks and monitored therapeutic effects.
- Coordinated transfers to higher care levels while preserving monitoring, communication, and clinical continuity.
- Applied age specific care, infection prevention, **patient rights**, and safe **body mechanics** during mobility.
- Strengthened critical care readiness through ACLS practice, emergency drills, and focused education.

Registered Nurse

Sagebrush Valley Hospital 📅 June 2020 - June 2020 📍 Carson City, NV

Completed supervised hospital nursing transition through adult medical surgical assignments. Applied foundational clinical knowledge, bedside safety, documentation, infection control, emergency response, and multidisciplinary communication during direct patient care.

- Applied anatomy, physiology, and disease process knowledge when recognizing abnormal findings and escalating changes.
- Documented assessments, medication response, education, and safety interventions for multidisciplinary handoffs.
- Used standard **medical equipment** and safe **body mechanics** during bedside care and patient transfers.
- Followed **infection control**, hazardous material handling, **emergency response**, and patient rights requirements.
- Built communication skills with patients, families, nurses, physicians, and support personnel.

PROJECTS

Trauma Care Readiness Program 📅 2026

Updated trauma care readiness through emergency drills, invasive procedure review, medication safety practice, and interdisciplinary communication exercises.

Critical Care Handoff Improvement 📅 2024

Strengthened ICU handoffs by organizing assessment findings, treatment response, medication details, safety checks, and care priorities for receiving teams.

LEADERSHIP & AWARDS

- Selected as a trusted resource for trauma ICU handoffs and rapidly changing patient conditions.
- Recognized by clinical peers for calm emergency response, clear communication, and dependable patient advocacy.
- Earned continued placement in high acuity assignments through consistent safety, documentation, and multidisciplinary coordination.

EDUCATION

Bachelor's Degree in Nursing

University of Nevada, Reno 📅 GPA: 3.5 📅 2020 📍 Reno, NV

Coursework: Anatomy and physiology, pharmacology, critical care nursing, nursing process

CERTIFICATIONS

- Registered Nurse, Nevada State Board of Nursing 📅 2020
- Basic Life Support, BLS 📅 2026

- Advanced Cardiac Life Support, ACLS 📅 2026
- Trauma Nursing Core Course, TNCC 📅 2026
- Advanced Burn Life Support, ABLS 📅 2026

TECHNICAL SKILLS

- **Critical Care Monitoring:** Hemodynamic monitoring, neurological monitoring, respiratory monitoring
- **Nursing Practice:** Nursing process, standards of care, patient assessment
- **Clinical Science:** Anatomy and physiology, disease processes, pharmacology
- **Medication Management:** Medication administration, complex medication protocols, infusion therapy
- **Emergency Credentials:** BLS, ACLS, TNCC
- **Trauma Credentials:** ABLS, trauma nursing, burn life support
- **Invasive Care:** Invasive nursing procedures, device care, sterile technique
- **Safety Practices:** Infection control, hazardous material handling, disposal procedures
- **Clinical Technology:** Critical care equipment, medical equipment, clinical software
- **Patient Mobility:** Body mechanics, safe patient handling, clinical mobility
- **Patient Advocacy:** Patient rights, individualized care plans, age specific care
- **Regulatory Practice:** Nevada Nurse Practice Act, nursing administration, RN licensure

PROFESSIONAL AFFILIATIONS

- Nevada State Board of Nursing, active Registered Nurse license.
- Critical care nursing professional community, trauma and ICU practice participation.

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST