



Mya Barton

Specialty Unit Staff RN, Critical Care

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SUMMARY

Critical Care **Registered Nurse** with 8 years of progressive **hospital** nursing experience, including more than 6 years caring for high **acuity** ICU patients. Leads comprehensive assessments, individualized care planning, medication safety, **ventilated patient monitoring**, pain management, infection prevention, discharge education, and rapid escalation of clinical deterioration. Uses nursing process, clinical data, electronic health record documentation, and multidisciplinary communication to coordinate safe care across complex night shift assignments. Serves as preceptor, clinical resource, mentor, and coach while delegating within scope and supporting professional development. Communicates respectfully with patients and families, protects confidentiality, follows regulatory and workplace safety requirements, and contributes practical observations to performance improvement. Brings calm clinical judgment and dependable team leadership to hospital critical care settings.

EXPERIENCE

Critical Care Registered Nurse

Seaside Regional Hospital 📅 February 2023 - Present 📍 Oceanside, CA

Supports high acuity ICU operations for respiratory failure, sepsis, postoperative recovery, and hemodynamic instability. Coordinates bedside care with intensivists and allied clinicians, precepts nurses and students, and guides safe clinical decisions through accurate documentation, patient education, and timely escalation.

- Managed ICU assignments for respiratory failure, sepsis, **postoperative recovery**, and **hemodynamic instability**.
- Coordinated intensivist and respiratory therapy input after serial assessment changes indicated clinical deterioration.
- Administered medications and procedures using **five rights** verification, device precautions, and **infection prevention**.
- Precepted nurses and students through scoped **delegation**, bedside coaching, and structured feedback.
- Documented assessments, interventions, education, pain response, and outcomes in electronic health records.
- Guided families through **medication purpose**, discharge instructions, comprehension checks, and referral needs.

Registered Nurse, Intensive Care Unit

Mesa Valley Medical Center 📅 July 2020 - January 2023 📍 Escondido, CA

Delivered continuous ICU care for critically ill adults during night shift assignments. Interpreted trending **clinical data**, revised plans around patient needs, supported safe transitions, and served as a trusted resource for prioritization, escalation, documentation, and unit workflow decisions.

- Delivered continuous adult **ICU** care, using trending data to identify deterioration and communicate findings.
- Revised individualized plans around acuity, **age**, **cultural needs**, safety risks, and team goals.
- Managed complex medication schedules and invasive devices while monitoring therapeutic and adverse responses.
- Served as night shift resource for prioritization, escalation, documentation, and unit workflow support.
- Supported discharge and transfer education by confirming comprehension and communicating unresolved barriers.
- Contributed bedside observations to **performance improvement** reviews focused on safety and workflow reliability.

Registered Nurse, Progressive Care

Canyon View Hospital 📅 June 2018 - June 2020 📍 San Marcos, CA

STRENGTHS



Clinical Assessment

Serial assessments helped reveal changing patient status early, giving physicians and nurses clearer information for timely action.



Patient Education

Teach back made medication and discharge conversations clearer, and families gained confidence with next steps.



Safe Delegation

Scoped delegation matched assignments with competency, leaving colleagues supported and patients covered during demanding shifts.



Calm Escalation

When clinical data shifted, direct communication and appropriate escalation kept attention focused on patient safety.



Preceptor Support

Bedside feedback helped nurses and students connect policy with practice, and peers returned for guidance on difficult cases.

SKILLS

Critical Care Nursing

Patient Assessment Care Planning

Clinical Decisions

Medication Safety

Infection Prevention

Standard Precautions

Discharge Planning

Patient Education

Electronic Documentation

Delegation Precepting

Pain Management Patient Safety

Team Communication

LANGUAGES

English Native

Spanish Intermediate

MY CAREER



● Critical Care Registered Nurse at Seaside Regional Hospital (3.7 Years)

● Registered Nurse, Intensive Care Unit at Mesa Valley Medical Center (2.5 Years)

● Registered Nurse, Progressive Care at Canyon View Hospital (2 Years)

● Registered Nurse, Medical Surgical at Harbor Point Medical Center (1.9 Years)

Cared for complex progressive care patients requiring frequent assessment, telemetry, medication management, and escalation. Built critical care readiness through advanced monitoring, emergency response, **interdisciplinary communication**, patient education, and consistent application of safety practices.

- Cared for progressive care patients requiring frequent assessment, **telemetry**, medication management, and escalation.
- Sequenced assessments, medications, procedures, and education while responding promptly to **alarms** and requests.
- Applied fall prevention, **pressure injury prevention**, **standard precautions**, and medication safety practices.
- Communicated assessment findings during interdisciplinary rounds to support timely care plan changes.
- Educated families about medications, warning signs, follow up, and home care using teach back.
- Built **critical care** readiness through advanced monitoring and ACLS based emergency response.

Registered Nurse, Medical Surgical

Harbor Point Medical Center 📅 June 2016 - May 2018 📍 San Diego, CA

Managed adult medical surgical assignments from admission through discharge while building core nursing skills. Coordinated physicians, case management, rehabilitation, and pharmacy around safe transitions, accurate documentation, patient education, infection prevention, and timely clinical escalation.

- Managed adult medical surgical assignments from admission through discharge using organized nursing care plans.
- Administered medications and treatments while monitoring responses and documenting interventions accurately.
- Identified clinical changes through reassessment and activated escalation pathways for rapid review.
- Coordinated **physicians**, case management, rehabilitation, and pharmacy around discharge barriers.
- Educated patients and families about diagnoses, medications, procedures, and follow up.
- Built foundational skills in prioritization, delegation, **infection prevention**, pain management, and **resource stewardship**.

PROJECTS

ICU Night Shift Safety Review 📅 2024

Reviewed bedside observations from night shift care and helped identify practical opportunities for safer escalation, documentation, medication checks, and patient comfort.

Critical Care Preceptor Resource 📅 2023

Created a bedside coaching resource for nurses and students, linking scoped delegation, clinical assessment, patient education, and clear feedback during complex assignments.

LEADERSHIP & AWARDS

- Recognized as a dependable clinical resource for night shift prioritization, escalation, and bedside decision support.
- Selected to precept nurses and students through structured feedback, scoped delegation, and patient centered coaching.
- Contributed frontline observations to performance improvement discussions focused on safety and workflow reliability.

EDUCATION

Bachelor's Degree in Nursing

California State University San Marcos 🎓 GPA: 0 📅 2016 📍 San Marcos, CA

Coursework: Critical Care Nursing, Health Assessment, Pharmacology, Community Health Nursing

CERTIFICATIONS

- California Registered Nurse License 📅 2026
- Basic Life Support 📅 2026
- Advanced Cardiac Life Support 📅 2026

TECHNICAL SKILLS

- **Critical Care Practice:** ICU nursing, critical care assessment, hemodynamic monitoring
- **Nursing Process:** Assessment, care planning, implementation, evaluation
- **Medication Safety:** Five rights, medication administration, adverse response monitoring
- **Patient Safety:** Fall prevention, pressure injury prevention, comfort measures
- **Infection Control:** Standard precautions, infection prevention, device precautions
- **Clinical Communication:** Physician escalation, interdisciplinary rounds, family communication
- **Patient Education:** Teach back, medication education, discharge instructions
- **Electronic Records:** Electronic health records, clinical documentation, outcome charting
- **Leadership Practice:** Delegation, precepting, mentoring, bedside coaching
- **Emergency Response:** Basic Life Support, Advanced Cardiac Life Support, alarm response
- **Quality Improvement:** Performance improvement, workflow review, unit learning
- **Regulatory Practice:** Confidentiality, licensure compliance, accreditation standards

PROFESSIONAL AFFILIATIONS

- Active California Registered Nurse license holder serving hospital critical care patients.
- Critical care preceptor and clinical resource supporting nurse development and unit learning.

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST