

SYLVIA PUENTES, RN-C

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PROFILE: STAFF REGISTERED NURSE

Astute **Registered Nurse** candidate with impeccable work ethic dedicated to providing comprehensive medical care and establishing partnerships in health with patients. Distinguished 13 year career in healthcare marked by optimizing patient experiences, successfully advocating for evidence-based practice, and collaborating across entire healthcare continuum to provide excellent patient care.

- Demonstrated **commitment to caring** for patient populations in a manner that fosters a sense of individual value and treats the whole person considering physical, mental, and emotional well-being.
- Recognized with numerous letters of commendation pertaining to exceptional clinical skills and providing compassionate care to patients and families.
- Deep understanding of medical signs and symptoms developed during **13 years of urology, hospice, spine, joint, and medical-surgical experience.**

SKILLS AND CAPABILITIES INCLUDE:

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|-------------------------------|--------------------------------|------------------------|
| ♦ Health Promotion & Wellness | ♦ Patient & Family Education | ♦ Regenerative Therapy |
| ♦ Hospice and Home Care | ♦ Interdisciplinary Care | ♦ Urologic Biopsy |
| ♦ Spine and Joint Injuries | ♦ Nursing Standards & Practice | ♦ Crisis Management |
| ♦ Physical Exams | ♦ Pain Management | ♦ Care Planning |
| ♦ Spanish Fluency | ♦ Holistic Healthcare | ♦ Medical-Surgical |

PROFESSIONAL EXPERIENCE

VIPPRIVATE CARE, New York

11/2015-PRESENT

Registered Nurse

Concierge Nursing Service: private care, skilled nursing, coordination of medical care amongst medical team, pre-operative and post-operative care provided in the home, hotel or facility in New York and New Jersey.

SPINE AND JOINT CENTER P.C., Hasbrouck Heights, NJ

12/2010-6/2015

Registered Nurse/Clinical Director

Spine and Joint Injuries, Pain Management, and Acupuncture. Served as the “right hand” of the president. Managed all patient care, including pre-operative and post-operative care. Oversaw laboratory operations and supported processing of protein-rich plasma used in regenerative stem cell therapies.

- ♦ Managed a team of 1-2 clinical staff; reviewed and assessed all clinical inquiries.
- ♦ Responsible for all aspects of the clinical area, including MD credentialing.
- ♦ Supported all activities in the procedure room and laboratory.
- ♦ Managed all purchasing of medical products and medications.
- ♦ Increased patient safety tenfold using in-depth training of non-clinical office staff.
- ♦ Trained staff on HIPPA compliance, resulting in improved protection of the patient’s private information.

ENGLEWOOD HOSPITAL MEDICAL CENTER, Englewood, NJ

12/2009-12/2010

Home Hospice Nurse

Hospice and Home Care: Provided comfort and quality care to adult terminally ill patients. Monitored each patient’s health condition, administered medications, and educated the family on the administration and rationale for use of the medication.

- ♦ Offered emotional support and counsel concerning difficulty coping.
- ♦ Managed a team of Home Health Aides as needed.
- ♦ Received numerous letters of commendation from families of loved ones worked with.

HACKENSACK UNIVERSITY MEDICAL CENTER, Hackensack, NJ

11/2005– 12/2009

Registered Nurse, Department of Urology

Urologic Diseases. Provided care for patients diagnosed with urologic diseases and bladder/renal/prostate cancers. Provided informative pre-operative and post-operative education, administered anti-neoplastic agents to bladder and prostate cancer patients. Interpreted and delivered diagnostic results.

- ◆ Coordinated the continuation of care with other providers.
- ◆ Provided relaxation therapy to patients using holistic techniques and breath work.
- ◆ Developed and implemented “The Sit Down” education program for surgical patients.
- ◆ Developed The Relaxation Therapy Program, using holistic techniques and breath work for stress management.
- ◆ Recognized as the “Employee of the Month” in 2006.

PHOENIX HEALTHCARE CORP., New Jersey

2003-2007

Staff Nurse

Provided quality nursing care on medical-surgical units throughout the area.

HACKENSACK UNIVERSITY MEDICAL CENTER, Hackensack, NJ

3/2002-11/2005

Level II Cap Nurse Coordinator

Medical-Surgical Unit: Treated diabetic and renal care patients in this medical-surgical unit. Served as a Charge Nurse during shift, and Preceptor for new hires as needed.

- ◆ Increased the Press-Ganey scores for the in-patient surgical unit by improving staff morale, team building, and training.

CERTIFICATIONS AND LICENSURE

Yoga Certification; 2009

Level III Certification – Holistic Nursing; The Birch Tree Center, MA – 2008

Level II Cap Nurse Coordinator; Hackensack University Medical Center – 2005

Certified Medical-Surgery Nursing (ANCC); 2004

IV Certification

BLS Certification

PRP Certification

PICC Line Certification

EDUCATION

ASSOCIATES OF APPLIED SCIENCE: NURSING (AAS), Bergen Community College

AFFILIATIONS

Professional Council Committee, GILDA’S CLUB

Member, American Holistic Nurses Association

Member, Society of Urological Nurses

Member, American Nurses Association