

LAUREN HECKENLAIBLE

As a registered nurse I have been committed to excellence and providing quality care through evidence-based practice, interdisciplinary communication, and holistic care with the patient remaining at the center. I am committed to life-long learning both in clinical settings and with continued formal education. I completed my Master's of Science in Nursing in May of 2023 and passed my board certification exam through the American Nurses' Credentialing Center to become a family nurse practitioner in July 2023.

EXPERIENCE

JANUARY 2024

FAMILY NURSE PRACTITIONER, SOUTHSIDE DIABETES

JANUARY 2022-PRESENT

REGISTERED NURSE, UNIT COORDINATOR SENTARA OBICI HOSPITAL EMERGENCY DEPARTMENT

As a unit coordinator in the emergency department, I am responsible for appropriately triaging patients and managing patient flow as well as assigning staff to the most appropriate assignment. This requires innovative thinking, flexibility, and in-depth clinical knowledge. I also assist nurses, physicians, and other healthcare providers in problem solving and patient care.

JANUARY 2019 – JANUARY 2022

REGISTERED NURSE, LEVEL III SENTARA OBICI HOSPITAL EMERGENCY DEPARTMENT

Moving to the emergency department has taught me new skills pertinent to critical care and basic injuries that are not typically seen on inpatient units. I have enjoyed the increased use of assessment skills and interdisciplinary teamwork as well as learning to be a charge nurse within the department. I have also taken on the roles of chair for the department's shared governance council and acted as a preceptor. I am also chair of the hospital's Nursing Practice Council.

JUNE 2015 – AUGUST 2017, DECEMBER 2017 – JANUARY 2019

REGISTERED NURSE/UNIT COORDINATOR SENTARA OBICI HOSPITAL STEPDOWN UNIT

Transitioning within Sentara from a nursing care partner into a registered nurse, I have been successful in applying critical thinking to clinical situations, innovative in meeting the needs and wishes of my patients and involved in committees that encourage evidence-based practice and shared decision making. I have served as a unit coordinator and the weekend charge nurse on an intermediate care unit that treats a wide variety of illnesses with a population ranging in age from young adult to geriatric. I have served on several committees including the magnet committee, shared governance council (co-chair), hospital practice council, stroke committee, and our research committee. I have also performed chart audits and provided education and in-services at both the unit and hospital level and precept new nurses and nursing students. I have

been recognized by both management and my peers as someone who provides non-judgmental guidance and education and as someone who is easy to come to with questions.

AUGUST 2018 – DECEMBER 2018

INSTRUCTOR, PAUL D. CAMP COMMUNITY COLLEGE

For one semester, I served as adjunct faculty at Paul D. Camp Community College instructing certified nursing assistant students. I taught class twice weekly and served as their clinical instructor. I thoroughly enjoyed my time teaching students and watching them progress through hands on learning.

AUGUST 2017-DECEMBER 2017

REGISTERED NURSE, SENTARA HOMECARE

My time spent as a home care nurse opened my eyes to the lives of patients after discharge. In the home environment I performed many skills that are utilized in the hospital and worked with physicians and therapists to keep patients out of the hospital. Focused and detailed assessments, lab draws, assessment of vital signs, and communication were key in this role. Medications sometimes needed to be changed and titrated to each patient's individual response. I continued education that was started in the hospital or doctor's office and worked with patients and their families to provide the best quality of care. This experience made me realize how important the discharge process within the hospital is and has assisted me in educating patients, families, and coworkers on the importance of medical equipment and prescriptions prior to discharge and enhanced my communication with social workers and discharge planners to prevent readmissions and promote health and well-being.

MAY 2014-JUNE 2015

NURSING CARE PARTNER, SENTARA HEALTHCARE

As a nursing care partner I collected data such as venous labs, blood glucoses, intake and output and vital signs and reported data out of the defined limits to the appropriate licensed personnel. I provided for patient safety and comfort and provided many patients with their activities of daily living such as bathing, toileting, eating, and ambulation when appropriate.

MARCH 2012-JUNE 2015

WAITRESS, JOHN'S SEAFOOD AND STEAKS

Waitressing taught me time management and excellent customer service skills. I learned to prioritize the needs of customers which enabled me to quickly adapt to the prioritization of the needs of my patients.

EDUCATION

MAY, 2023

MASTER'S OF SCIENCE IN NURSING, OLD DOMINION UNIVERSITY

GPA – 3.66

DECEMBER, 2017

BACHELOR'S OF SCIENCE IN NURSING, SENTARA COLLEGE OF HEALTH SCIENCES

GPA – 3.86

JUNE, 2015

ASSOCIATE'S DEGREE IN NURSING, PAUL D. CAMP COMMUNITY COLLEGE

- Recipient of the Florence Nightingale Award
- Member of the National Student Nurses' Association

SKILLS

- Quick learner
- Calm in stressful situations
- Charge RN experience/Unit Coordinator Experience
- Receptive to feedback
- Able to provide direction for coworkers
- Proficient IV skills
- Leadership experience
- Organized and motivated
- Life-long learner

ACTIVITIES

- After spending one year serving as our Obici's practice council co-chair, I spent one year as chair in 2021. Since becoming the committee chair, the council has been able to increase its attendance and solve multiple barriers to effective patient care.

- During Obici's first Magnet journey, I was a part of the committee from just a few months after it started all the way through the designation process. I was chosen as one of the Magnet conference attendees representing our hospital in Denver, Colorado in 2018 and will be escorting the appraisers throughout the hospital in June 2023 for Obici's redesignation.

- As chair of shared governance while on the stepdown unit, I organized the agenda and minutes for unit meetings and communicated thoughts and ideas with our unit manager. As chair of the shared governance council in the emergency department I have assisted in numerous department activities, quality improvement initiatives, and created a mentorship program for new emergency department staff.

-Outside of the hospital setting I assist in community activities such as assisting with the church youth group and going on mission trips. In 2017 I went to Haiti and was able to provide medical care to an underserved population. I have also volunteered with the Crisis Pregnancy Centers of Western Tidewater providing education and resources to pregnant women in crisis.

Awards and Professional Membership/Certifications

- Novice Nurse Excellent Award Winner (2016)
- Chosen as a Nurse Ambassador (2017)
- Preceptor experience
- Charge nurse experience
- Unit Coordinator Experience
- Alternate Magnet Escort (2018)
- Progressive Care Certified Nurse (2018)
- Magnet representative at the ANCC Magnet Conference (2018)

- Magnet/Nursing Excellence Committee Chair (2019-2020)
- First RN awarded with the Emergency Department Employee Excellence Award (January 2020)
- Emergency Nurses Association Member
- Nursing Practice Council Chair (2021)