

Michelle Shufelt

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OBJECTIVE

Looking for a **Registered Nursing** position to learn and gain exposure in another field/specialty of medicine.

EDUCATION

B.S. Nursing, In progress, anticipated graduation December 2024

Old Dominion University, Online School of Nursing

GPA 3.44

A.S. Nursing, December 2021

Northern Virginia Community College, Manassas Medical Education Campus

Cum Laude, GPA 3.56

B.S. Biochemistry, May 2016

Virginia Tech, Blacksburg, VA

RELEVANT EXPERIENCE/ WORK EXPERIENCE

INOVA - Registered Nurse I PCU (Telemetry)

Fair Oaks, VA April 2022- current

- Medication Administration: Titrated gtts (Heparin, Diltiazem, Amiodarone), also lasix gtts, Blood transfusions, IV/SQ/ID medications, reconstituted medications, Insulin, time sensitive medications (anti-seizure, antibiotics, etc.) Insert and maintain IV lines
- Monitor and assess patient progress and decline, report any changes to the MD or call RRT/MSET/Stroke Alerts, participate in codes and rapid response, document what was done in EPIC, document and record patient I&Os, procedures, assessment, time sensitive calls to MDs, notes of significant events.
- ACLS, BLS, Stroke certified – INOVA now requires re-education/certification quarterly (RQI)
- Communicate and coordinate patient care with Healthcare team including: Hospitalist, FFP, CM, PT, OT, Nutrition, SLP, ICU charge, Star RN (for emergencies and change in MEWS score), Unit Charge
- Monitor and record astripings of HR/Rhythm once per shift, document Stroke assessments q4h per unit protocol, CIWA documentation per protocol, VS q4h, Assessments qshift

INOVA - Clinical Technician I PCU (Telemetry)

Fair Oaks, VA Dec 2020- April 2022

- Assist in patient care and documentation alongside with the Nurse of my 9-13 patients.
- Insert IV lines, foley catheters.
- Record EKGs, placed leads for portable monitor, obtain and record VS and Blood sugar based on unit protocol
- perform and report daily cares, hygiene, ins and outs, daily weights, meals, and ADLs to the nurse and in Epic documentation.
- Report any changes and significant VS to the RN, participate in codes and rapid response.
- Maintain BLS certification

SpecialtyCare - Autotransfusion Technician

Reston, VA, Nov. 2016 - Nov. 2020

- Worked independently in the operating room to provide autologous blood return for cardiac and noncardiac patients during surgical procedures
- Collected and reported estimated blood loss to the Anesthesiologist(s), Surgeon(s), and Operating Room Nurses. Kept detailed records for patient and adhered to HIPPA protocol.
- Operated and troubleshoot the Cell Saver machine to prepare and return patient's blood during surgery, as well as and maintained adequate stock of supplies.
- Maintain up-to-date certifications (BLS), continuing education, and requirements according to hospital regulations

Education One - Tutor

Herndon, VA, Sept. 2019 - Dec 2020

- Helps students with homework/schoolwork in subjects from 1st grade to 12th grade
- Organizes and teaches lesson plans in English reading and writing, SAT prep, Math (grades 2-9), and Science (Biology, Chemistry and Health Sciences)

COLLEGIATE EXPERIENCE/ RESEARCH

Undergrad Research, Department of Biochemistry, Virginia Tech, Jan. 2015 – May 2016 - Instructor: Robert H. White

Project: Identification of a New Cystathionine Cleavage Enzyme

Used the following protein purification techniques: SDS-PAGE gels, Bradford Assay, FPLC, HPLC, and protein sonication.

Paid for Summer 2015 to conduct and assist with research in various different projects on identifying enzymes in *Methanocaldococcus jannaschii* (MJ), an archaic organism, in order to determine the metabolism of ancient organisms and how they have evolved.

Learned how to identify different enzymes in MJ using: GC-Mass Spec and LC-Mass Spec.

Miller, D. V., Ruhlin, M. C., Ray, K., Xu, H., White, R. H. N(5), N(10)-methylenetetrahydromethanopterin reductase from *Methanocaldococcus jannaschii* also serves as a methylglyoxal reductase. FEBS Lett. 591 [2017] 2269-2278. PubMed: 28644554.

Mentor: Danielle C. Miller

PUBLICATIONS

Poster Presentation

Ruhlin, M. C., Miller, D. V., Ray, K., Xu, H., Harich, K., White, R. H., Identification of a New Cystathionine Cleavage Enzyme, Undergrad Research and Creative Scholarship Conference, Virginia Tech, Feb. 26, 2016

Miller, D.V., Ruhlin, M. C., Ray, K. Xu, H., and White, R.H. Identification of the F₄₂₀ dependent enzyme that oxidizes D-lactaldehyde to methylglyoxal in *Methanocaldococcus jannaschii*. (In Preparation)

REFERENCES

1. PCU/ICU Manager at Fair Oaks – Cristin Schaub (phone) 703-391-(email) Cristin.schaub@inova.org
2. PCU Supervisor at Fair Oaks – Mona Khadka (phone) 703-391-4843 (email) mona.khadka@inova.org
3. PCU Unit Mentor Unit Mentor at Fair Oaks – Sarah McNeil Jacobs (phone) 703-391-4905 (email) sarah.jacobs@inova.org
4. Supervisor at SpecialtyCare - Marcus Disney: (phone) 443-5(email) marcus.disney@specialtycare.net