

Elizabeth “Liz” Carlton

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EDUCATION

Bon Secours Memorial College of Nursing, Richmond, VA. Bachelor of Science in Nursing, Expected December, 2019. GPA: 3.2

Virginia Commonwealth University, Richmond, VA. Pre-Nursing, 2015 - 2017. GPA: 3.4

WORK EXPERIENCE

Emergency Department Technician

Bon Secours Memorial Regional Medical Center, Mechanicsville, VA. 9/2018 – present

- Anticipated incoming patients by preparing rooms and maintaining proper equipment.
- Received patients from EMS personnel and prepared them for examination, started IV's, completed blood draws and inserted Foley catheters; performed EKG's and vital signs.
- Assisted team members in emergency situations such as codes by performing CPR and assisted with conscious sedation, splinting and applying stitches.

Certified Nurse Assistant

Walnut Hills Assisted Living Center, Chesterfield, VA. 1/2016 – 11/2017

- Provided care for elderly patients including those with dementia and multiple chronic conditions including activities of daily living, vital signs, conversation, and patient advocacy.

Nanny

Private Family, Henrico, VA. Summers 2014 – 2017

- Provided care for three children ranging from newborn to age 8 during weekdays. Ensured safety, transported children to summer camps, prepared meals, provided first-aid, and engaged in creative and fun activities.
- Ensured one child (age 6 with asthma) was prepared with inhaler at all times.

VOLUNTEER ACTIVITIES

- **College of Nursing Haiti Mission Team:** Selected by faculty following competitive interview process to be 1 of 7 students to travel to Haiti: March, 2019. Provided care to more than 350 Haitians including antibiotics, antifungals, vitamins, wound care, patient education and taking vitals.
- **College of Nursing Remote Area Medical Team (RAM):** Student volunteer selected to serve in Appalachia providing care to underserved patients, July, 2019. Worked with RNs to triage hundreds of patients and directed patients to correct locations to receive medical care.

HONORS/MEMBERSHIPS

- College of Nursing Student Government Association – Social Activities Chair: 2019 - present.
- Alpha Phi Omega, national service fraternity member, 2019 – present
- Gloria Booker Merit Scholarship, 2018 and George Modlin Merit Scholarship, 2019.

CERTIFICATIONS

Certified Nursing Assistant (through 6/2020)

BCLS: (through 11/2020)