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TERI L. RIDLON, FNP Student

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**SUMMARY**

A highly seasoned RN with thirty-two years of experience, including adult and pediatric emergency medicine, urgent care, family practice, inpatient obstetric, and newborn nursery currently seeking a position as a Family Nurse Practitioner.

**EDUCATION**

2021- present Western Governors University, MSN-FNP – Graduation 12/2022

2018-2019 Western Governors University, Bachelor Degree in Nursing

1988-1990 University of Maine, Augusta. Associate Degree in Nursing

**PUBLICATIONS**

(2012) Teri L. Ridlon, RN and Damon Cottrell, DNP, RN, NP-C. The Value of Clinical Feedback, Nursing 2012 Critical care, November, Vol. 7 No. 6, pp 44-47. <https://journals.lww.com/nursingcriticalcare/Fulltext/2012/11000/The_value_of_clinical_feedback.9.aspx>

**CLINICAL INTERNSHIPS - Completed**

**07/1/2022—08/30/2022**

FNP student

Community Care West Urgent Care – Preceptor Karma Youngstrom, PA-C

* Clinical hours completed – 100 hours
* Worked with my assigned preceptor to assess, diagnose and treat patients of all age groups in an urban urgent care setting
* Performed procedures including suturing of wounds, nail removals, abscess drainage, drainage of bursitis, and simple fracture reduction
* Evaluation of X-rays
* Functioned independently under the supervision of my clinical preceptor

**07/14/2022 – 08/30/2022**

FNP student

Firth Medical Center – Preceptor Jacob Barney, FNP-C

* Clinical hours completed – 122 hours
* Worked with my assigned preceptor to assess, diagnose, and treat patients of all age groups in the rural primary care setting
* Performed procedures including mole and wart removals, partial excision of toenail
* Shadowed preceptor in providing care to rheumatology patients with various types of autoimmune disorders
* Performed well-child visits, Medicare wellness visits, adult wellness visits, sports physicals, and sick adult and child visits independently under the direct supervision of my assigned preceptor.

**CLINICAL INTERNSHIPS - SCHEDULED**

**09/01/2022 – 10/31/2022**

FNP student

Lost River Medical Center – Preceptor Kirsty Urnuch, FNP-C

* Scheduled hours – 110
* Care of older adults with complex medical problems in a rural community

**09/01/2022 – 10/31/2022**

FNP student

Vista Healthcare – Preceptor Rebecca Jepson, FNP-C

* Scheduled hours – 110 hours
* Care of adults with a focus on wellness exams and preventative health, hormone therapy, and weight management

**11/01/2022 – 12/25/2022**

FNP student

Firth Medical Center –preceptor Jacob Barney, FNP-C

* Scheduled hours – 155
* Care of patients of all ages in a rural community primary care setting

**11/01/2022 – 12/01/2022**

FNP student

Monarch Women’s Healthcare – preceptor Jacob Venesky, MD, OBGYN

* Scheduled hours – 65
* Care of the gynecologic needs of women of all ages.

**RN EXPERIENCE**

**10/19/2020 – present**

Staff RN—Eastern Idaho Regional Medical Center, Idaho Falls, ID

* Provide direct care to women through the antepartum, intrapartum, and postpartum periods.
* Provide direct care to newborns including stabilization through the transition to extrauterine life following birth and the immediate newborn period
* Circulate and recover cesarean sections

**12/2020 –present**

Staff RN – Redicare, Urgent Care Center, Idaho Falls, ID

* Provide direct care to patients in the urgent care environment including wound care, IV and medication administration, splitting, and phlebotomy

**05/08/2020 – present**

Per Diem RN -- Medcor, Inc, Mammoth Clinic, Yellowstone National Park, WY

* Provide emergency and urgent nursing care to residents, park visitors, and employees of all acuity levels
* Provide nursing care to patients in a Family Practice setting
* Perform basic X-rays
* Perform clerical and basic billing tasks

**06/2021- 11/2021**

Telephone Triage RN – Remote assignment (15th Travel assignment, Aya Healthcare) University of Washington

* Provide telephone triage to patients in the University of Washington healthcare system
* Contact providers as indicated through telephone triage assessment
* Provide homecare advice as indicated based on established protocols defined by the University of Washington telephone triage guidelines.

**06/08/2020 – 05/30/2021**

Staff RN – Family Birth Center – Livingston Healthcare, Livingston, MT

* Provide antepartum, labor and delivery, and postpartum care to woman women in the inpatient setting of a critical access hospital.
* Provide care to newborns from delivery to discharge
* Float to the emergency department when the Family Birth Center is closed

**07/18/2019 – 04/20/20**

Travel RN (14th Travel Assignment. Atlas Medstaff) Inpatient Obstetrics with float to Emergency Department as needed – Mendocino Coast District Hospital, Fort Bragg, CA

* Travel RN 5 bed LDRP, Newborn Nursery, Antepartum Unit in a Critical Access hospital
* Float to 8-bed Emergency Department in this Critical Access hospital
* Proficient in all acuity levels

**01/08/2019 -07/06/2019**

Travel RN (13th Travel Assignment, Atlas Medstaff) Inpatient High-Risk Labor and Delivery –Prisma Health, Richland, Columbia, SC

* Travel RN in 24-bed high-risk L&D, antepartum unit
* Approximately 200 deliveries per month

0**9/16/2018-12/22/2019**

Travel RN (12th Travel Assignment, Atlas Medstaff) Birthing Center Labor and Delivery -- Adventist Health, Reedley. Reedley, CA

* Travel RN in 8-bed Labor and Delivery Unit
* Approximately 100 deliveries per month
* Float to the Emergency Department when needed. Proficient in all acuity levels

**05/08/2018 – 09/15/2018**

Seasonal RN -- Medcor, Inc, Old Faithful Clinic, Yellowstone National Park, WY

* Provided emergency and urgent nursing care to park visitors and employees of all acuity levels
* Performed basic X-rays
* Performed clerical and basic billing tasks

**11/06/2017 – 05/05/2019**

Travel RN (11th Travel Assignment, Atlas Medstaff) Birthing Center Labor and Delivery -- Adventist Health, Reedley. Reedley, CA

* Travel RN in 8-bed Labor and Delivery Unit
* Approximately 100 deliveries per month
* Float to the Emergency Department when needed

**05/01/2017 – 10/28/2017**

Travel RN (10th Travel Assignment. Nurses RX) Birthing Center – Inland Hospital, Waterville, ME

* Travel RN in 9-bed LDRP, Newborn Nursery, Antepartum unit
* Float to the Emergency Department when the LDRP census low

**06/01/2017 – 10/01/2018**

Staff RN – Emergency Department -- Central Maine Medical Center, Level II Trauma Center, Lewiston, ME

* Per Diem RN in 43-bed Emergency Department

**07/11/2016 –4/15/2017**

Travel RN (9th Travel Assignment. Advantage RN) – Emergency Department – Rapid City Regional Hospital, Level II Trauma Center, Rapid City, SD

* Travel RN in 28-bed Emergency Department

**04/11/2016 – 07/09/2016**

Travel RN (8th Travel Assignment. Advantage RN) – Emergency Department – Community Regional Hospital, Level I Trauma Center, Fresno, CA

* Travel RN in 120+ bed Emergency Department

**01/04/2016 – 04/02/2016**

Travel RN (7th Travel Assignment. Advantage RN) – Emergency Department – Jupiter Medical Center, Jupiter, FL

* Travel RN in 27-bed Emergency Department

**10/05/2015 – 01/01/2016**

Travel RN (6th Travel Assignment. Advantage RN) – Emergency Department – Greenville Memorial Hospital, Level I Trauma Center, Greenville, SC

* Travel RN in 85+ bed Emergency Department

**7/13/2015 – 9/19/2015**

Travel RN (5th Travel Assignment. Advantage RN) – Emergency Department – St Joseph’s Hospital, Bangor, ME

* Travel RN in 20-bed Emergency Department

**3/2015 – 6/2015**

Travel RN (4th Travel Assignment. Advantage RN) – Emergency Department – Greer Memorial Hospital, Greer, SC

* Travel RN in 25-bed Emergency Department

**1/2015 – 3/2015**

Travel RN (3rd Travel Assignment. Aya Healthcare) - Emergency Department – Thomasville Medical Center, Thomasville, NC

* Travel RN in 21-bed Emergency Department.

**6/2011 – 5/2016**

Staff RN - Emergency Department - Maine General Medical Center, Augusta, ME

* Staff RN in 31-bed Emergency Department.
* Relief Charge.
* Actively involved in the process of moving into a new hospital and constantly precepting new nurses.

**11/2011 – 1/2015**

Agency RN (Ready Nurse) - Inpatient Obstetrics - Inland Hospital, Waterville, ME

* Provide direct patient care to obstetrical patients including labor, delivery, recovery, postpartum and newborn care.

**09/2012 -01/2015**

Substitute School Nurse -- Monmouth School District, Monmouth, ME

* Substitute school nurse for K – 12 students in the Monmouth School District

**05/2007 - 06/2013**

Staff RN -- Central Maine Medical Center, Lewiston, ME (Level II Trauma, Teaching Hospital)

* Staff RN inpatient obstetrics including labor and delivery, C-sections, recovery, postpartum, and newborn care.
* Staff RN in a 43-bed, Level II Trauma Center Emergency Department providing care to patients of all acuity levels.

**03/2008 - 03/2009**

Travel RN – (2nd Travel Assignment) Pediatrics, Concord Hospital, Concord, NH

* Provided direct patient care on an 11-bed Pediatric Unit with occasional floats to the inpatient obstetrical unit.

**05/2007- 05/2008**

Nurse Leader, Med/Surg/Telemetry -- Franklin Memorial Hospital, Farmington, ME

* Charge nurse and staff mentor to 30-bed inpatient medical unit

**02/2007- 04/2007**

Travel RN – (1st Travel Assignment) Labor and Delivery, Arrowhead Hospital, Glendale, AZ

* Provided direct patient care to obstetrical patients including labor and delivery, and high-risk antepartum.
* Approximately 250 deliveries per month

**08/2001- 02/2007**

Staff RN, Nursing Supervisor, & Clinical Coordinator -- Central Maine Medical Center, Lewiston, ME

* Clinical Coordinator for Labor and Delivery, NICU, and Pediatric units.
* Staff RN inpatient obstetrical unit
* Nursing supervisor for 200-bed, Level II Trauma Center

**07/1998 - 03/2002**

In-House Supervisor, Nurse Manager, Staff RN -- Franklin Memorial Hospital, Farmington, ME

* Performed various roles including Nursing Supervisor, Nurse Manager for Med/Surg / Telemetry floor, and Staff RN for inpatient obstetrical unit

**05/1990 – 07/1998**

* Maintained full-time employment as a Registered Nurse in the settings of inpatient, outpatient, and home health. Details are available upon request.