

Nic Smith

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Education

University of Portland, Portland, OR
Bachelor of Science, Majors: Nursing, Psychology
• Dean's List

Expected Spring 2022
GPA 3.7

Professional Practice

Senior Synthesis, 180 hours

Spring 2022

Portland Providence Medical Center, Portland, OR

- Supported the implementation of new evidence-based blood estimation guidelines
- Implemented care coordination for discharged patients with community partners
- Provided patient-center education to promote optimal health and well-being
- Effectively communicated with interdisciplinary team to support safe patient care
- Used guided imagery, pharmaceuticals, and mobility to provide pain relief

Chronic Illness Management, 180 hours

Fall 2021

Touchmark, Portland, OR

- Provided patient-centered education on self-care management for a new chronic illness
- Educated patients on nutrition techniques to decrease inflammation
- Worked with site to identify most important aspects spirituality for the population and implement related activities

Acute Illness Management, 180 hours

Spring 2021

Legacy Salmon Creek Medical Center, Vancouver, WA

- Collaborated with healthcare team to develop and implement care plans using clinical reasoning
- Performed head-to-toe assessments to monitor for acute changes in status
- Assessed patients' pain levels and communicated with healthcare team to implement pain relief interventions
- Documented health status, interventions, and medications in patients' chart to support continuum of care

Population Health, 180 hours

Fall 2020

Portland Fire and Rescue, Portland, OR

- Supported houseless population in gaining access to health care resources by collaborating with community partners
- Provided education to clinic staff serving the houseless population on utilizing empowerment techniques
- Implemented breathing techniques with patients to increase emotional regulation and resilience

Related Experience

Child Care Provider, **Private Family**, Portland, OR

Summer 2019 – Present

- Use time management skills to plan daily activities and provide care for 3 children
- Focus on encouraging developmentally appropriate play while supporting independence and ensuring safety

Applied Psychology Capstone Project, **Providence Children's Development Institute (PCDI)**, Portland, OR

Spring 2020

- Surveyed pediatric OT, speech, and PT's at (PCDI) on the use of visual arts in a therapy setting and developed a diversity-based art class for children and tested the change in negative mood based upon participation
- Wrote an in-depth research paper on the benefits of visual arts for children, integrating concepts from contemporary psychology, which included the results of both the survey and the diversity-based art class

Caregiver, **Private Family**, Bend, OR

Summer 2018 – Spring 2019

- Assisted with activities of daily living supporting independence; assessed and supported mental and physical needs
- Communicated closely with family members about patient status and advocated for patient's needs

Additional Experience

Volunteer, **Providence Portland**, Portland, OR

May 2019 – Present

Member, **University of Portland Student Nurses Association**, Portland, OR

Fall 2017 – Present

Member, **Sigma Theta Tau International, Omega Upsilon Chapter**

Inducted October 2019

Skills & Certifications

Certifications: ACLS, BLS, ELNEC
Charting Software: EPIC, PointClickCare