

NAIRA LUCIA SANTANA ANDRADE E SILVA

165 Wilson Ave, Newark

NJ 07105, USA

Tel.: (862) 295-7735

E-mail: nairaluciasas@yahoo.com.br

ACADEMIC EDUCATION

- **Bachelor's Degree in Nursing (2013)**
 - Universidade de Mogi das Cruzes - Brazil

- **Lato Sensu Postgraduate Course in Obstetric Nursing (2018)**
 - Centro Universitário São Camilo - Brazil

QUALIFICATIONS

- Professional with experience developed in the areas of Obstetrics, Emergency Room, Surgical Center, Sterilization Material Center (CME), Diagnostic and Therapeutic Support Service (SADT) and Leadership.
- Extensive experience in the field of Nursing, identifying requirements for patient care, focusing on their needs, and acting in accordance with them.
- Strong experience in promoting a compassionate environment through the provision of psychological support
- Great knowledge to solve or report the needs or problems of patients.
- Experience in directing, supervising, and evaluating nursing professionals.
- **Languages:** Portuguese and English.

Obstetrics

- Courses aimed at the area of Obstetrics such as: Neonatal Resuscitation in the Delivery Room, Suture of Perineal Traumas, Updating Course in Cardiotocography.
- Conclusion Paper "Non-Pharmacological Methods for Induction of Labor", which was among the best in the class, being available at the University library, where I specialized, for a period of 5 years.
- Participation in the lecture offered by COREN (Regional Nursing Council) "Strengthening Good Practices in Childbirth Assistance".
- Planning, organization, supervision, execution, and evaluation of all nursing activities in parturient and postpartum women and their families in accordance with the Institution's care model,
- Identification of obstetric dystocia and taking appropriate action until the doctor arrives.
- Direct nursing care and more complex care at all stages of childbirth.

- Assistance to parturient in normal delivery, performing episiotomy and episiorrhaphy if necessary.
- Provide effective assistance to binomials.
- Identify an obstetric emergency and intervene with autonomy and accuracy.

Emergency Room

- Planning, organization, supervision, execution, and evaluation of all nursing activities for elderly patients, adults, women, adolescents and children.
- Action planning and performance in Medium and High Complexity Nursing Care.
- Assistance to victims in urgent/emergency situations in hospital and pre-hospital settings, aiming at maintaining life, preventing damage and sequelae.
- Development of management and care activities, aiming at improving patient care in urgent/emergency situations.
- Intra- and extra-hospital transport of critically ill and/or life-threatening patients.
- Nurse attributions and other activities inherent to the position.
- Be prepared to provide the necessary assistance to the patient at any time.
- Environment equipped and prepared for any intercurrent.

Surgical Center and Sterilization Material Center

- Acting and coordinating the work process of the nursing team under his supervision within the operating room, post-anesthetic recovery room and sterilized material center.
- Direct assistance to patients during pre - intra and postoperative periods at different levels of complexity.
- Comprehensive, individualized, and documented nursing care in the pre, intra and postoperative periods through the perioperative nursing care system.
- Planning, coordination, execution, supervision, and evaluation of all steps related to the processing of health products, reception, cleaning, drying, integrity and functionality assessment, preparation, disinfection or sterilization, storage, and distribution to consumer units.
- Sector working in perfect harmony.
- Surgical materials properly packaged, dated, and stored.

Diagnostic and Therapeutic Support Service

- Carrying out all types of procedures that the nurse is authorized to do: insertion of a urinary catheter for delay/relief, insertion of a nasogastric/nasoenteral tube, among many others, always respecting the limitations and decisions of each patient.
- Planning, organizing, coordinating, supervising, executing, and evaluating all nursing activities in critically ill adult patients.
- Development of care activities, proposing alternatives to transform the management reality and care for critically ill patients and/or at risk of death.

- Execution of functions relevant to the profession that can identify complications and take immediate decisions about the care of critically ill patients.
- Assist the medical team whenever necessary.
- Maintain the patient's physical and mental integrity.

Leadership

- Delegation of tasks and supervision of patient care procedures with responsibility and commitment to results.
- Planning training and continuing education programs.
- Coordination of the nursing team (technician / assistants).
- Efficient communication with nursing staff.
- Knowing how to put herself in other's shoes, regardless of the situation.
- Demonstrate humanity and respect in all her actions.

PROFESSIONAL BACKGROUND

Notredame Intermédica Saude SA – September 17, 2018 to May 2, 2019

About the company: Grupo NotreDame Intermédica (GNDI) is currently the largest healthcare operator in Brazil, with 7.6 million beneficiaries. Founded in 1968, it is a pioneer in Preventive Medicine, an area in which it has operated since 1982 through the promotion of structured programs that offer comprehensive health and dentistry to business and individual clients. The Company is distinguished by offering a wide Own Network: a service structure with 34 hospitals, 87 Clinical Centers, 25 Autonomous Emergency Room, 17 Preventive Medicine Centers and 3 Health Centers exclusively dedicated to the 50+ public (NotreLife 50+). Also part of the structure is NotreLabs, a national laboratory network with capillarity of more than 100 operations, distributed in the Southeast and South regions, and capacity to process 4.5 million clinical analyzes and 500 thousand image exams per month (NTO). There are 12 units for imaging exams and 72 collection points for clinical analysis.

Position: Obstetric Nurse

Main responsibilities:

Maternity:

- Responsible for care that require higher levels of scientific and technical knowledge;
- Prepare patients for medical care;
- Personally caring for patients who are at a critical health level;
- Perform procedures on patients (bladder probe, insertion of peripherally inserted central catheter, orogastric probe);
- Assess wounds and choose the type of dressing to be used;
- Perform nursing diagnoses and nursing prescriptions;
- Provide assistance during labor.

- Welcoming patients in the sector coming from the surgical center, normal delivery center or inpatient unit.
- Check the stop cart and oxygen cylinder and request replacement if it is below the permitted level.
- Delegate tasks and supervise patient care procedures with the nursing staff.
- Offer general care to parturient.
- Perform administration of medications prescribed by the physician.
- Carry out Cardio fetal Monitoring when necessary.
- Screening and risk classification of high-risk parturient with wristband identification and immediate referral to the doctor and, if necessary, to the Normal Delivery Center or the surgical center.
- Perform Identification and Application of protocol for pregnant women with pathologies such as chronic hypertension or gestational hypertension, Gestational Diabetes Mellitus, Anemia, Urinary Infection, among others.
- Provide assistance to the parturient and normal delivery.
- Provide nursing care to pregnant women, mothers, and postpartum women.
- Perform childbirth without dystocia.
- Identify obstetric dystocia and take action until the doctor arrives.
- Evaluate the parturient and newborn, coming from the operating room or birth center, carefully paying attention to the smallest details such as postpartum bleeding, umbilical stump/clamp, duly filled identification bracelet, verification of the indwelling urinary catheter if surgical or other procedure that is necessary for its use.
- Completion of the Live Birth Certificate (DNV).
- Accompany the Doctor during a postoperative visit.
- Change dressing if necessary.
- Remove the Delayed Vesical Tube and Peripheral Venous Access.
- Guide the patient regarding the care with drains and dressings.
- Carry out evolution, prescription and nursing care.
- Deliver all patient belongings along with exams.
- Follow up the patient's recovery until the moment of his medical release.

Obstetric Emergency Room:

- Delegate tasks and supervise patient care procedures.
- Carry out general care for pregnant women.
- Administer medication prescribed by the doctor.
- Carry out Cardio fetal Monitoring when necessary.
- Perform screening and risk classification of high-risk pregnant women with bracelet identification by complexity.
- Guide the patient regarding the real need to remove adornments.
- Perform controls of vital signs, weighing, temperature, heart rate and respiratory.

- Watch for signs and symptoms.
- Guide the patient about the likely procedure to be performed.
- Make immediate referral to the physician or Normal Birth Center/Surgical Center.
- Apply a protocol for pregnant women with pathologies such as: Pre - Eclampsia, Diabetes Mellitus, Urinary Infection and Anemia.

Surgery Center:

- Perform dimensioning of the nursing staff and operating rooms according to their complexities.
- Analyze surgical chart of the day.
- Check the operating rooms and equipment, organizing the room to start the procedure.
- Check the stop cart and oxygen cylinder and request replacement if it is below the permitted level.
- Provide assistance to the patient in the preoperative, intraoperative and postoperative periods.
- Offer guidance on the procedure to be performed.
- Monitor and maintain fasting.
- Administer medication, serum, or blood.
- Carry out checks on vital signs and diuresis and observation of signs and symptoms.
- Take notes in medical records.
- Check the surgery data.
- Pay attention to special requests and preparations.
- Arrange for the collection of biological materials when requested.
- Perform cleaning and preparation of the patient's skin for the procedure.
- Monitor the patient's diet.
- Plan bowel or gastric lavage as needed.
- Guide the patient and strive for a calm and serene environment.
- Guide the patient regarding the real need for removing adornments in general.
- Administer pre-anesthetic medication as needed.
- Help the patient onto the stretcher.
- Refer patients to the operating room taking all patient safety measures.
- Apply Surgery Checklist.
- Make correct storage of biopsies for submission to the analysis department.
- Follow medical prescriptions.
- Refer the patient to Post-anesthetic Recovery (RPA).
- Carry out procedures relevant to the nurse, passage of a urinary catheter for delay/relief, dressing change, among others.
- Apply the Aldrete and Kroulik Scale, according to the protocol.
- Carry out prescription and nursing care.

Main results:

- Effective turnover of the Surgical Center.
- Decrease in the waiting time of the medical team, due to delay in preparing the patient in the preoperative period.
- Ensure the patient's well-being at all intra-hospital stages.

SPDM – Hospital Dia Mooca – May 11, 2017 to August 8, 2017

Brief description of the company: The Dia Hospital Rede Hora Certa is a place for intermediary assistance, between hospitalization and specialized outpatient care. It brings together, in the same place, a polyclinic (consultations and specialized exams) and an outpatient surgical center (elective day surgery) . It performs clinical procedures, therapeutic diagnostics and elective surgical procedures that require the patient to remain in the unit for a maximum period of 12 hours.

Position: Nurse**Main responsibilities:****Surgery Center:**

- Perform dimensioning of the nursing staff and operating rooms according to their complexities.
- Analyze surgical chart of the day.
- Check the operating rooms and equipment, organizing the room to start the procedure.
- Check the stop cart and oxygen cylinder and request replacement if it is below the permitted level.
- Assist the patient preoperatively, intraoperatively, and postoperatively.
- Advise on the procedure to be performed.
- Monitor and perform fast maintenance.
- Administer medication, serum or blood.
- Carry out checks on vital signs and diuresis and observe signs and symptoms.
- Take notes in medical records.
- Check the surgery data.
- Pay attention to special requests and preparations.
- Arrange for the collection of biological materials when requested.
- Perform cleaning and preparation of the patient's skin for the procedure.
- Monitor the patient's diet.
- Plan bowel or gastric lavage when necessary.
- Guide the patient and strive for a calm and serene environment.
- Guide the patient regarding the real need for removing adornments in general.
- Administer pre-anesthetic medication as needed.
- Help the patient onto the stretcher.

- Refer the patient to the operating room taking all safety measures,
- Apply Surgery Checklist.
- Properly store biopsies for submission to the analysis department.
- Follow medical prescriptions.
- Refer the patient to Post-anesthetic Recovery (RPA).
- Apply the Aldrete and Kroulik Scale, according to the protocol.
- Carry out prescription and nursing care.

Sterilization Material Center (CME):

- Test industry equipment, making sure it's perfectly ready to use.
- Supervise the activities developed in each of its areas.
- Ensure the smooth operation of the unit.
- Plan training and continuing education programs.
- Ensure the use of Personal Protective Equipment (PPE).
- Promote indicators in the quality control of health care products processing.
- Receive material determined for a specific type of procedure.
- Identify all materials with date, name of medical team, purpose, quantity, and specification of materials inside the package.
- Dispense received material.

Main results:

- Effective turnover of the Surgical Center.
- Nursing team properly prepared for any type of intercurrent.
- Procedures performed without unforeseen events.

Green Line Health Systems – March 23, 2015 to June 27, 2017

About the company. An operator that has been working in the health care area for 26 years, and today, it is one of the largest in the city of São Paulo and its metropolitan region. Recognized for providing beneficiaries with the best solutions for healthcare and prevention. This is only possible due to the constant optimization of the performance of the service provided and for prioritizing the continuous investment in highly trained service teams, state-of-the-art equipment, and infrastructure.

With an extensive network of its own, today with 25 units and accredited service, it is exclusively designed to effectively meet all the needs of its customers.

With solid and trusting relationships, committed to promoting ethical, humane, and excellent service. One of the company's important milestones in this trajectory was the IPO, in 2018, when it started to trade its shares in B3, which further enhanced the capacity to invest in innovation, technology, processes and infrastructure, always with the ultimate goal of full satisfaction of beneficiaries.

Position: Assistant Nurse

Main responsibilities:

Surgery Center:

- Perform dimensioning of the nursing staff and operating rooms according to their complexities.
- Analyze surgical chart of the day.
- Check the operating rooms and equipment, organization of the room to start the procedure.
- Check the stop cart and oxygen cylinder and request replacement if it is below the permitted level.
- Assist the patient preoperatively, intraoperatively, and postoperatively.
- Advise on the procedures to be performed
- Perform Fast Maintenance.
- Administer medications, serum or blood.
- Carry out checks on vital signs and diuresis and observation of signs and symptoms.
- Take notes in medical records.
- Check the surgery data.
- Pay attention to special requests and preparations.
- Arrange for the collection of biological materials when requested.
- Perform cleaning and preparation of the patient's skin for the procedure.
- Monitor the patients' diet.
- Plan bowel or gastric lavage as needed.
- Guide the patient and strive for a calm and serene environment.
- Advise the patient about the real need to remove adornments in general.
- Administer pre-anesthetic medication as needed.
- Help the patient onto the stretcher.
- Refer patients to the operating room, taking all patient safety measures.
- Apply Surgery Checklist.
- Properly store biopsies for submission to the analysis department.
- Follow medical prescriptions.
- Refer the patient to Post-anesthetic Recovery (RPA).
- Application of the Aldrete and Kroulik Scale, according to the protocol.
- Carry out prescription and nursing care.
- Accompany a doctor during a postoperative visit.
- Change dressing if necessary.
- Remove the Delayed Vesical Tube and Peripheral Venous Access.
- Guide the patient regarding the care with drains and dressings.
- Carry out prescription and nursing care.
- Perform nursing evolution.
- Deliver all the patient's belongings along with the exams.
- Follow up the patient's recovery until the moment of his medical release.

Obstetric Center :

- Analyze the surgical map of the day and organize the operating rooms according to procedures and their complexities to be performed.
- Coordinate the nursing team (technician / assistants).
- Check all equipment and materials in all operating rooms.
- Check the stop cart and oxygen cylinder and request replacement if it is below the permitted level.
- Make Safe Surgery Checklist.
- Provide assistance to the parturient and normal delivery.
- Offer nursing care to pregnant women, mothers, and postpartum women.
- Monitor the evolution and labor.
- Assist in performing the delivery without dystocia.
- Make arrangements until the doctor arrives.
- Fill in the Partogram and follow up on the dilation.
- Perform episiotomy and episiorrhaphy and application of local anesthesia, when necessary.
- Acting in the execution and emergency obstetric assistance.
- Provide assistance to mothers and newborns, helping and encouraging breastfeeding.
- Perform exam collection for the heel prick test.
- Analyze newborn and postpartum exams.
- Inform the doctor when the puerperal woman's blood type is negative, in order to perform the Anti-Rh Immunoglobulin (ROGAN) within 24 hours after delivery.
- Forward the newborn to the Intensive Care Center (ICU) along with a multidisciplinary team when necessary.
- Check the puerperal and newborn identification bracelet.
- Organize the delivery room and heated crib for the newborn, together with the nursing team, reception of the newborn with the Neonatologist.

Diagnostic and Therapeutic Support Service (SADT):

- Check the stop cart and oxygen cylinder and request replacement if it is below the permitted level.
- Apply a questionnaire according to the protocol to find out if the patient is able to perform the exam requested by the physician.
- Prepare the patient for examination as prescribed by the physician.
- Accompany the patient during imaging exams.
- Advise on preparations for taking exams.
- Follow up on sedation biopsy exams.
- Carry out correct storage and identification of biopsies for submission to the analysis sector.
- Deliver exams.

Main results:

- Nursing team working in harmony.
- Sector and team prepared for any complications.
- Patients satisfied with the service and agility of the sector.

SP DH MEDICAL ASSISTANCE – 14 July 2014 to 24 February 2015

About the company. The SP Day Hospital is a center specializing in small and medium-sized surgeries that do not require long hospital stays and are elective, that is, it does not have the objective of attending to urgencies and emergencies. With the objective of speeding up elective surgical procedures, the SP Day Hospital offers an independent and specialized physical area in this segment, with the support of a general hospital, important in possible complications, with the advantages and comfort of a short-term care .

Position: Nurse

Main responsibilities :

Surgical Center:

- Plan, organize, coordinate, execute and evaluate nursing care services.
- Apply the systematization of nursing care to clients and implement the use of care protocols.
- Ensure and participate in the provision of safe, humane, and individualized nursing care to clients.
- Provide customer care, carry out consultations and prescribe nursing actions.
- Provide direct assistance to serious clients and perform more complex procedures.
- Record observations and analyze the care and procedures provided by the nursing team.
- Prepare the client for discharge, integrating him, if necessary, into the home care program or the basic health unit.
- Standardize nursing norms and procedures and monitor the work process.
- Plan nursing actions, raise needs and problems, diagnose the situation, establish priorities and evaluate results.
- Implement actions and define strategies for health promotion, participate in the work of multidisciplinary teams and guide the team for infection control.
- Participate, in accordance with the Institution's internal policy, in projects, courses, commissions, events, agreements and teaching, research and extension programs.
- Attend training program, when called.
- Work according to technical standards of safety, quality, productivity, hygiene, and environmental preservation.
- Perform tasks relevant to the area of expertise, using equipment and computer programs.
- Perform other tasks compatible with the requirements for the exercise of the function.

Sterilization Material Center (CME):

- Test industry equipment, making sure it's perfectly ready to use.

- Supervise the activities developed in each of its areas.
- Ensure the smooth operation of the unit.
- Plan training and continuing education programs.
- Ensure the use of Personal Protective Equipment (PPE).
- Acting in the promotion of indicators in the quality control of health care products processing.
- Receive material determined for a specific type of procedure.
- Identify all materials with date, name of medical team, purpose, quantity and specification of materials inside the package.
- Dispense received material.

Medical clinic:

- Accompany a doctor during a postoperative visit and change the dressing if necessary.
- Remove the Delayed Vesical Tube and Peripheral Venous Access.
- Guide the patient regarding the care with drains and dressings.
- Carry out prescription and nursing care.
- Perform nursing evolution.
- Deliver all patient belongings along with exams.
- Follow up the patient's recovery until the time of medical release.

Main results:

- Clean and organized environment
- Unforeseen industry turnover
- Patient properly oriented about postoperative care

PAINEIRAS REST HOUSE – April 14, 2014 to July 8, 2014

About **the company**: The Casa de Reposo Paineiras It is a perfect home for elderly people with or without health problems. Come and visit us, our goal is a dignified treatment for the elderly with care aimed at their health and well-being. We have a trained and highly qualified team with professionals specialized in the treatment and care of the elderly with, physician, nurse, nursing technician, physiotherapist, nutritionist, speech therapist and occupational therapist. We offer residents specialized professional service, daily activities, tours and socializing in a healthy and peaceful environment with comfort and safety

Position: Care Nurse

Main responsibilities:

- Carry out General Care for the Elderly.
- Change bandage.
- Carry out the control of psychotropic drugs and the administration of controlled drugs as prescribed by the physician.
- Follow up medical visit, check vital signs.

- Get in touch with family members when necessary.
- Monitor Evolution, prescription, and nursing care.
- Supervise feeding and supplementation of each elderly person.
- Evaluate the nursing process promoting longevity and independence at the highest possible level of functionality for the elderly person.
- Participate in the preparation and implementation of healthcare plans for the elderly.
- Develop actions to prevent, promote, protect, and rehabilitate the health of the elderly at both an individual and collective level.
- Manage and act in direct and indirect assistance to the elderly, family and caregivers considering biological, psychological, and social issues of elderly health, aiming at healthy aging.

Main results:

- Encourage the autonomy of the Elderly patient
- Promote the practice of physical exercises
- Show importance of family and social ties

PROFESSIONAL LICENSES

- **Regional Council of Nursing**
 - Member since 10/2013
 - Registration Number: 389-054
- **Regional Council of Nursing – Specialist in Obstetric Nursing**
 - Member since 05/2019
 - Registration Number: 47505

MEMBERSHIP

- **Associated with ABENFOSP** - Brazilian Association of Midwives and Obstetric Nurses of the State of São Paulo.

CERTIFICATES

- **Update Cycle 2017 - Perineal Traumas - Suture Workshop - Theoretical - Practical** - Centro de Treinamento ELLU (10/2017)
- **2017 Update Cycle - Neonatal Resuscitation** - Centro de Treinamento ELLU(10/2017)
- **Updating Course in Cardiotocography** - Instituto de Ensino do Hospital Israelita Albert Einstein (10/2017)
- **2nd Forum for Strengthening Good Practices in Childbirth Assistance.** – COREN (8/2017)

