

KATE NOWAK RPN

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Summary

I am a Registered Practical Nurse with 3 years of experience in acute care Mental Health and Addictions.

Skills

- Medication administration including IM injections, familiar with medications commonly used in psychiatry, skilled at IM's in emergency situations
- Mental Status Exam (MSE)
- Code White readiness, de-escalation, intervention and care planning for highly aggressive and psychotic patients
- BLS up-to-date
- Suicide risk assessment and intervention with acutely suicidal patients (CSSRS), collaborating with patients on safety plans
- Documentation by assessment and exception (Cerner, Meditech)
- Excellent working Knowledge of the Mental Health Act and Mental Health Forms
- RAI assessments for mental health (aka OHMRS)
- CAIP (Child Adolescent Inpatient Psychiatry) trained and experienced
- Psychiatric Intensive Care Area (PICA) nursing care
- ER mental health care
- CIWA and COWS
- Nursing care of seniors living with dementia (GPA and PIECES trained)
- Competency with Least Restraints Best Practices and Pinel Restraints
- Prepare and assist patients with ECT (Electroconvulsive Therapy) including IV start and recovery

Experience

- 12/2020 - Current
Grand River Hospital
Kitchener, ON
Registered Practical Nurse, Mental Health
 - RPN currently assigned to EAU (Extended Assessment Unit), a highly acute emergency mental health care area that supports patients of all ages
 - Worked on 1F Adult Inpatient Mental Health for 1.5 years, predominantly in PICA
 - Cross-trained for CAIP (Child Adolescent Inpatient Psychiatry)
 - Frequently work in ECT (electroconvulsive therapy)
 - Experienced with Cerner electronic documentation
- 08/2019 - 05/2021
Cambridge Memorial Hospital
Cambridge, ON
Registered Practical Nurse, Mental Health
Pinel
 - RPN on Adult Inpatient Mental Health
 - Worked in PCU (psychiatric care unit), general inpatient unit, and in ER mental health
 - Experienced in MSE, admissions, discharges, family meetings, individualized care plans, rounding with psychiatrists, processing doctor's orders
 - Meditech electronic documentation
 - RAI assessments for mental health
- 10/2020 - 02/2021
Thresholds Homes
Relief Community Mental Health Nurse, ACTT
 - Mental health (and physical health) nursing assessment and support to vulnerable at-risk clients in

and Supports Inc.
Kitchener, ON

their current living environment (includes shelters)

- Health Teaching and Intervention related to mental health, psychotropic medications, harm reduction, crisis intervention, health promotion, infection prevention with the goal of keeping clients out of hospital and safe
- Administration of Long-Acting Antipsychotics (IM injections), assessing for side effects, ensuring blood work is up-to-date and adherence to Community Treatment Orders (CTO)

07/2017 - 10/2019
Sunnyside Seniors'
Services
Kitchener, ON

Registered Practical Nurse

- Full-time RPN in Dementia Care
- Medication administration, processing Physician and NP orders, RAI-MDS, Admissions, Discharges, Wound Care and Treatments, Care Planning, Palliative Care, Personal Care of Residents
- Co-Lead of Innovative RPN Scope of Practice Project: Improving Pain Management Outcomes for Residents by Increasing RPN Scope of Practice at Sunnyside Home

Education and Training

12/2016
Kitchener, ON

Ontario College Diploma in Practical Nursing
Conestoga College

- Received President's Honor Award for Highest Academic Average in Practical Nursing Program, 2016-2017

Other Qualifications

- WeRPN (RPNAO) member, includes professional liability insurance
- BLS current
- Triple Vaccinated for COVID-19, and fully supportive of public health initiatives
- Current Code White Training
- GPA (Gentle Persuasive Approaches)
- PIECES
- ASIST (Applied Suicide Intervention Skills Training)

References

Available upon request