

DA

Deborah Allen

Emergency Room Nurse

CONTACT INFORMATION



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EDUCATION

Bachelor of Science in Nursing,
University of Arizona, 2020

Certifications: CEN (2023), TNCC,
NIHSS, ACLS, PALS, BLS

KEY SKILLS

- ESI triage
- Stroke and STEMI alert response
- Sepsis bundle execution
- Conscious sedation
- Ultrasound-guided IV access
- Workplace violence de-escalation
- Epic ASAP
- Charge relief
- Trauma stabilization
- Patient throughput

ABOUT ME

ER staff nurse with 4 years of bedside experience in a high-volume community emergency department. Strong at workflow under pressure, sepsis recognition, and supporting newer nurses on the floor. CEN and TNCC certified.

PROFESSIONAL EXPERIENCE

EMERGENCY ROOM NURSE | SAGUARO VALLEY HEALTH, TUCSON, AZ 2022 - PRESENT

- Manage a 4-patient ED assignment on nights in a 44-bed department seeing roughly 240 visits per day.
- Identified early septic shock in a deteriorating patient and triggered the sepsis protocol within 18 minutes of arrival, cited as a save in the quarterly mortality review.
- Float to triage and fast track based on staffing needs, typically 2-3 shifts per pay period.
- Charge relief on holidays, coordinating bed assignments and break coverage for 9-11 nurses.
- Volunteered for the workplace violence prevention committee; helped roll out updated de-escalation training to 60+ ED staff.

EMERGENCY ROOM NURSE | MESA VISTA MEDICAL CENTER, MESA, AZ 2020 - 2022

- Started ER practice as a new grad in a 12-month residency program and stayed on through 2 years on nights.
- Cared for an average of 14-16 patients per shift across acuity levels 2-4.
- Completed stroke alert competency and responded to roughly 30 stroke alerts per year as primary nurse.
- Joined the unit's throughput committee and helped pilot a results-pending discharge area.