

# Ashlyn J Maris

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## PROFILE:

- Excellent multitasking abilities.
- Works well without direct supervision.
- Can effectively operate telephone, copy machine, and fax machine.
- Works well in a group and independently.
- Relates well to people from a variety of cultures and socio-economic conditions.
- Proven record of reliability and responsibility.
- Resourceful in completing tasks.

## EDUCATION:

### Lock Haven University, Lock Haven PA

ASN Nursing Program 08/2021-Present

- Completed 2 clinical rotations at Geisinger Jersey Shore Med Surg Unit and Same Day Surgery Unit
- Completed 1 clinical rotation at UPMC Williamsport 5 East Med Surg Unit
- Completed a 120-hour preceptorship at UPMC Williamsport ICU
- Removed IVs
- Inserted and removed foleys.
- Completed intake and output records.
- Administered medications to patient.
- Provided wound care.
- Updated instructors and duty nurses on change in patients health/ care.
- Provided/received reports.
- Provided patients with support and education.
- Assisted with admission/discharging patients.

### Hughesville High School 08/2015-06/2021

## EXPERIENCE:

### Pennsylvania Army National Guard

Danville, PA 11/2020 to Present

Hours per week-

*Human Resource Specialist*

- Maintain emergency data.
- Assist leaders keep soldiers combat ready.
- Responsible for health and welfare of all soldiers.
- Responsible for oversight of strength management/strength distribution actions.
- Responsible for postal and personnel accountability support.

**UPMC Hospital**

Williamsport, PA 08/2023 to Present

Hours per week- 12-36

*Senior Patient Care Technician*

- Assist patients in daily activities
- Obtain vitals, daily weights and blood glucose levels
- Provide foley care and removal of foleys
- Monitor Intake and Output
- Specimen collections
- Phlebotomy
- 12 lead EKG
- Simple dressings
- Bladder scan
- Straight catheterization
- IV catheter removal
- Provide feedback about patient care and changes in patients status to the RN
- Documentation of nutrition, activities, and patient care

**Heritage Springs Memory Care**

Montoursville, PA 04/2022-05/2023

Hours per week-

*Medicine Technician/Resident Assistant*

- Assisted residents with daily activities
- Responsible for resident care
- Administered medication including insulin injections and oral medication.
- Checked glucose levels.
- Wound care.
- Recorded intake and output.
- Emptied foleys.
- Get vital signs from residents.
- Family notification of resident's health.
- Notified primary physicians of resident's health.
- Document/file accident reports.
- Document ADLs

**McDonalds**

Hughesville, Pa 06/2016-05/2021

Hours per week-

*Crew Trainer*

- Trained new employees.
- Worked as cashier.
- Cooked
- Performed dish washer duties.
- Handled customer complaints.
- Open restaurant.
- Close restaurant.

**SPECIAL SKILLS/ACTIVITIES**

- BLS certified.
- Therapeutic communication
- Active in Army National Guard.

