

Angela A. Bencke, MS, APRN, GNP, CNS, ANP-BC

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Objective

Highly self-motivated Master's prepared Nurse Practitioner seeking to further career as a clinical nursing instructor at San Diego State University, in order to share and disseminate 19 years of acute and critical care nursing knowledge and experience with our future nurses.

Education

Masters of Science, Nursing, May 2010, GPA 3.91

San Diego State University, San Diego, California

Advanced Practice Nursing of Adults and Elderly

- Adult/Geriatric Nurse Practitioner
- Acute/Critical Care Clinical Nurse Specialist

Bachelor of Science, Nursing, May 1999

California State University at Chico, Chico, California

Current Credentials/Certifications

- Registered Nurse, California BRN, # 20076, expires 10/31/2020
- Clinical Nurse Specialist, California BRN, # 3415, expires 10/31/2020
- Adult Nurse Practitioner, California BRN, # 556412, expires 10/31/2020
- Furnishing license, California BRN, # 20076, expires 10/31/2020
- Adult Nurse Practitioner, ANCC, # 2010008682, expires 10/22/2020
- DEA license, # MB2488941, expires 07/31/2020
- Trauma Nursing Core Curriculum (TNCC) certification, 2004, 2008, 2012
- TNCC Instructor Certification, #525029- current
- CPR, ACLS, expires 06/2020
- Integrative Nutrition Certificate, 2018, University of California, San Diego – extension program

Teaching Experience

Lecturer, San Diego State University, San Diego, Ca

August 2018-current

- Lecturer and clinical instructor for undergraduate and graduate level students
 - N400
 - N202L
 - N501/501L
 - N655
 - N657

Lecturer, Sharp New Graduate Program, Trauma curriculum.

Quarterly-annually

2013 – current

- Thoracic trauma lecture
- Neurological trauma lecture
- Abdominal trauma lecture

Lecturer, Trauma Nurse Core Curriculum (TNCC) in the community

Biannually/annually

2013 - current

Lectures

- Spinal Cord Injury case study- Sharp Memorial, Trauma Committee, 2018
- Altitude sickness, Sharp Memorial Trauma Multidisciplinary Conferences, 2016
- Multi-trauma MVC case study, Sharp Memorial Trauma Multidisciplinary Conference
- Atlanto-occipital dislocations, SD County Regional Field Care Audit, March 2013

Nurse Practitioner Experience

Trauma Nurse Practitioner, Sharp Memorial Hosp, San Diego, CA

July 2012- current

- Management of trauma patients from admission to discharge in the critical and acute care settings.
 - Assessment, diagnosis and developing treatment plans in the critical care and acute care setting
 - Education for patients and families
 - Medication management and furnishing
 - Collaboration with the multidisciplinary team in order to provide holistic evidenced- based care.

● Chair of the Trauma Inter-professional Practice Council

2014- 2018

- Organize and chair monthly multidisciplinary meetings
- Lead the group in planning multidisciplinary, evidenced- based projects
 - Developed evidenced-based Spinal Cord Injury (SCI) Guidelines of Care.
 - Developed evidenced-based electronic standardized order set for spinal cord injured patients.
 - Created on-line learning module for the care of the SCI patient.
 - Developed patient and family education booklets for spinal cord and brain injured patients.
 - Coordinated, wrote, and edited education booklet for the multi-trauma patient with team.

The Center for Health and Wellbeing, San Diego, California

September 2011-July 2012

Adult Nurse Practitioner

- Provided adult primary care in an integrative health setting.
- Managed patients with acute and chronic conditions, with both allopathic and alternative therapies
- Use furnishing and DEA license for managing patients' medications and providing pain management.
- Performed minor procedures such as I&D, and skin biopsies

Planned Parenthood of the Pacific Southwest, San Diego, California

Nurse Practitioner

January 2011- September 2011

- Provided reproductive health care to members of the community.
- Performed well women exams and family planning.
- Performed Intrauterine Device and Implanon insertions and removals.

NP/CNS Student Experience

CNS student rotation

January 2010-May 2010

Sharp Memorial Hospital, San Diego, CA

Progressive Care Unit (PCU) & Special Projects

- Developed a format for patient education material that meets guidelines for low-literacy and readability as an evidenced-based research project.
- Participated in clinical rounds on PCU.
- Assisted with QA projects in the PCU, wound rounds, and updating influenza vaccination protocols.

NP student rotation

Primary Medical Education (PRIME) student

September 2009-December 2009

Veteran's Administration Hospital, San Diego, CA

Electrocardiophysiology Clinic

- Performed history taking, physical exams, and developed treatment plans.
- Used data from multiple cardiac testing methods including exercise stress tests, holter monitors, echocardiograms, and stress echocardiograms to guide decision making and treatment plan.

UCSD Internal Medicine Lewis, Hillcrest, CA

September 2009-December 2009

- Managed primary care patients with multiple chronic health problems including hypertension, hypercholesterolemia, diabetes, and thyroid disorders.
- Managed patients for urgent conditions such as chest pain, difficulty breathing, abdominal pain, headaches, and musculoskeletal disorders.

Primary Medical Education (PRIME) student

February 2009-May2009

Veteran's Administration, Mission Valley Primary Care, San Diego, CA

- Managed adult patients with multiple co-morbidities including diabetes mellitus, hypertension, coronary artery disease, musculoskeletal disorders, and psycho-social problems.
- Performed history taking, physical assessment and developed treatment plans.

San Diego State University Urgent Care, San Diego, CA

February 2009-May2009

- Managed young adults in the urgent care setting.
- Cared for high volume diagnoses including: upper respiratory infections, urinary tract infections, abdominal pain, musculoskeletal injuries, dermatologic disorders, sexually transmitted diseases, and headaches.

Trauma, ER, and ICU RN Experience

Emergency Department, Sharp Memorial Hospital, San Diego, CA

February 2004-June 2011

Trauma Nurse Team Leader (TNTL), Trauma float nurse, RN Staff Nurse, M.I.C.N. (Mobile Intensive Care Nurse), Advanced Clinician, Clinical Lead

- In the TNTL and trauma float roles, demonstrated leadership skills, advanced clinical skills, and collaboration to provide excellent evidenced-based care to the trauma patient.
- Provided nursing care for a variety of patients requiring emergent, urgent, and non-emergent treatment.
- Frequently in the charge nurse role. Used delegation, prioritization, and critical thinking skills while collaborating with RN's, physicians, and support staff to help the department run efficiently.
- Taught at the annual skills day, prepared lectures, and taught in the new graduate program.
- Acted as a resource for other nurses in the department regarding clinical nursing skills, policies and procedures, and current changes in the department.

Surgical Intensive Care Unit, Grossmont Hospital, La Mesa CA January 2001- February 2004
RN Staff Nurse

- Provided critical care nursing for surgical patients including post-operative cardiac and neuro-surgery patients.
- Used advanced clinical skills such as managing intra-aortic balloon pumps, continuous dialysis, multiple IV drips, and hemodynamic monitoring.
- Precepted new ICU nurses.

Stroke Study Nurse Coordinator- Grossmont Hospital, La Mesa, CA 2002-2003

- Screened, monitored, and documented outcomes of patients participating in research trial.

Telemetry, Grossmont Hospital, La Mesa, CA July 1999- January 2001
RN Staff Nurse

- Provided nursing care to a variety of patients requiring cardiac monitoring as well as other high acuity patients including mechanically ventilated patients.

Awards/Scholarships

- Sharp Innovations Conference, awarded, "project most likely to be put into practice" for spinal cord injury comprehensive project, 2017
- Selected for the Nurse Practitioner Primary Medical Education (PRIME) program , Veterans' Administration Hospital, 2009
- California Traineeship Scholarship recipient fall 2008, spring/fall 2009

Professional Development

- Prim-Med, Anaheim, Ca, 2019
- National Conference for Nurse Practitioners, Nashville, TN, 2017
- Scripps Day of Trauma, San Diego, Ca, 2013, 2014, 2015, 2016
- Society of Trauma Nurses annual conference, New Orleans, LA 2014
- Trauma, Critical Care & Acute Surgery Conference Las Vegas, 2013
- TNCC instructor coarse, Santa Barbara Cottage Hospital, 2013
- TCAR- Trauma care after Resuscitation, Sharp, 2012
- Pri-med conference, Anaheim, CA, 2010
- Intensive Insulin Management, Sharp Hospital, 2010
- Advanced 12 Lead EKG course, Sharp, 2000, 2009
- STEMI lecture, UCSD, 2010

- ENA Leadership Development conference, Boston, MA, 2007
- Sharp Leadership Development courses, 2007
- Annual stroke conference, San Diego, CA 2006
- American Association of Critical Care Nursing, Critical Care course, 2001
- Integrative Nutrition Certification program, UCSD extension program 2016-2018
- Wilderness Medicine Conference, Telluride, CO, 2016
- Scripps Natural Supplement Conference, San Diego, CA, January, 2012
- Implanon training course, February, 2011
- Kaiser wound management clinic, 2009