

# TIM WHELDEN

## PROFESSIONAL EXPERIENCE

### **James Madison University**

*Clinical Lecturer*

Harrisonburg, VA

*January 2020-present*

- Instruct groups of 8-11 nursing students in medical-surgical setting, teaching how to provide daily cares, assess patients and vital signs, administer medication, and synthesize patient data into an appropriate plan of care
- Facilitate weekly skills lab sessions where nursing students safely learn how to transfer and bathe patients, administer medications, change wound dressings, insert catheters, and other fundamental skills
- Teach online elective in Transcultural Nursing, creating new quizzes, grading discussion boards, and recording short videos to summarize course content and provide feedback to students in a timely manner
- Act as adviser to nursing students in accredited BSN program as they work toward becoming registered nurses

### **Sentara Rockingham Memorial Hospital**

*Registered Nurse – Critical Care Unit*

Harrisonburg, VA

*April 2019 – August 2022*

- Provide care for 1-2 patients at a time on a 16-bed general ICU
- Lead daily interdisciplinary rounds on the 1-2 patients under my care
- Manage care of patients on mechanical ventilators, intra-aortic balloon pumps, continuous veno-venous hemodialysis, and recovering from general surgery

### **Johns Hopkins Hospital**

*Nurse Clinician I – Progressive Cardiac Care Unit*

Baltimore, MD

*Aug. 2017 – April 2019*

- Cared for 3-5 patients at a time on a 32-bed cardiology unit for patients requiring IMC and telemetry levels of care
- Implemented nurse-managed protocols for vasoactive drips, heparin drips, electrolyte repletion, and hypoglycemia
- Managed care for patients with LVADs, external generators, and Swan-Ganz catheters
- Monitored patients during recovery phase of heart catheterization, ablation, pacemaker implantation, and transcatheter valve replacement

### **Johns Hopkins University School of Nursing**

*Research Nurse – CAPABLE Program*

Baltimore, MD

*May 2017 – May 2018*

- Worked as a nurse conducting home visits with older adults who wish to remain independent in their homes
- Through a process of motivational interviewing and goal setting, collaborated with the client to help them set and meet their own goals in a process designed to bolster self-efficacy
- Collaborated with an OT and a handyman to ensure safe mobility in the home and provide modifications to the client's living environment

### **Johns Hopkins University School of Nursing**

*Student Assistant to the Community Outreach Program*

Baltimore, MD

*May 2016 – May 2017*

- Coordinated 40 student positions at 18 community-based organizations throughout Baltimore City
- Led group reflections, challenging students to think critically about the meaning of their service, the needs of the community, and the power structures that their clients live within
- Tracked student hours and activities through various electronic reporting means
- Served as student member of Student Outreach Resource Center (SOURCE) Governing Board at JHU

**Community HealthCorps**

Washington, DC

*Health Resource Room Coordinator (Bread for the City Medical Clinic) Aug. 2014 – July 2015*

- Increased patient engagement through patient portal outreach
- Facilitated patient self-education in one-on-one setting
- Coordinated sewing, crochet, art, and other classes
- Coordinated pro-bono medical evaluations and affidavits for asylum-seekers
- Collaborated on, implemented, and assessed efficacy of text message-based smoking cessation program
- Taught digital health literacy class to health center clients
- Managed health center volunteers

**EDUCATION**

**Johns Hopkins University School of Nursing**

Baltimore, MD

*Master of Science in Nursing, Generalist*

*May 2017*

- Cumulative GPA: 3.75

**James Madison University**

Harrisonburg, VA

*Bachelor of Arts, Cultural Anthropology and Spanish*

*May 2011*

**CERTIFICATES AND OTHER SKILLS**

- Advanced Cardiovascular Life Support for Healthcare Providers
- Basic Life Support for Healthcare Providers
- Dementia Friends Training Certificate (February 2020)
- Undoing Racism Workshop, People’s Institute for Survival and Beyond (April 2015)
- Superior Proficiency in Spanish