

## Postpartum Labor And Delivery Nurse

### PROFESSIONAL SUMMARY

Postpartum Nurse with experience in delivering exceptional care to mothers and newborns during their recovery phase. Seeking a position at Cedars-Sinai Medical Center to continue supporting families during the critical postpartum period.

### EDUCATION

#### Bachelor of Science in Nursing (BSN)

University of Southern California, Los Angeles, CA

Graduated: May 2017

#### Licensure & Certifications

- Registered Nurse (RN), California State - Licensure Date: June 2017
- Neonatal Resuscitation Program (NRP) - Certification Date: July 2017
- Basic Life Support (BLS) - Certification Date: August 2017
- Postpartum Doula - Certification Date: September 2018

### SKILLS

- Postpartum care and recovery **Expert**
- Lactation support **Expert**
- Infant care and assessments **Expert**
- Patient education and counseling **Expert**
- Postpartum mental health awareness **Expert**
- Family support and education **Expert**
- Pain management **Expert**

### EXPERIENCE

2017 - Now

#### Postpartum Labor and Delivery Nurse Cedars-Sinai Medical Center / Los Angeles, CA

- Provide postpartum care to mothers, including monitoring vital signs, managing pain, and supporting breastfeeding.
- Assist in newborn care, including assessments, feeding guidance, and early bonding support.
- Educate patients on post-delivery care, including family planning, lactation support, and emotional health.
- Lead recovery groups to educate new mothers about self-care, infant care, and mental health during the postpartum period.

2015 - 2017

#### Postpartum Nurse Kaiser Permanente Los Angeles Medical Center / CA

- Delivered exceptional care to mothers recovering after childbirth, managing pain, complications, and emotional well-being.
- Assisted in newborn care, including performing assessments and educating parents on infant techniques.
- Offered breastfeeding support and guided mothers through post-delivery adjustments.

### COMMUNITY INVOLVEMENT

- Volunteered with "New Mothers Support Group" to provide education and emotional support for first-time mothers (2019 - Present).
- Organized free lactation workshops for new mothers in collaboration with local healthcare organizations (2020).