

# MELISSA THOMAS

📍 Herriman, UT, US ✉ mel3920@gmail.com ☎ 801-918-6484 📱 in/melissa-scripts-and-scrubs/

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## SUMMARY

Leveraging her extensive nursing expertise and leadership, Melissa delivers superior patient care and education. She also writes freelance, producing health-focused content and educational modules for healthcare professionals.

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## EXPERIENCE

### **Nurse Writer, Freelance Health Writer, Health Content Expert, Subject Matter Expert**

#### **Self Employed**

**January 2020 - Present, Puerto Rico and Utah**

- She is a certified emergency nurse as well as certified in emergency pediatrics and trauma nursing care. She is passionate about delivering excellent patient care and education. She has diverse nursing experience, strong leadership skills, and a dedication to continuous improvement.
- Provides you with current, updated health-related topics.
- Freelance writer specializing in health and wellness.
- Adept at crafting and curating content for a variety of healthcare companies. In addition, she authors continuing education modules for other healthcare businesses and professionals.

### **TRAUMA PROGRAM MANAGER**

#### **RIVERTON HOSPITAL**

**April 2017 - June 2023, Murray, UT**

- Created the Trauma Program for the Riverton Hospital using state and national guidelines, and I then became the trauma Program Coordinator.
- Created the pediatric trauma program at Riverton Hospital.
- Created the Pediatric telehealth trauma network and program that was rolled out to every hospital in Utah (over 50) as an effort to decrease pediatric mortality in communities with no access to a level one pediatric trauma hospital. This gave the hospitals the ability to connect via telehealth to pediatric trauma surgeons and nurses who could remotely access, see, and speak through the telehealth system in the patient's room with the patient's caregivers. This allows providers in any hospital in Utah to give the best care to critical pediatric patients they may not be used to treating.
- Created the pediatric head injury guidelines for treating head injuries in pediatrics (ages ranging from neonates to 18) with the Utah Pediatric Network and Primary Children's Hospital, the state's only level one hospital for pediatrics in Utah.
- I was the lead collaborator and the first hospital to implement the abdominal Injuries guidelines for treating abdominal injuries in pediatrics (ages ranging from neonates to 18) with the Utah Pediatric Network and Primary Children's Hospital, the state's only level one pediatric hospital in Utah.
- I taught many community and hospital courses on trauma, specifically "Stop the Bleed", which I also taught at several schools for their staff.
- Implement initiatives to enhance outcomes and reduce readmissions for trauma patients. (Please see Resources for Optimal Care of the Injured Patient by the American College of Surgeons for more information on the role of a TPM.)

### **Emergency Room Nurse**

#### **RIVERTON HOSPITAL**

**January 2009 - June 2019, Riverton, UT**

- As a leadership RN and Charge Nurse, I lead emergency department nurses, represent the department in leadership meetings, manage the unit, and provide expertise for decision-making and patient triage.
- I mentor colleagues, acting as a preceptor for new employees, fresh graduates, and student nurses, using my extensive knowledge of emergency patient care.
- Serving as the pivotal Charge Nurse, I lead the emergency department, offer expertise to the unit, and manage the triage of calls from EMS, instacares, and other facilities, thereby ensuring accurate patient acuity assessment and response.

### **Emergency Room Nurse**

#### **Intermountain Medical Center**

**January 2006 - December 2009, Murray, UT**

- As Charge Nurse, I lead the emergency department operations, bolster the capabilities of staff and physicians through expert guidance, and exercise decisive authority over the entire department.
- I expertly determine trauma status, efficiently assemble the trauma team ahead of patient arrival, and field calls from EMS, instacares, and other facilities, ensuring accurate triage according to patient acuity.
- I expertly manage the care of highly acute and trauma patients, demonstrating proficiency and swift response in high-stakes situations.

### **Registered Nurse at T.O.S.H**

#### **Intermountain Health Care**

**June 2001 - June 2006, Salt Lake City, UT**

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## EDUCATION

### **Bachelor of Science in Nursing**

Minor in NA • University of Utah • Salt Lake City, UT • 2004 • 3.87

**Nursing**

Minor in Nursing · Salt Lake Community College · US, Utah, Salt Lake City · 2003 · 3.7

**Associate of Science**

Minor in Nursing · Snow College · Ephraim, UT · 2000 · 3.2

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**CERTIFICATIONS**

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**CPEN**

Accreditation Board for Specialty Nursing Certification (ABSNC) · 2010

Provides certification that I am an expert in Emergency Pediatric care

**CEN**

Board of Certification for Emergency Nursing · 2009

Certifies that I am an expert in Emergency Care for adults in all areas

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**COURSEWORK**

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**Continuing Education**

CEU fast and the State of Utah · Continual review of all skills

currently applied for content writing and expertise. Also required for Nursing licence

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**SKILLS**

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ACLS, PALS, TNCC, ENPC, TNA, ICD-10, Hazmat, ATCN, Excel, Google docs, Microsoft Office