

GOLDA N. PARILLON, BSN, RN

ASSISTANT NURSE MANAGER
JACKSONVILLE, FL



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12501 Wages Way East, FL 32218

EDUCATION & CERTIFICATIONS

MASTERS OF SCIENCE NURSING, MSN

Post University, currently enrolled

BACHELOR OF SCIENCE NURSING, BSN

Denver University, 2022

ASSOCIATE OF SCIENCE NURSING, ADN

Fortis College, 2020

PRACTICAL NURSING DIPLOMA, LPN

First Coast Career College, 2012

CERTIFIED REHABILITATION REGISTERED NURSE

Association of Rehabilitation Nurses

SKILLS

Patient Care Management

Assessment & Care Coordination

Education & Counseling

Evidence-Based Practice

Scheduling & Staffing

Conflict Management & Resolution

Performance Management

Leadership Rounding

Interdisciplinary Team Collaboration

Patient/Family Relations

Critical Thinking & Decision Making

AWARDS

Advanced Clinical Excellence Level IV- 2018, 2023

Advanced Clinical Excellence Level III- 2017, 2018

Advanced Clinical Excellence Level II- 2015, 2016

Clinical Excellence Award 2011

DAISY Award Nominee 2016, 2018

Artist of the Month 2018

Artist of the Year 2019

SUMMARY

Experienced Registered Nurse with over 11 years in acute care, specializing in stroke, cardiac, spinal cord injury, and pediatric units. Strong background in patient care management, interdisciplinary coordination, and staff leadership. Proven success as Charge Nurse, House Supervisor, and Assistant Nurse Manager, focusing on improving patient outcomes, staff performance, and operational efficiency. Skilled in staff training, conflict resolution, and quality improvement. Committed to delivering high-quality, compassionate care while ensuring patient safety and satisfaction.

EXPERIENCE

Brooks Rehabilitation Hospital, Jacksonville, FL

July 2012- current

ASSISTANT NURSE MANAGER

SPINAL CORD INJURY AND PEDIATRIC UNIT

September 2023-current

- Manage staff scheduling for the unit, ensuring appropriate coverage and the effective distribution of resources to meet patient care demands.
- Work closely with Human Resources to implement performance management processes, supporting staff development and addressing performance issues as needed.
- Oversee the recruitment and hiring of nursing staff, ensuring the selection of qualified professionals who align with the unit's needs and standards.
- Coordinate and schedule ongoing training and educational sessions for staff, promoting adherence to best practices and fostering continuous professional growth.
- Address and resolve conflicts within the team, cultivating a positive, collaborative work environment.
- Collaborate with interdisciplinary care teams and senior leadership to ensure seamless, high-quality patient care.
- Set clear quality goals and track unit-specific goals aligned with the organization's established quality metrics.
- Conduct leadership rounds, proactively addressing patient and family concerns to ensure optimal care and satisfaction.
- Elevate issues to the Nurse Manager/Director of Nursing when necessary to ensure prompt resolution and adequate support.

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ASSISTANT NURSE MANAGER

JACKSONVILLE, FL

HOUSE SUPERVISOR, BARTRAM CAMPUS

REGISTERED NURSE

April 2022- October 2023

- Managed operations for a 60-bed facility, supervising a team of up to 40 staff members, ensuring efficient delivery of care and seamless workflow.
- Coordinated staff scheduling, conducted chart audits, and facilitated weekly in-service training sessions to enhance clinical knowledge and compliance.
- Collaborated with interdisciplinary teams and senior leadership to provide comprehensive, patient-centered care and ensure the effective operation of the facility.
- Ensured the safety and well-being of both staff and patients, implementing protocols to minimize risks and enhance overall care quality.
- Fostered a culture of continuous improvement by motivating nursing staff to enhance efficiency and uphold high standards of care.
- Delivered educational sessions and bedside in-services on new clinical products, procedures, and evidence-based practices to support ongoing professional development.

REGISTERED NURSE

STROKE AND CARDIAC UNIT

February 2021- March 2022

- Delivered comprehensive patient care, managing medication administration, treatment protocols, and ensuring the accurate execution of physician orders.
- Maintained detailed and accurate patient records, supporting the implementation of care plans and compliance with medical directives.
- Participated in daily leadership meetings to support continuous improvement in patient care, service recovery, and overall patient satisfaction.
- Provided personalized counseling and healthcare education to patients and families, promoting understanding of medical conditions and treatment options.
- Collaborated with interdisciplinary teams to develop and implement coordinated care plans, ensuring comprehensive patient support.
- Acted as a relief charge nurse, overseeing an 18-bed unit and supervising a team of six nursing staff, managing daily operations and delivering high-quality care.

LICENSED PRACTICAL NURSE

STROKE AND CARDIAC UNIT

July 2012- February 2021

- Provided direct patient care, managing medications, treatment plans, and physician orders to support optimal recovery.
- Maintained accurate and up-to-date records, facilitating implementation of care instructions and treatment plans.
- Participated in daily leadership huddles to promote continuity of care, service recovery, and overall patient satisfaction.
- Employed active listening skills to assess and respond to patient needs, adapting care strategies as required.
- Collaborated with the interdisciplinary care team to ensure comprehensive and coordinated patient care.

P R E S E N T A T I O N S

- **Parillon, G.** Beyond Burnout: AN Approach to Supporting Mental Health in Healthcare. Association of Rehabilitation Nurses (ARN) Annual Conference, July 31st-August 2nd, 2025. Speaker presentation.