

Profile

First Name

Last Name

Middle
Initial

Suite or Apt

CA
State

Postal Code

Email Address

Resident of Supervisorial District:☒ District 2

Clinical Nurse
Job Title

Length of Employment

1year

Do you work in Contra Costa County?

☒ Yes ☐ No

If Yes, in which District do you work?

I work in Alameda County

How long have you lived or worked in Contra Costa County?

Are you a veteran of the U.S. Armed Forces?

☐ Yes ☒ No

Board and Interest

Which Boards would you like to apply for?

Local Planning and Advisory Council for Early Care and Education (LPC): Submitted

Seat Name

Child Care Consumer - Central/South County

Have you ever attended a meeting of the advisory board for which you are applying?

☐ Yes ☒ No

If Yes, how many meetings have you attended?

Education

Select the option that applies to your high school education *

☒ High School Diploma

College/ University A

Name of College Attended

University of San Francisco

Degree Type / Course of Study / Major

Master of Science in Nursing

Degree Awarded?

☒ Yes ☐ No

College/ University B

Name of College Attended

University of San Francisco

Degree Type / Course of Study / Major

Masters of Science in Behavioral Health

Degree Awarded?

☒ Yes ☐ No

College/ University C

Name of College Attended

University of California Davis

Degree Type / Course of Study / Major

Bachelors of Science in Psychology Biology

Gursimran Khahera

Degree Awarded?

☒ Yes ☐ No

Other Trainings & Occupational Licenses**Other Training A**

Registered Nurse

Certificate Awarded for Training?

☒ Yes ☐ No

Other Training B

Clinical Nurse Leader

Certificate Awarded for Training?

☒ Yes ☐ No

Occupational Licenses Completed:

Registered Nurse, Clinical Nurse Leader, Public Health Nurse

Qualifications and Volunteer Experience

Please explain why you would like to serve on this particular board, committee, or commission.

I grew up in Contra Costa County, I recently moved back here as a home owner and mother. I am deeply invested in what happens to my community and really want to make it the best place to live for everyone. My child will grow up here and I want to look out for his future and the others who are growing up in contra costa county.

Describe your qualifications for this appointment. (NOTE: you may also include a copy of your resume with this application)

Simma Khahera MSN. RN, CNL, PHN, MSBH P [REDACTED]
[REDACTED] Education/Honors Univ [REDACTED] 2015 - May 2017
Master of Science in Nursing ● Sigma Theta Tau, International Honor Society of Nursing Aug 2013 - Aug 2014 Master of Science in Behavioral Health ● Recipient of Hilary Williams Ford Award ● Co-Founder/Treasurer of Behavioral Health Student Association University of California Davis Sep 2006 - June 2011 Bachelor of Science in Psychology Biology ● Finalist for Community Service Award ● Dean's List Work Experience July 2023- Present Kaiser Permanente San Leandro Intensive Care Unit Took on a variety of roles throughout the unit which include CCT, RRT, preceptor and break relief. Assisted doctors with bedside procedures that include: Cardioversion, intubation, TEE, TTE, thoracentesis, paracentesis, chest tube insertion, bronchoscopy, central line insertions, external pacemaker placement, etc. Trained on Prolonged Intermittent Renal Replacement Therapy (PIRRT) Took care of patients with complex medical and surgical background and compounding comorbidities. Organized/Led a donation drive for ancillary staff including EVS, PCT, and UA. Oct 2022 - July 2023 O'Connor Hospital- Medical Intensive Care Unit Resource and Break Relief Nurse Administered advanced cardiac life support medications and treatments while operating highly technical equipment for hemodynamic monitoring Management of oxygen/ventilator therapy with intubation/extubation procedures and ABG interpretation. Monitor/interpret and collect critical lab values for patient safety standards and procedural protocols. Post procedural management of patients after Cath Lab, GI surgery, heart valve replacements, pacemaker placement, Obstetric surgeries, and other surgeries requiring close monitoring and assessment post-op. Management of patients with DKA, HHS, post code blue, cardiac arrest, and respiratory arrest, and various other medical complications Perform complex wound care, including management of various drains and pumps Experience working with restraints, both behavioral and medical. Experience working with various medical devices such as Artic Sun, Ceribell Monitor, Accuryn, Life Pak 12/15, Sigma Infusion pump, temporary pacemaker, bubble study, chest tubes etc. Experience working with underserved patient populations (homeless, incarcerated and psych) Sep 2017 - Dec 2020 Santa Clara Valley Medical Center- Trauma ICU- Clinical Nurse Completed 12 week didactic and clinical training as part of the critical care training program Charge Nurse and Break/Relief nurse Experience in Level 1 Trauma Center President and Secretary of Shared Governance Provide care for variety of critically complex acute adult post-operative patient population from septic shock, hemodynamically unstable patients, respiratory distress, major trauma patients requiring neurological care and neurosurgical patients Caring or major trauma patient requiring massive transfusion protocol Assessment, Diagnosis, Planning, Implementation and evaluation of patients' status. Training and competency with: traction, Keofeed Cortrak device, specialized IV pumps for MRI, ICP bolt and External Ventricular Drains for ICP status, PCA, and epidural, bolts, lumbar drains, tractions with weights, Created a "Drains and Tubes" list for nurses that listed assessments and responsibilities in one area to increase nurse compliance. Created a "Neuro Cart" to house supplies for various procedures i.e. EVD, Bolt, lumbar drain, etc. for residents/doctors to minimize delays in care. Diabetic Champion/Educator on use of IV Insulin Jan 2015 - Aug 2015 3rd St. Youth Center & Clinic- Research Assistant Supervised implementation of a clinical study across 6 different community health clinics Educated teens and community members on family planning Oct 2013 - Aug 2014 BAART Programs- Research Assistant Determined the quality and effectiveness of integrating mental health services with methadone treatment

[Upload a Resume](#)

Would you like to be considered for appointment to other advisory bodies for which you may be qualified?

☒ Yes ☐ No

Do you have any obligations that might affect your attendance at scheduled meetings?

☐ Yes ☒ No

If Yes, please explain:

Are you currently or have you ever been appointed to a Contra Costa County advisory board?

☐ Yes ☒ No

If Yes, please list the Contra Costa County advisory board(s) on which you are currently serving:

If Yes, please also list the Contra Costa County advisory board(s) on which you have previously served:

List any volunteer or community experience, including any advisory boards on which you have served.

Conflict of Interest and Certification

Do you have a familial or financial relationship with a member of the Board of Supervisors? (Please refer to the relationships listed under the "Important Information" section below or Resolution No. 2021/234)

☐ Yes ☒ No

If Yes, please identify the nature of the relationship:

Do you have any financial relationships with the County such as grants, contracts, or other economic relationships?

☐ Yes ☒ No

If Yes, please identify the nature of the relationship:

Please Agree with the Following Statement

I CERTIFY that the statements made by me in this application are true, complete, and correct to the best of my knowledge and belief, and are made in good faith. I acknowledge and understand that all information in this application is publicly accessible. I understand that misstatements and/or omissions of material fact may cause forfeiture of my rights to serve on a board, committee, or commission in Contra Costa County.

☒ I Agree

Important Information

1. This application and any attachments you provide to it is a public document and is subject to the California Public Records Act (CA Government Code §6250-6270).
2. All members of appointed bodies are required to take the advisory body training provided by Contra Costa County.
3. Members of certain boards, commissions, and committees may be required to: (1) file a Statement of Economic Interest Form also known as a Form 700, and (2) complete the State Ethics Training Course as required by AB 1234.
4. Meetings may be held in various locations and some locations may not be accessible by public transportation.
5. Meeting dates and times are subject to change and may occur up to two (2) days per month.
6. Some boards, committees, or commissions may assign members to subcommittees or work groups which may require an additional commitment of time.
7. As indicated in Board Resolution 2021/234, a person will not be eligible for appointment if he/she is related to a Board of Supervisors' member in any of the following relationships:
 - (1) Mother, father, son, and daughter;
 - (2) Brother, sister, grandmother, grandfather, grandson, and granddaughter;
 - (3) Husband, wife, father-in-law, mother-in-law, son-in-law, daughter-in-law, stepson, and stepdaughter;
 - (4) Registered domestic partner, pursuant to California Family Code section 297;
 - (5) The relatives, as defined in 1 and 2 above, for a registered domestic partner;
 - (6) Any person with whom a Board Member shares a financial interest as defined in the Political Reform Act (Gov't Code §87103, Financial Interest), such as a business partner or business associate.

Master of Science in Behavioral Health

- Set as default

Bachelor of Science in Psychology Biology

- Finalist for Community Service Award
- Dean's List

July 2023- Present

Kaiser Permanente San Leandro Intensive Care Unit

- Took on a variety of roles throughout the unit which include CCT, RRT, preceptor and break relief.
- Assisted doctors with bedside procedures that include: Cardioversion, intubation, TEE, TTE, thoracentesis, paracentesis, chest tube insertion, bronchoscopy, central line insertions, external pacemaker placement, etc.
- Trained on Prolonged Intermittent Renal Replacement Therapy (PIRRT)
- Took care of patients with complex medical and surgical background and compounding comorbidities.
- Led a donation drive for ancillary staff including EVS, PCT, and UA.

Oct 2022 - July 2023

O'Connor Hospital- Medical Intensive Care Unit

- Resource and Break Relief Nurse
- Administered advanced cardiac life support medications and treatments while operating highly technical equipment for hemodynamic monitoring
- Management of oxygen/ventilator therapy with intubation/extubation procedures and ABG interpretation.