



# Crystal Poling

CERTIFIED NURSING ASSISTANT (CNA)

## EXECUTIVE PROFILE

I have 12 years' experience as a nurse's assistant in various areas such as Alzheimer's care, sterile environments, proper techniques and medication administration. Compassionate and technically skilled in attending to patients in diverse healthcare settings. I always try to develop my skills, to be professional in my field.

## KEY ABILITIES

- Took care of approximately 50 psych and dementia patients daily.
- Provided patients/residents with care and companionship.
- Experience in monitoring vital signs.
- Highly skilled in providing personal care to residents with grooming, cleaning and personal hygiene needs.

## CONTACT INFORMATION

3959 Polk Street, White Plains, NY 10641  
Cell: +1 914-445-8710  
Email: moeck@resumesbot.com

## LICENSE / CERTIFICATES

- CPR
- Certified Nursing Assistant (CNA)

## EDUCATION HISTORY

COMMUNITY COLLEGE OF BALTIMORE COUNTY, RANDALLSTOWN, MD

Certified Nursing Assistant

## PREVIOUS WORK

### NURSING ASSISTANT

*Palo Verde Hospital, Blythe, CA | Mar. 2015 - Present*

- Assist with exercises, such as ambulation, range of motion, etc., as an extension of the physical therapy services as ordered by the physician providing the aide, possess the trained skills.
- Prepare meals, snacks and performs other light housekeeping tasks as need to maintain the patient at home.
- Read and recorded temperature, pulse, and respiration.
- Ability to recognize routine home emergencies.

### NURSING ASSISTANT

*Serenity Hospice, Blythe, CA | Apr. 2009 - Dec. 2014*

- Gave personal care including: baths, back rubs, dressing, oral hygiene, shampoo hair, changed bed linens as often as needed and as assigned by Registered Nurse making patient assessments.
- Protected patient privacy and honors patient rights.
- Planned and prepared meals (in accordance with the Plan of Care), and assisted in the feeding of patients, if needed.
- Maintained the patient's immediate living area with respect to safety, cleanliness and order.
- Performed post-mortem care, if needed.
- Cleaned and sanitized rooms.

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