

Mathilda Sabal

CNA/TMA

Saint Louis Park, MN 55426
mathilda4_s7g@indeedemail.com
3059759467

To provide quality care under the licensed nurse (RN or LPN) and to utilize my CNA/TMA experience while promoting quality care with respect and dignity. I have experience in all the nursing home settings and would like to be appreciated for the work I do in this high turnover industry.

#seasonedCNA

Willing to relocate to: New York, NY - New York, NY - New Jersey
Authorized to work in the US for any employer

Work Experience

Caregiver/Medication Technician

White Pine Senior Living - Inver Grove Heights, MN
March 2020 to August 2020

Memory care male and female unit. Assisting with showering, feeding, and toileting. Helping residents be independent as much as possible

CNA/TMA

Cedars at St Louis Park (Villa Center) - Saint Louis Park, MN
December 2019 to June 2020

Doing rounds, charting in timely manner, following nurse care plan. Emptying urinals, repositioning. Providing care to residents. Charting TMA tasks on POC, accurate documentation for Medicaid payments

Nursing Assistant

Episcopal Homes - Saint Paul, MN
August 2019 to October 2019

- Worked in a nursing home
- Took care of approximately 3-5 elderly patients daily

CNA - Certified Nursing Assistant

Camilia Rose Care Center - Coon Rapids, MN
July 2018 to October 2018

Following the care plans of the nurse. Charting in a timely manner, taking verbal abuse from residents and staff

NAR

Crestview Nursing Home - Columbia Heights, MN
April 2018 to July 2018

Following care plan of nurse, reporting changes to nurse, feeding, showering, SBA, changing residents in timely manner

Nursing Assistant

Villa of St. Louis Park - Saint Louis Park, MN
April 2018 to June 2018

Work NOC

NAR

Edenbrooke of Edina - Edina, MN
May 2017 to January 2018

Work night shift, positioning residents, emptying urinals, charting after every care.

Certified Nursing Assistant, Solbakken Residential Homecare

HHA - Bloomington, MN
September 2010 to April 2011

- Managed NOC shift.
- Followed care plan of residents.
- Administered medication to residents.
- Oversaw patients with dementia and Alzheimer's.
- Assisted with ADLs.
- Transferred residents using accessible components.
- Reported anything unusual to RN on care plan.

Certified Nursing Assistant

Comfort Services LLC - Minneapolis, MN
December 2009 to January 2010

- Collected vital signs on patients and made sure it was accurate.
- Used transfer belts to assist patients that needed assistance with movement.
- Utilized Minnesota rules, regulations, and standards of becoming a CNA.

Nursing Assistant

Richfield Nursing Home - Richfield, MN
2009 to 2010

- Managed feeding and caring for patients under LPN's care.
- Coordinated with LPN to check patient's vital signs.
- Oversaw patients with special needs such as dementia and Alzheimer's.
- Utilized Hoyer lifts and transfer belt to help patients maneuver.

Education

High School Diploma

Burnsville High School - Burnsville, MN
2008

Associates Degree

Normandale Community College - Bloomington, MN

Nursing Licenses

CRNA

Expires: February 2021

State: MN

Skills

- Excel (2 years)
- HTML (Less than 1 year)
- MS Office (10+ years)
- Outlook (4 years)
- PowerPoint (5 years)
- Customer Service (10+ years)
- Retail (10+ years)
- Monitoring (7 years)
- Team Building (10+ years)
- CNA
- Certified Nursing Assistant
- HHA
- Cna Certified
- Dementia Care
- Alzheimer's Care
- Caregiving
- Memory Care
- Medication Administration
- Laundry
- Tube Feeding
- Hoyer Lift
- Vital Signs
- Cleaning Experience
- Critical Care Experience
- Meal Preparation
- EMR Systems
- Infection Control Training
- Patient Care
- Nursing

Certifications and Licenses

Certified Nursing Assistant (CNA)

Trained Medication Aide

June 2019 to Present

Groups

Member

January 2017 to Present

PACER for parents with children with disabilities.

Additional Information

- Customer service oriented with 10+ years of experience working on teams and independently.
- Consistent track record of efficiency, attention to detail, organization, reliability, and flexibility.
- Strong problem solving skills and ability to think analytically. Effective resource management.
- Excellent written and verbal communication, negotiation skills & patience.
- Critical thinking to facilitate problem solving & proactive issue resolution Produce consistent high quality & detailed work.
- In good standing on Minnesota State Registry for Nursing.
- Trained Medication Aide

SOFTWARE SKILLS

- Knowledgeable in MS Office: Outlook, Word, Excel, PowerPoint
- Internet, HTML, NETO, LPS, and OMNI