

# Erika Fields

## **Dependable, Honest, Upbeat, Hard Worker**

Bridgeton, MO 63044

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My work experience has been very rewarding, i have learned over the years doing what you love to do makes all the difference in life. I love my career field. The type of work that interst me the most is definitely helping people an caring for others.

Authorized to work in the US for any employer

## Work Experience

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### **CNA**

Career Staff Unlimited - Chicago, IL

September 2021 to Present

Working in Rehabilitation center and Longterm Care 230 beds

### **CNA - Certified Nursing Assistant**

Clipboard Health - Saint Louis County, MO

June 2021 to Present

All personal care needs such as bathing, shaving, shampooing hair, dressing and grooming, oral hygiene and perinea care, clean and file fingernails and toenails, assisting with toileting including bedpans , urinals and commode chairs, serving meals feeding and housekeeping , laundry,providing companionship to the client, assisting with ambulating including the use of canes and walkers and wheelchairs, when applicable, assisting with range of motion exercises, transfer and proper body positioning,assisting client safety, encouraging self help activists, assisting with life transfer hoyer, providing foley catheter care and emptying drainage bag, taking and recording vital signs

### **CNA /Home Health Aide**

Martha's Hands Home Health Care - St. Louis, MO

August 2010 to September 2021

#### Responsibilities

All personal care needs such as bathing, shaving, shampooing hair, dressing and grooming, oral hygiene and perinea care, clean and file fingernails and toenails, assisting with toileting including bedpans , urinals and commode chairs, planning meals, shopping ,preparing serving meals feeding and clean-up, housekeeping , laundry, Assisting client with medications, accompanying client to scheduled appointments, running errands providing companionship to the client, assisting with ambulating including the use of canes and walkers and wheelchairs, when applicable, assisting with range of motion exercises, transfer and proper body positioning,assisting client safety, encouraging self help activists, assisting with life transfer hoyer, providing foley catheter care and emptying drainage bag, taking and recording vital signs

#### Accomplishments

Angel Awards

Skills in alzheimer s , dementia, hospice care , parkinsons, cancer , adults and children with disabilities ,transfers , lifts , catheter, vital signs, Client safety

### **Caregiver**

Heartfelt Hands - St. Louis, MO

August 2014 to January 2015

#### Responsibilities

All personal care, meal preparation, medication reminders, housekeeping, landry, errand running, doctor appt, walking assist

### **Child Care**

Child Care Provider - St. Louis, MO

August 2012 to June 2014

Promoted good behavior by using the positive reinforcement method.

Promoted language development skills through reading and storytelling.

Dressed children and changed diapers.

Engaged with children individually to meet their emotional and physical needs.

Sparked imagination by helping children discover new things each day.

#### Skills Used

Good communication skills Good patients, Teaching skills such as drawing counting and reading

### **Home Health Aide**

Senior Helpers - St. Louis, MO

July 2010 to June 2012

#### Responsibilities

All personal care, meal preparation, medication reminders, housekeeping, landry, errand running, doctor appt, walking assist

### **Housekeeper**

Maria Steward - St. Louis, MO

April 2007 to November 2010

#### Responsibilities

Basic cleaning ,Dusting ,mopping sweeping vacuuming, cleaning bathrooms, emptying trash cans polishing furniture, making beds, cleaning windows, cleaning hallways

Skills in Dusting ,mopping sweeping vacuuming, cleaning bathrooms, emptying trash cans polishing furniture, making beds, cleaning windows, cleaning hallways

### **Home Health Aide**

All Family Care - St. Louis, MO

July 2006 to December 2006

#### Responsibilities

All personal care, meal preparation, medication reminders, housekeeping, landry, errand running, doctor appt, walking assist

## **Nursing Assistant**

St. Andrews at Francis Place - Eureka, MO

January 2005 to December 2005

- Worked in a nursing home
- Provided caring, intimate, hands-on healthcare for patients
- Took care of approximately 10 elderly, disabled, hospice, and cancer patients daily
- Monitored vital signs
- Assisted with feeding residents 3 meals per day
- Assisted with bathing residents
- Helped residents with daily living needs
- Worked with mechanical lifts, as needed
- Scheduled 3 and resident activities
- Communicated resident's condition to the nurse in charge
- Cleaned rooms, bathrooms, floors, and linens
- Made beds

## Education

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### **Certificate in Certified Nurse Assistant**

Vashon CEC - St. Louis, MO

2015 to 2015

Sumner High - St. Louis, MO

1995 to 1999

## Skills

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- Certified Nursing Assistant (5 years)
- CNA
- Alzheimer's Care (10+ years)
- Caregiving (10+ years)
- Catheter Care (4 years)
- Dementia Care (10+ years)
- Food Preparation (10+ years)
- Meal Preparation (10+ years)
- Home Care (10+ years)
- Infection Control Training (1 year)
- Cleaning Experience (10+ years)
- Laundry (10+ years)
- Vital Signs (10+ years)
- Hospice Care (5 years)
- Developmental Disabilities Experience
- Memory Care (10+ years)

- Senior Care
- Nursing

## Certifications and Licenses

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### **CPR /AED/First Aide**

Present

### **Basic Physical Assessment Training (BPat)**

Trained by a nurse at Meramec College on blood pressure, lifting, vital signs , incontinent care ,bathing and toileting effective communication, client confidentiality, client and caregiver safety, infection control,common diseases

### **Certified Nurse Assistant**

Present

### **DMH Med Level 1 Aide**

### **CPR/First Aid**

### **Certified Nursing Assistant (CNA)**

### **Drivers License**

### **Home Health Aide**

### **CPR**

## Additional Information

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Hard worker dedicated responsible , honest, always finish what I start great attitude, fast learner.Follow direction and respect my leader and peers.