

Tabitha Thomas

St. Louis, MO 63136

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Work Experience

Patient Care Technician

SSM Health St. Mary's Hospital - Saint Louis County, MO

June 2021 to Present

CNA - Certified Nursing Assistant

Marthas Hands LLC - St. Louis, MO

October 2019 to June 2021

Taking care of the elderly

- Worked in a nursing home, nursing facility, home environment, and hospice
- Assisted Multiple elderly, disabled, cancer, and hospice patients daily
- Provided patients/residents with care and companionship
- Checked vital signs
- Delivered medication to clients, patients, and residents
- Helped clients, patients, and residents with activities of daily life (ADL): bathing, grooming, dressing, feeding, walking, exercising, and ROM exercises
- Aided in scheduling client, patient, and resident daily activities
- Documented all care
- Handled minor wound care
- Made beds
- Cleaned and sanitized rooms
- Performed post-mortem care, if needed

Maintenance Worker

Walmart - St. Louis, MO

March 2019 to September 2019

Cleaning the store

Certified Nursing Assistant

Guardian Healthcare Providers

May 2018 to February 2019

Working at different locations as a CNA nursing homes and hospital

Cashier

Family Dollar - St. Louis, MO

January 2017 to December 2018

CNA - Certified Nursing Assistant

Delmar Gardens Creve Coeur - St. Louis, MO

December 2015 to March 2018

CNA

Housekeeper

Barnes Hospital - St. Louis, MO
August 2017 to December 2017

Cleaning rooms, bathroom, lobbies

CNA - Certified Nursing Assistant

Excel Home Health Care - St. Louis, MO
July 2014 to June 2016

Responsibilities

Housekeeping, Transferring, Bathing, Cooking, Transporting

CNA - Certified Nursing Assistant

JCs Home Care - St. Louis, MO
May 2015 to December 2015

Responsibilities

Cook meals, Housekeeping, Feeding, Transferred, Used Hoyer lift

Education

Certificate in CNA

Walbridge Community Education Center - St. Louis, MO
April 2014 to July 2014

Diploma in Dental Assistant

Sanford Brown College - Hazelwood, MO
October 2009 to October 2010

Skills

- Cpr, Cpr certification, Cna, Customer service, Fast food, Food service
CNA, CPR, CNA, Fast Food, Customer Service, Food Service, Team Member, Food Prep
CPR Certification, Basic First Aid
- Hospice Care
- Senior Care
- Caregiving
- Nursing
- Vital Signs
- Meal Preparation
- Commercial Cleaning
- Alzheimer's Care
- Home care
- Microsoft Office

Certifications and Licenses

CNA

CPR Certification