

# Kayla Watkins

Breckenridge, MO 63114

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+1 314 749 3957

Apply clean dressings, slings, stockings, or support bandages, under direction of nurse or physician. •

Change bed linens or make beds. •

Collect specimens, such as urine, feces, or sputum. •

Communicate with patients to ascertain feelings or need for assistance or social and emotional support. •

Document or otherwise report observations of patient behavior, complaints, or physical symptoms to nurses. •

Feed patients or assist patients to eat or drink. •

Gather information from caregivers, nurses, or physicians about patient condition, treatment plans, or appropriate activities. •

Willing to relocate: Anywhere

Authorized to work in the US for any employer

## Work Experience

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### **Phlebotomist**

American Red Cross - St. Louis, MO

February 2021 to Present

Setting up donor chairs ,health and history, taken vital signs. Finding good veins drawing the blood making blood bags . Dins for blood bags shipping and carrying blood . Testing blood types cleaning up blood drive .

### **Certified Nurse Aide**

INTEGRITY HEALTHCARE STAFFING - St. Louis, MO

March 2017 to Present

- Answer patient call signals, signal lights, bells, or intercom systems to determine patients' needs.
- Apply clean dressings, slings, stockings, or support bandages, under direction of nurse or physician.
- Change bed linens or make beds.
- Collect specimens, such as urine, feces, or sputum.

Kayla • Communicate with patients to ascertain feelings or need for assistance or social and emotional support.

Watkins • Document or otherwise report observations of patient behavior, complaints, or physical symptoms to nurses.

- Feed patients or assist patients to eat or drink.

3252 Rex Ave • Gather information from caregivers, nurses, or physicians about patient Breckenridge, MO, 63114 condition, treatment plans, or appropriate activities.  
(314) 503-6004

## **Home Health Aide**

HARMONY HOME HEALTH - St. Louis, MO

April 2016 to August 2018

Maintain records of patient care, condition, progress, or problems to report and discuss observations with supervisor or case manager.

Hard-working professional with 11+

- Check patients' pulse, temperature, and respiration. years of experience and a proven knowledge of assisted living,
- Provide patients with help moving in and out of beds, baths, wheelchairs, or automobiles and with dressing and grooming. ambulatory care, and acute care
- Care for patients by changing bed linens, washing and ironing laundry, facility. Aiming to leverage my skills to cleaning, or assisting with their personal care. successfully fill the Hospice Aide role
- Plan, purchase, prepare, or serve meals to patients or other family members, at your company. according to prescribed diets.
- Accompany clients to doctors' offices or on other trips outside the home, providing transportation, assistance, and companionship.
- Direct patients in simple prescribed exercises or in the use of braces or artificial limbs.
- Perform a variety of duties as requested by client, such as obtaining household supplies or running errands.

## **Hospice Aide**

HARMONY HOME HEALTH - Maryland Heights, MO

February 2017 to July 2018

Apply clean dressings, slings, stockings, or support bandages, under direction of nurse or physician.

- Assist nurses or physicians in the operation of medical equipment or provision of patient care.
- Change bed linens or make beds.
- Collect specimens, such as urine, feces, or sputum.
- Communicate with patients to ascertain feelings or need for assistance or social and emotional support.
- Document or otherwise report observations of patient behavior, complaints, or physical symptoms to nurses.
- Feed patients or assist patients to eat or drink.
- Gather information from caregivers, nurses, or physicians about patient condition, treatment plans, or appropriate activities.
- Provide physical support to assist patients to perform daily living activities, such as getting out of bed, bathing, dressing, using the toilet, standing, walking, or exercising.
- Record vital signs, such as temperature, blood pressure, pulse, or respiration rate, as directed by medical or nursing staff.
- Remind patients to take medications or nutritional supplements.
- Turn or reposition bedridden patients.
- Undress, wash, and dress patients who are unable to do so for themselves.
- Wash, groom, shave, or drape patients to prepare them for surgery, treatment, or examination.
- Explain medical instructions to patients or family members.
- Lift or assist others to lift patients to move them on or off beds, examination tables, surgical tables, or stretchers.
- Maintain records of patient care, condition, progress, or problems to report and discuss observations with supervisor or case manager.
- Check patients' pulse, temperature, and respiration.

- Provide patients with help moving in and out of beds, baths, wheelchairs, or automobiles and with dressing and grooming.
- Care for patients by changing bed linens, washing and ironing laundry, cleaning, or assisting with their personal care.
- Provide patients and families with emotional support and instruction in areas such as caring for infants, preparing healthy meals, living independently, or adapting to disability or illness.
- Perform a variety of duties as requested by client, such as obtaining household supplies or running errands.
- Change dressings.

### **Bartender/server**

APPLEBEES - Bridgeton, MO

October 2014 to December 2015

- Clean glasses, utensils, and bar equipment.
- Check identification of customers to verify age requirements for purchase of alcohol.
- Collect money for drinks served.
- Balance cash receipts.
- Stock bar with beer, wine, liquor, and related supplies such as ice, glassware, napkins, or straws.
- Attempt to limit problems and liability related to customers' excessive drinking by taking steps such as persuading customers to stop drinking, or ordering taxis or other transportation for intoxicated patrons.
- Serve wine, and bottled or draft beer.
- Take beverage orders from serving staff or directly from patrons.
- Clean bars, work areas, and tables.
- Arrange bottles and glasses to make attractive displays.
- Mix ingredients, such as liquor, soda, water, sugar, and bitters, to prepare cocktails and other drinks.
- Slice and pit fruit for garnishing drinks.
- Supervise the work of bar staff and other bartenders.
- Provide guests with menus.
- Greet guests and seat them at tables or in waiting areas.
- Speak with patrons to ensure satisfaction with food and service, to respond to complaints, or to make conversation.
- Assign patrons to tables suitable for their needs and according to rotation so that servers receive an appropriate number of seatings.
- Inform patrons of establishment specialties and features.
- Maintain contact with kitchen staff, management, serving staff, and customers to ensure that dining details are handled properly and customers' concerns are addressed.
- Direct patrons to coatrooms and waiting areas such as lounges.
- Take and prepare to-go orders.

### **Certified Nurse Aide**

BEAUVIAS MANOR - St. Louis, MO

August 2013 to September 2015

- Answer patient call signals, signal lights, bells, or intercom systems to determine patients' needs.
- Apply clean dressings, slings, stockings, or support bandages, under direction of nurse or physician.
- Change bed linens or make beds.
- Collect specimens, such as urine, feces, or sputum.
- Restock patient rooms with personal hygiene items, such as towels, washcloths, soap, or toilet paper.

- Review patients' dietary restrictions, food allergies, and preferences to ensure patient receives appropriate diet.
- Record vital signs, such as temperature, blood pressure, pulse, or respiration rate, as directed by medical or nursing staff.
- Record height or weight of patients.
- Supply, collect, or empty bedpans.
- Transport patients to treatment units, testing units, operating rooms, or other areas, using wheelchairs, stretchers, or moveable beds.
- Turn or reposition bedridden patients.

### **Staffing coordinator**

This pillars of north county - St. Louis, MO

February 2014 to March 2015

Making sure the building was staffed

Calling nursing agencies for help

At times working the floor as an aide .

Doing charting if wasn't completed by staff

### **Bartender/Server**

BEAUVIAS MANOR - Bridgeton, MO

September 2014 to February 2015

- Collect money for drinks served.
- Check identification of customers to verify age requirements for purchase of alcohol.
- Clean glasses, utensils, and bar equipment.
- Balance cash receipts.
- Attempt to limit problems and liability related to customers' excessive drinking by taking steps such as persuading customers to stop drinking, or ordering taxis or other transportation for intoxicated patrons.
- Stock bar with beer, wine, liquor, and related supplies such as ice, glassware, napkins, or straws.
- Serve wine, and bottled or draft beer.
- Take beverage orders from serving staff or directly from patrons.
- Clean bars, work areas, and tables.
- Mix ingredients, such as liquor, soda, water, sugar, and bitters, to prepare cocktails and other drinks.
- Arrange bottles and glasses to make attractive displays.
- Slice and pit fruit for garnishing drinks.
- Serve snacks or food items to customers seated at the bar.
- Order or requisition liquors and supplies.
- Create drink recipes.
- Check with customers to ensure that they are enjoying their meals and take action to correct any problems.
- Collect payments from customers.
- Write patrons' food orders on order slips, memorize orders, or enter orders into computers for transmittal to kitchen staff.
- Prepare checks that itemize and total meal costs and sales taxes.
- Take orders from patrons for food or beverages.
- Check patrons' identification to ensure that they meet minimum age requirements for consumption of alcoholic beverages.
- Serve food or beverages to patrons, and prepare or serve specialty dishes at tables as required.

- Present menus to patrons and answer questions about menu items, making recommendations upon request.
- Clean tables or counters after patrons have finished dining.
- Prepare hot, cold, and mixed drinks for patrons, and chill bottles of wine.
- Roll silverware, set up food stations or set up dining areas to prepare for the next shift or for large parties.
- Stock service areas with supplies such as coffee, food, tableware, and linens.
- Inform customers of daily specials.
- Explain how various menu items are prepared, describing ingredients and cooking methods.
- Remove dishes and glasses from tables or counters, take them to kitchen for cleaning.
- Prepare tables for meals, including setting up items such as linens, silverware, and glassware.
- Assist host or hostess by answering phones to take reservations or to-go orders, and by greeting, seating, and thanking guests.
- Perform cleaning duties, such as sweeping and mopping floors, vacuuming carpet, tidying up server station, taking out trash, or checking and cleaning bathroom.

## Education

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### **High school diploma in Basic**

August 2005 to May 2009

## Skills

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- Caregiving
- Home Care
- Hospice Care
- Nursing
- Certified Nursing Assistant
- Bartender Experience
- Vital Signs
- Hospital Experience
- Food Preparation
- Laundry
- Infant Care
- Patient Care
- Cleaning Experience
- Meal Preparation
- Nursing
- Phlebotomy (Less than 1 year)
- Blood sampling
- FDA regulations

## Certifications and Licenses

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**CNA**

**CPR Certification**

**CNA**

**CPR Certification**

**CNA**

**CPR Certification**