**Kierra Watson**

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**Education:**

**Southern Illinois University Edwardsville**               Edwardsville, IL

***Bachelor of Science in Public Health***                       Graduated: May 2017

**Relevant Coursework:**

Grant Writing                           Sexual Health

Intro to Public Health                                       Drug use and Abuse

Violence Injury and Prevention

**Professional Experience:**

***Certified Nursing Aide*** August 2017- Present

**Roseland Community Hospital** Chicago, IL

* Experience working in the Intensive care Unit, Acute Care Unit, Medical Stabilization, Emergency Room and Adolescents Behavioral Unit.
* Collect and Document Vital signs
* Provides general comfort measures to patients including, but not limited to: positioning, turning, back rubs, linen change, bathing, ambulating, dangling, sitting, walking, and offering bed pan.
* Collect, discard and document drains and Foleys.
* Answers call lights promptly
* Participates in the admission and discharge processes

***Certified Nursing Aide***                    Sept 2013- July 2017

**Rosewood Care Center**                        Alton, Illinois

* Assist with activity of daily living such as bathing, toileting, feeding residents, etc.
* Transfer residents for safety precautions in order to prevent harm to patients
* Document on assessments
* Collect Vital Signs

**Certification:**

* CPR                                                        2019
* Certified Nursing Aide                                     2011
* **Special Skills and Strengths:**
* Expanding communication and interpersonal skills
* Understand team based philosophy work with numerous people to complete a task
* Proven ability to perform workplace cleaning and maintenance task

**Experience:**

* Meridian Village Senior Living
  + Assisted with home safety checks
  + Observed and recorded unhealthy behaviors in elderly that could potentially cause a fall.
* University Park Nursing Home
  + Played recreational games and assist residents with hydration when needed
  + Developed play therapy using techniques that adhere to safety issues and are also fun for residents.

**Internship:**

* Meridian Village Senior Living
  + Created a nutrition and stress management program to promote healthy ways of living.
  + Created a pretest and post-test to assess the knowledge that the residents had before and after the program.
  + Assisted with the worksite health promotion team with creating a challenge to get the employees to interact and more healthy activities while at work.