

Margarita Zamora

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CNA/QMAP

22 years of experience as a CNA and 10 years' experience as a Qualified Medication Administration Professional (QMAP); Recognized by the daughter for taking care of her elderly parents and doing an excellent job; Bilingual in English and Spanish in spoken and written communication; Trained in safety and security; Has worked accident-free; Clean driving record; Able to pass drug screen and background check; Proficient computer skills.

Cross-trained in:

~ Taking Vital Signs ~ QMAP ~ CPR ~ First Aid ~ Customer Service ~ Caring for the Elderly ~
~ Hospice Care ~ Excellent Communication Skills ~ Multitasking ~
~ Organization ~ Problem Solving ~ Critical Thinking ~

Professional Experience

Nursing Skills

- Answered patient call signals, signal lights, bells, or intercom systems to determine patients' needs
- Turned or repositioned bedridden patients
- Provided 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
- Reviewed patients' dietary restrictions, food allergies, and preferences to ensure patient received appropriate diet
- Measured and recorded food and liquid intake or urinary and fecal output, reporting changes to medical or nursing staff
- Recorded vital signs, such as temperature, blood pressure, pulse, or respiration rate, as directed by medical or nursing staff
- Gathered information from caregivers, nurses, or physicians about patient condition, treatment plans, or appropriate activities
- Observed or examined patients to detect symptoms that might require medical attention, such as bruises, open wounds, or blood in urine
- Documented or otherwise reported observations of patient behavior, complaints, or physical symptoms to nurses
- Reminded patients to take medications or nutritional supplements
- Fed patients or assisted patients to eat or drink
- Supplied, collected, or emptied bedpans
- Undressed, washed, and dressed patients who were unable to do so for themselves
- Lifted or assisted others to lift patients to move them on or off beds, examination tables, surgical tables, or stretchers
- Communicated with patients to ascertain feelings or need for assistance or social and emotional support
- Prepared or served food trays
- Cleaned and sanitized patient rooms, bathrooms, examination rooms, or other patient areas
- Recorded height or weight of patients
- Collected specimens, such as urine, feces, or sputum
- Applied clean dressings, slings, stockings, or support bandages, under direction of nurse or physician
- Changed bed linens or made beds

- Restocked patient rooms with personal hygiene items, such as towels, washcloths, soap, or toilet paper
- Exercised patients who were comatose, paralyzed, or had restricted mobility
- Washed, groomed, shaved, or draped patients to prepare them for surgery, treatment, or examination
- Assisted nurses or physicians in the operation of medical equipment or provision of patient care
- Administered medications or treatments, such as catheterizations, suppositories, irrigations, enemas, massages, or douches, as directed by a physician or nurse
- Positioned or held patients in position for surgical preparation
- Transported patients to treatment units, testing units, operating rooms, or other areas, using wheelchairs, stretchers, or moveable beds
- Provided information such as directions, visiting hours, or patient status information to visitors or callers
- Transported specimens, laboratory items, or pharmacy items, ensuring proper documentation and delivery to authorized personnel
- Set up treating or testing equipment, such as oxygen tents, portable radiograph (x-ray) equipment, or overhead irrigation bottles, as directed by a physician or nurse
- Explained medical instructions to patients or family members
- Stocked or issued medical supplies, such as dressing packs or treatment trays

Computer Skills

- Microsoft Office

Work History

CNA/QMAP- Care for One Individual on Weekends, 5/2019-present

CNA/QMAP, Bristol Hospice, Loveland, CO 11/2020-3/2021

CNA, Team Resources Medical Staffing 1/2017-present

CNA/QMAP, Mary Assisted Living, Greeley, CO 3/2010-12/2016

Education/Training

QMAP Training through 8/1/11

CNA training through Windsor Health Care

High School Graduate