

Tamara Powell

Certified Nursing Assistant -

Columbus, OH

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+1 614 226 5617

I am a Certified Nursing Assistant with expert knowledge of medical terminology and HIPPA compliance. Maintain strong observation, assessment and intervention skills and established career working in Long-Term Care Facilities and Hospital settings. Support quality patient care and education.

Willing to relocate: Anywhere

Authorized to work in the US for any employer

Work Experience

Patient Transport

Ohio Health - Columbus, OH

June 2021 to Present

Safely move patients in hospital bed, stretcher, and wheelchair to different areas of the hospital

Assist Nursing staff and Procedural Staff with physically transporting patient from different equipment to get test completed

Transport different hospital equipment within facility

Behavior Health Associate

Ohio Hospital for Psychiatry - Columbus, OH

July 2020 to Present

Monitor safety of patients in psychiatric hospital

Monitor patients reaction to medication

Conduct groups open discussions and meditation

Direct patients in exercises games and one one activities

Certified Nursing Assistant

Woodview Care Center - Columbus, OH

September 2016 to Present

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

-Check the patients' pulse, temperature, and respirations.

-Provide patients with help moving in and out of beds, wheelchairs, or automobiles, and with dressing and grooming.

-Care for patients by changing bed linens, washing and ironing laundry, cleaning and assisting with personal care.

-Plan, purchase, prepare, or serve meals to patients or family members, according to prescribed diets.

Mental Health Associate

Sequel Pomegranate Health Services - Columbus, OH
January 2018 to July 2018

- Monitor adolescents in a psychiatric hospital
- Monitor patients reaction to medication
- Entertain, converse with, or read aloud to patients to keep them mentally healthy and alert.
- Provide patients with emotional support.
- Direct patients in simple exercises.
- Serve meals to patients according to prescribed diets

Patient Care Technician

Select Specialty Hospital - Columbus, OH
May 2017 to April 2018

- Maintain Records of patient care, condition, progress, or problems to report and discuss observations with supervisor or case manager.
- Check the patients' pulse, temperature, and respirations.
- Provide patients with help moving in and out of beds, wheelchairs, or automobiles, and with dressing and grooming.
- Care for patients by changing bed linens, washing and ironing laundry, cleaning and assisting with personal care.

Education

Certificate in Phlebotomy

Larock Health Academy - Columbus, OH
July 2019 to September 2019

Certificate in Nursing Assistant

Jacksonville North Carolina Community College - Jacksonville, NC
April 1994

High School Diploma in General Studies

Gage Park High School - Chicago, IL
June 1988

Skills

- CNA (10+ years)
- Certified Nursing Assistant (10+ years)
- HHA (10+ years)
- Home Health (10+ years)
- Phlebotomy (10+ years)
- Vital Signs (10+ years)
- Medical Office Experience (2 years)
- Medical Terminology (10+ years)

- Medical Records (10+ years)
- Laundry (10+ years)
- HIPAA (10+ years)
- Caregiving
- Hospital Experience
- Meal Preparation
- Medication Administration
- Behavioral Health
- Patient Care
- Nursing

Certifications and Licenses

CPR

Certified Nursing Assistant (CNA)

Phlebotomy

Present

Phlebotomy

Present

Assessments

Nursing Aide Skills — Expert

December 2019

Providing nursing aid to patients using knowledge of relevant equipment and procedures.

Full results: [Expert](#)

Work Style: Reliability — Familiar

October 2020

Tendency to be dependable and come to work

Full results: [Familiar](#)

Following Directions — Highly Proficient

October 2020

Following multi-step instructions

Full results: [Highly Proficient](#)

Nursing Aide Skills — Expert

December 2019

Providing nursing aid to patients using knowledge of relevant equipment and procedures.

Full results: [Expert](#)

Electronic Health Records: Best Practices — Completed

July 2019

Measures a candidate's knowledge of EMR data and associated privacy regulations, as well as best practices for EMR use.

Full results: [Completed](#)

Early Childhood Development – Familiar

September 2019

Measures a candidate's knowledge of the development of children ages 0-3 and of ways to foster that development.

Full results: [Familiar](#)

Supervisory Skills: Motivating & Assessing Employees – Proficient

July 2020

Motivating others through feedback to identify improvements or corrective actions.

Full results: [Proficient](#)

Indeed Assessments provides skills tests that are not indicative of a license or certification, or continued development in any professional field.

Additional Information

Skills

- Active Listening
- Critical Thinking
- Monitoring
- Customer and Personal Service
- Active Learning
- Instructing
- Judgment and Decision Making
- Complex Problem Solving