

Natalie Alvarado

Burnsville, MN

-Email me on Indeed: <http://www.indeed.com/r/Natalie-Alvarado/712ea46210580739>

Experience with caregiving and assisted living. Assisted with daily living activities and household chores. Patient and highly energetic with patients. Compassionate and technically skilled attending to patients in diverse healthcare settings. BIs and cpr certified. Complied with HIPPA standards in a patient documentation. Work well with bedridden, physically challenged, and memory-impaired residents. Excellent interpersonal communication skills. Discreet and confidential in all dealings with staff. Also experienced as a machine Operator. Inspected product to ensure quality and customer specifications. Maintained equipment to run more efficiently. Assisted with training of new employees. Also experienced working in cusmtomer service as a call center representative. Authorized to work in the US for any employer

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Work Experience

CNA - Certified Nursing Assistant

TRIA Orthopedics - Bloomington, MN

February 2021 to Present

- Check in patients and get them ready for surgery
- take vital signs and help pts go to restroom
- assist nurses with tasks such as removing IV's
- stock nursing supplies
- Discharge patients

Case Investigator

Minnesota Department of Health - Remote

November 2020 to March 2021

Contact individuals who has tested positive for covid.
Try and figure out if there was any exposures
Daily outbound and inbound calls average around 15-20 calls

Caregiver

New Perspective Senior Living - Prior Lake, MN

December 2019 to January 2021

- Personal Care
- Sponge bath/bed bath
- Toe nail care
- Skin care
- Monitor for bed/pressure sores

- Dressing assistance
- Medication reminders
- Emotional support
- Reading aloud
- Playing games
- Transfer assistance from wheelchair
- Transfer encouragement (emotional support)
- Assist with home exercises - physical therapy, range of motion
- Assistance with bedpan/in-bed toileting when needed
- Emptying catheter bag when needed
- Assist with commode transfer from wheelchair
- Laundry
- Dishes
- Gathering and taking out trash
- Decluttering wheelchair pathways
- Picking up mail
- dusting bedroom and living area
- Making bed
- Changing sheets
- Organizing medical supplies
- Temperature control - keeping it manageable for heat sensitivity
- Organizing pantry and fridge - ensuring accessibility
- Heat sensitivity - have supplies ready - cold packs, cooling scarves, washcloths, cold drinks, etc.
- Incontinence - have supplies ready - feminine pads, underwear, absorbent sheets, extra clothes, towels, know where nearby bathrooms are anytime Nancy is out of the house
- Be aware of symptoms (heat sensitivity, fatigue, mood) and adjust plans accordingly

Certified Nursing Assistant

Fairview Southdale Hospital - Edina, MN
August 2019 to October 2020

- Bathe and dress patients
- Serve meals and help patients eat
- Take vital signs
- Turn or reposition patients who are bedridden
- Collect information about conditions and treatment plans from caregivers, nurses and doctors
- Provide and empty bedpans
- Lift patients into beds, wheelchairs, exam tables, etc.
- Answer patient calls
- Examine patients for bruises, blood in urine or other injuries/wounds
- Clean and sanitize patient areas
- Change bed sheets and restock rooms with necessary supplies

Customer Service Representative

DRIASI - Chanhassen, MN
June 2019 to July 2019

Answer 60+ telephone calls per day document and record accurate customer information
Engage with customer to uncover problems and needs
De-escalate problems

Machine Operator Level 2

Shutterfly

June 2016 to May 2019

- Provided onsite training
- maintained the safe and efficient usage of all equipment
- operated machinery on a production line
- inspected product to ensure quality and customer specifications
- participated on a Kaizen team that improved process
- maintained equipment to run more efficiently
- worked with Word and Outlook
- Seasonal Lead

Cashier Team Lead

Burger King - Jordan, MN

October 2015 to April 2016

- trained employes
- worked well with customers
- dealt with money
- good people skills

Fast Food Cashier

Mcdonalds - Springdale, AR

August 2014 to April 2015

- fill customer food orders
- operate cash register and credit card machine
- answer customer questions about food ingredients, freshness, and availability
- Clean and straighten counters and tables at end of the shift

Education

High school diploma

Jordan High School - Jordan, MN

September 2012 to May 2016

Skills

- OUTLOOK (2 years)
- MICROSOFT WORD
- WORD (2 years)
- Machine Operator
- Manufacturing
- Quality Control
- Microsoft Excel
- Leadership Training (2 years)
- Customer Service Skills (2 years)

- Training
- Inspection
- Assembly
- fast learner
- Cash Handling (2 years)
- Patient Care (1 year)
- Caregiver (2 years)
- Personal Care
- CNA
- Care Giver
- Cna Certified
- Exceptional skills in working well in difficult and stressful environments
- Outstanding strength for standing for extended periods of time and for lifting objects weighing up to 50 lbs.
- High ability to adhere to strict production deadlines
- Good ability to work independently or as production team member
- Quick learner, computer proficient including web applications such as Microsoft Word and Outlook
- Scheduling
- resourceful
- Patient communication

Certifications and Licenses

CPR/First Aid BLS/CPR March 2019 to March 2021 CNA June 2019 to June 2021 driver's license Certified Nursing Assistant (CNA)

Assessments

Building relationships for childcare providers — Highly Proficient

May 2021

Building positive and productive relationships with families of children ages 0-3

Full results: [Highly Proficient](#)

Customer focus & orientation — Highly Proficient

December 2020

Responding to customer situations with sensitivity

Full results: [Highly Proficient](#)

Work style: Reliability — Familiar

May 2021

Tendency to be dependable and come to work

Full results: [Familiar](#)

Written Spanish for English speakers — Highly Proficient

May 2019

Measures a candidate's ability to respond to basic requests written in Spanish.

Full results: [Highly Proficient](#)

Nursing assistant skills — Highly Proficient

May 2019

Measures a candidate's ability to provide nursing aid to patients using knowledge of relevant equipment and procedures.

Full results: [Highly Proficient](#)

Attention to detail — Proficient

December 2020

Identifying differences in materials, following instructions, and detecting details among distracting information

Full results: [Proficient](#)

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