

REGENA ZABAR

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612.703.0396

CANDIDATE PROFILE

Certified Nursing Assistant

Dedicated and compassionate Registered Nurse with 11 years of experience. Proven ability to provide direct patient care in a fast-paced environment. Calm and level-headed with ability to handle high-stress situations. Use strong verbal communication skills and humor to develop strong relationships with patients and their families.

Conscientious | Meticulous | Resourceful | Diligent | Thoughtful | Empathetic | Responsible | Service Oriented

CORE COMPETENCIES

- Problem Solving
- Adaptability
- Collaboration
- Strong work ethic
- Time management
- Critical thinking
- Handling high-pressure situations

PROFESSIONAL EXPERIENCE

Certified Nursing Assistant – Presbyterian Home

(Bloomington, MN) – Aug 2019 to Present

Observe, chart, and report developments in patient health conditions. Measure patient vital signs daily, including height, weight, blood pressure, temperature, pulse and respiration. Supervise certified nursing assistants during routine patient care and equipment assembly activities, including catheters, tracheotomy tubes, and oxygen suppliers. Answer patient and family questions and educate them on optimal treatment during home care.

Home Health Aid and Certified Nursing Assistant – Nevana Caring Home

(Bloomington, MN) – Nov 2016 to Present

Provided treatments for patients, including dressing wounds, treating bedsores, massaging, etc. Prepared and attached nasogastric tubes for feeding patients under the supervision of a registered nurse. Collected and registered blood and urine specimens for patients. Started, monitored, and managed intravenous medications to stabilize heart and blood pressure.

Certified Nursing Assistant – Avinity – Main Street Village

(Richfield, MN) Nov 2011 to Aug 2019

Perform assessments, take vitals, and chart patient conditions and physician instructions. Follow all protocols, regulations, and infection control procedures. Stock supplies, manage patient care. Act as strong leader for nursing personnel assigned to unit and shift.

Home Health Aid and Certified Nursing Assistant – Richfield Senior Home

(Richfield, MN) Aug 2014 to Aug 2017

Give compassionate care to critical patients suffering from injuries or debilitating conditions. Assess patient conditions and administer medications. Observe behavior and symptoms and report changes to on-call physicians. Educate families about patient conditions and provide support as needed.

Home Health Aid – 2 Caring Hands Home

(Lakeville, MN) Mar 2010 to Nov 2016

Provided patient care, such as grooming and changed bedding, etc. Stocked supplies and reported malfunctioning equipment. Monitored telemetry and responded to codes. Proactively learned new procedures and treatment protocols from more established nurses.

QUALIFICATIONS

Certified Nursing Assistant, South Education Center High, Edina, MN - 2013

EDUCATION

GED, Skeldon Lutheran High School, Guyana – 1989

SKILLS

Preventative health
Patient evaluation
Intravenous therapy
Medical laboratory health

Strong clinical judgement
Charting and clinical documentation
Strong communication
Staff supervision

LANGUAGES

English.
Guyanese.