

# Cynthia Kigen

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Flexible hard worker ready to learn and contribute to team success. Compassionate and kind with over 5 years' experience as a certified nurse assistant and working with individual with intellectual and developmental disabilities. Hardworking Nursing professional demonstrating exemplary skills in direct patient care, Assessments, and healthcare team support.

## Work Experience

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### **CNA**

Care staff Agency - Overland Park, KS  
February 2020 to Present

Facilitated activities of daily living, personal hygiene management, feeding and ambulation. Assisted patients with shaving, bathing, and oral hygiene to promote healthy habits and overall wellness.

### **Medic**

US Army National Guard - Kansas City, KS  
August 2018 to Present

Monitored supplies and equipment inventory and replenished promptly before another emergency call. Inserted IVs and administered oral and injectable medications.

### **Direct Support Professional**

life centers of Kansas - Overland Park, KS  
January 2017 to Present

Transported clients to doctor's appointments and errands. Enhanced patient wellbeing by supporting participation in recreational activities.

## Education

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### **Bachelor of Science in Nursing**

MidAmerica Nazarene University - Olathe, KS  
March 2022

### **Bachelors in Business Management**

Moi University  
July 2014

## Certifications and Licenses

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### **CNA**

**BLS Certification**

**CPR Certification**

**AHA Certification**

**RN License**