

# Rosemary Jighere

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## Work Experience

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### **CNA - Certified Nursing Assistant**

ARISE HOME HEALTH - Aurora, CO

June 2022 to Present

- Preparing meal
- Laundry and house keeping
- Transferring client from the bed to a chair or wheelchair and back.
- Repositioning client in beds.
- Helping client's with their daily needs,such as eating,bathing ,dressing and toileting.
- Ensuring client comfort by changing bedding and positioning items so they are in reach.
- Monitoring client needs and reporting any issues to the nurse.
- Report any changing in urine , skin , to the nurse.

### **CNA - Certified Nursing Assistant**

Brookdale Meridian Assisted Living - Denver, CO

May 2022 to Present

Helping patients with activities of daily living,such as bathing,grooming,tolieting,eating and moving.

Serving meals and helpingpatients eat.

Lifting and moving patients,turning or repositioning patients for comfort and preventionof bedsores.

Taking vital signs such as blood pressure,pulse,respiration,temperature,oxygen, and weight scale,and then record their finding and report them to a supervisor.

Maintaining a clean and sanitized environment,it involves changing soiled sheets,cleaning up spills, changing bedpan.

### **CNA - Certified Nursing Assistant**

The Center At Lowry - Aurora, CO

February 2022 to Present

- Answering call-light.
- Monitoring patients needs and reporting any issues to the nurse.
- Helping patients with their daily needs,such as eating,bathing,dressing and tolieting.
- Ensuring patient comfort by changing bedding,filling water jugs,and positioning items so they are in reach.
- Repositioning patients in beds.
- Helping patients move from a bed to a chair or wheelchair and back.
- Exercise patients by helping them walk.
- Monitoring vitals and patient behavior and reporting them to the nursing staff.
- Checking vitals signs such as blood pressure and heart rate.
- Feeding patients and documenting their food and liquid intake.

### **CNA - Certified Nursing Assistant**

VA nursing home - Aurora, CO

March 2020 to May 2022

- Helping patients with ADLs, such as bathing,grooming,tolieting,eating and moving.
- Serving meals and helping patients eat.
- Lifting and moving patients,turning or repositioning patients for comfort and prevention of bedsores.
- Taking vital signs such as blood pressure,pulse,respiration,temperature and weight and then record their findings and reports them to a supervisor .
- Answering call-light.
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### **CNA - Certified Nursing Assistant**

Aviva at Fitzsimons - Aurora, CO

October 2017 to November 2021

- Turning and moving patients.
- Gathering medical supplies.
- Grooming patients by brushing their hair,teeth and shaving them.
- Feeding patients and documenting their food and liquid intake.
- Checking vital signs such as blood pressure and heart rate.
- Answering call-light.
- Help patients with daily activities such as bathing and getting dressed.
- Maintaining a clean and sanitized environment.

### **CNA - Certified Nursing Assistant**

Shalom Park Nursing Community - Aurora, CO

October 2015 to November 2018

- Turning or moving patients.
- Gathering medical supplies
- Bathing patient such as bed bath,spongebath,showering and tub bath.
- Grooming patients by brushing their hair,teeth,shaving them. Etc
- Feeding patients and documenting their food and liquid intake.
- Checking vital signs such as blood pressure,pulse, respiration, temperature and weight scale.
- Answering call-light
- Monitoring patient needs and reporting any issues to nurse on duty.

### **Sales Associate / manger**

Walmart supercenter - Denver, CO

May 2014 to October 2018

- Welcoming customers, maintaining floor appearance, directing customers to goods and operating cash register.
- Highlighting promotions, responding to customer inquiries,visual merchandising, managing inventory,carrying out transactions and guiding
- customers through the buying process.
- Hiring,training,and providing professional development for their teams and setting weekly,monthly.
- Responsible for leading sales teams to reach sales target.
- Overseeing daily operations in the sales department.

## **CNA - Certified Nursing Assistant**

Highline Rehabilitation and Care Community - Denver, CO

July 2015 to November 2017

- Provides for activities of daily living with serving meals,feeding patients as necessary.
- Ambulating, turning, and positioning patterns and providing free water nurishment between meals.
- Answering patients calls light.
- Personal hygiene, including bathing, dressing, getting out of bed,- using the toilet,walking,standing or exercise.
- Maintain work operations by following policies and procedures.
- Documents and report any skin change an any other situation to the nurse on duty.

## **CNA - Certified Nursing Assistant**

Front Range Home Care Services - Aurora, CO

March 2012 to October 2016

- Transfer a client from wheelchair to bed or chair.
- Shower ,birdbath, sponge shower. Feeding and cooking.
- Remainder of the client medication.errand and laundry. Cleaning up the house. Grooming and dressing the client.
- Transfer the client during tolieting.

## Education

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### **GED**

KUJE HIGH SCHOOL LAGOS STATE NIGERIA

July 1988 to October 1992

## Skills

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- Nursing
- Home Care
- Vital Signs
- Medication Administration
- Laundry
- Caregiving
- Patient Care
- Senior Care
- Food Preparation
- Cleaning Experience
- Hospice Care
- Meal Preparation
- EMR Systems
- Infection Control Training
- Alzheimer's Care

- Inventory Control
- Dementia Care
- Microsoft Word
- Medical Office Experience
- Merchandising
- Sales
- Computer Skills
- Retail Sales

## Certifications and Licenses

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### **CNA**

### **CPR Certification**

### **State Tested Nursing Assistant**

### **BLS Certification**

### **QMHP Certification**