

# Alaina Graham

2411 North Ridgeway Ave, Unit 2

Chicago, IL 60647

(Moving to Denver, CO)

(618) 759-2733

[AlainaGraham88@gmail.com](mailto:AlainaGraham88@gmail.com)

## SUMMARY

I am a dedicated student in school. I kept good grades throughout my highschool career. I attended college at the University of Missouri but I had to transfer back home due one of my family members getting ill, which I was asked to care for. I plan on first getting my associates out of the way at a community college in Denver, CO. After that I want to continue my education and get my BSN. Once that is completed I plan on going into NICU nursing. I really enjoy a career where I get to work with newborns and babies.

## SKILLS

- Certified Nursing Assistant
- CPR/BLS certified
- Fluent in medical terminology
- Wound managing, stop bleeds
- Management experience
- Ability to work independently
- Multilingual
- Computer literate
- Self-motivated
- Experienced with technology
- Time conscious
- Learns quickly
- Dependability
- Strong writing
- Following directions
- Licensed driver
- Friendly personality
- Works fast
- Resolves conflicts
- Very calm in chaotic situations
- Good with young children and talking to people
- Organized

## **EXPERIENCE**

### **Three Crowns Park- CNA**

**August 2022**

- Took vitals
- Transferring residents manually and using a mechanical lift
- Fed residents that were total dependent
- Rotated residents that were bedridden
- Bathed all residents either by bed/towel bath or showering, depending on their conditions
- Worked well with other coworkers
- Charted information for all residents
- Insured all residents were secure and safe when doing any transfers
- Gentle with all residents
- Made sure all residents were comfortable and happy

### **Symphony Residences- CNA**

**January 2022**

- Wellness checks on all residents
- Gives minimal assistance with showers
- Med passes
- Does laundry
- Report any concerns to the nurse
- Answer any emergency pull cord lights

### **Liberty Village- CNA**

**January 2021-July 2021**

- Took vitals
- Gave baths/showers to patients
- Assisted with personal hygiene such as brushing teeth and hair
- Perineal care.
- Assisted with feeding dependent residents
- Answered call lights promptly
- Listen to the patients' preferences
- Kept rooms clean and empty trash cans

## **Post Acute- CNA**

August 2021-October 2021

- Took vitals
- Assisted with walking, and standing
- Helped patients do ROM exercises
- Fed residents who were dependent or needed assistance.
- Assisted patients with showering, or performing bed baths for patients that were bedridden
- Helped patients with any personal hygiene such as brushing their teeth
- Perineal care
- Emptied catheters and measured their output
- Reported any health concern to the charge nurse.

## **Walmart- Apparel Associate**

March 2019-July 2021

- Stocked clothes
- Kept clothing areas neat and clean
- Tagged items that were returned
- Move items to their correct place
- Helped in jewelry section if needed
- Worked in all apparel, along with the infant/baby department.
- Assisted customers find what they need.

## **EDUCATION**

**Goreville High School, 201 S Fern, Clyffe Rd**

Degree: High school Diploma

Graduation year: 2021

**University of Missouri, Columbia, MO**

Degree: Undergraduate Freshman

Graduation year: Transferring

## **GPA**

4.0 in high school transcript

3.8 in college

## **AWARDS**

- Awarded academic excellence through my whole senior year.
- Awarded 2nd place in a national writing contest.
- Awarded for having a 95% or above for a whole year of Spanish.
- Awarded for having 100% throughout the whole year in English/Poetry.

## **CLUBS**

- Beta Club
- FFA
- Book/Writing Club
- Dance team

## **HOBBIES**

I like being outside in nature. Hiking falls into an activity I do while outside. I love writing and reading whenever I have the chance. Along with cooking, I learned how to cook from my grandmother who taught me how to cook her famous homemade recipes. Baking is one of the things I like doing the most with her. I'm also a CNA and have been for 2 ½ year. I love all the patients I encounter and I'm very easy to work with. Being a CNA comes with its physical challenges, but my residents make it worth it every time.

## **REFERENCES**

- Trecia Mcconnell
- Relation: CNA Instructor

Number: 618-922-5241

- Anthony Hageman
- Relation: Coworker

Number: 773-996-2433

- Thoko
- Relation: Nursing Manager

Number: 847-686-1914