



SARA MAYOU

saramayou018@gmail.com | 540-940-3848 | Fredericksburg, United States 22405

Summary

Attentive and focused nursing student with twelve months of clinical experience in a hospital environment and five years of experience in the healthcare setting. Successful in quickly building rapport with patients and families. Highly proficient in patient care, assessments, medication administration and health education.

Skills

- Patient Care Assessment
- Medication Administration
- Immunizations and Vaccinations
- Accurate Documentation
- Monitoring Vital Signs

Experience

The Children's Clinic | Fredericksburg, VA

Medical Assistant

09/2021 - 01/2022

- Performed basic physical assessments of newborns and infants.
- Completed initial and comprehensive ongoing patient and family assessments to determine healthcare needs.
- Counseled patients and families to provide psychological, emotional and spiritual support.
- Helped pediatric patients understand and feel at ease with vaccines, tests and minor procedures.
- Instructed patients, caregivers and families on diagnoses, treatment options and self-management to maintain continuity of care.
- Assisted patients' parents or guardians by answering questions during appointments and by returning phone calls.

Colonial Internal Medicine Associates |
Fredericksburg, VA

Medical Assistant

10/2020 - 11/2021

- Interviewed and engaged patients to obtain medical history, chief complaints and vital signs.
- Educated patients about medications, procedures and physician's instructions.
- Organized charts, documents and supplies to maintain team productivity.
- Assisted with diagnostic testing by collecting and packaging biological specimens for internal and laboratory analysis.
- Cleaned and maintained medical equipment following procedures and standards.

CVS Pharmacy | Fredericksburg, VA

Pharmacy Technician

09/2016 - 10/2020

- Refilled medications, offered insight into over-the-counter products and verified insurance benefits.
- Received and verified daily incoming drug inventories, reported discrepancies and logged items into inventory system.
- Transmitted claims to insurance companies for payment and reconciled EOBs.
- Liaised with pharmacist to measure and prepare medication doses and packaging and label prescriptions.
- Teamed with peers, technicians and pharmacists to prioritize and complete

orders.

- Created new customer profiles and updated demographics, allergies and new medications in pharmacy computer systems.

Education and Training

Eastern Virginia Career College | Fredericksburg, VA

Associate of Science in Nursing

Expected in 12/2022