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sarahstarkes@mail.com

Springfield, IL

## EDUCATION

### Certified Nursing Assistant Training Program

Springfield Community College, Springfield, IL

2015 - 2019

### High School Diploma

Springfield High School, Springfield, IL

2003 - 2015

## SKILLS

- Patient Care
- Time Management
- Medical Terminology
- Infection Control
- Physical Stamina
- Observation
- Empathy

## LANGUAGES

- French (B1)

# SARAH STARKES

## CERTIFIED NURSING ASSISTANT

### PROFESSIONAL SUMMARY

Compassionate and dedicated Certified Nursing Assistant with 5 years of experience providing quality care to patients in various healthcare settings. Skilled in assisting with activities of daily living, monitoring patient vital signs, and maintaining a clean and safe environment.

### EXPERIENCE

- 2021 - Now

#### Certified Nursing Assistant

Springfield General Hospital / Springfield, IL

- Provide direct patient care under the supervision of licensed nursing staff.
- Assist patients with activities of daily living, including bathing, grooming, and toileting.
- Take and record patient vital signs, such as temperature, pulse, and blood pressure.
- Assist with transferring and positioning patients to ensure comfort and prevent bedsores.

- 2019 - 2021

#### Certified Nursing Assistant

Sunshine Senior Living / Springfield, IL

- Assisted residents with mobility and ambulation as needed.
- Documented patient care activities and reported any concerns to nursing staff.
- Participated in interdisciplinary team meetings to discuss patient care plans.
- Helped residents with range of motion exercises and other rehabilitative activities.

### CERTIFICATIONS

- 2019 - Now / Illinois Department of Public Health

#### Certified Nursing Assistant (CNA)