



# MARIA AREVALO

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## PROFESSIONAL SUMMARY

Licensed CNA looking to be a part of a team of skilled nursing caregivers which care for individuals who are in need of competent healthcare.

## SKILLS

- CNA Certification
- Charting and document
- Collecting vital signs
- Valid CA drivers license
- Bed Making and Linen Changes
- Quality Patient Care
- Bilingual Spanish and English
- Current CPR
- Reliable Transportation
- Understand mobility assistance needs

## WORK HISTORY

**CNA** | Country Villa Claremont - Claremont, CA 07/2022 - CURRENT

- Answered call lights and supported patient comfort and safety by adjusting bed rails and equipment.
- Cared for residents in assisted living facility and delivered high-quality support to meet needs.
- Checked patient vitals such as temperature, blood pressure and blood sugar levels.
- Delivered individualized patient care by recording vital signs, documenting observations, administering treatments and evaluating patient needs.
- Evaluated patients to identify and address wounds, behavioral concerns and medically relevant symptoms.
- Maintained a clean, orderly and well stocked environment.
- Positioned patients for comfort and to prevent skin pressure problems.

**CNA** | Mountain View Convalescent Hospital - Sylmar, CA

07/2021 - 07/2022

- Answered call lights and supported patient comfort and safety by adjusting bed rails and equipment.
- Promoted good oral and personal hygiene by aiding patients with shaving, bathing and teeth brushing as needed.
- Checked patient vitals such as temperature, blood pressure and blood sugar levels.
- Assisted with feeding and monitored intake to help patients achieve nutritional objectives as needed.
- Cared for residents in assisted living facility and delivered high-quality support to meet needs.

- Delivered individualized patient care by recording vital signs, documenting observations, administering treatments and evaluating patient needs.
- Evaluated patients to identify and address wounds, behavioral concerns and medically relevant symptoms.

**CNA** | Country Villa Claremont - Claremont, CA 03/2020 - 07/2021

- Answered call lights and supported patient comfort and safety by adjusting bed rails and equipment.
- Promoted good oral and personal hygiene by aiding patients with shaving, bathing and teeth brushing when needed.
- Checked patient vitals such as temperature, blood pressure and blood sugar levels.
- Assisted with feeding and monitored intake to help patients achieve nutritional objectives when needed.
- Cared for residents in assisted living facility and delivered high-quality support to meet needs.
- Delivered individualized patient care by recording vital signs, documenting observations, administering treatments and evaluating patient needs.

**CNA** | Mountain View Convalescent Hospital - Sylmar, CA 08/2018 - 03/2020

- Answered call lights and supported patient comfort and safety by adjusting bed rails and equipment.
- Promoted good oral and personal hygiene by aiding patients with shaving, bathing and teeth brushing when needed.
- Checked patient vitals such as temperature, blood pressure and blood sugar levels.
- Assisted with feeding and monitored intake to help patients achieve nutritional objectives when needed.
- Help patients get up to use the restroom.
- Evaluated patients to identify and address wounds, behavioral concerns and medically relevant symptoms.
- Facilitated personal hygiene management, feeding and ambulation.

**CNA** | Marie Mugavero - Sylmar, CA 05/2017 - 10/2017

- Checked patient vitals such as temperature, blood pressure and blood sugar levels.
- Provided transportation assistance and companionship
- Assisted with adequate nutrition and fluid intake.
- Planned, prepared and served meals and snacks according to prescribed diets.
- Assisted patient with bathing, grooming and feeding.

- Supported patient with mobility needs and transported to appointments.
- Performed household tasks such as laundry and light cleaning.

**EDUCATION**

St. Jude Nursing Institute, Panorama City, CA  
CNA: CNA

02/2016