

# Sierra Z. James

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## Professional Summary

Patient focused care giver with 5+ years experience. Expert in all elements of patient care and successful in working as part of a team to treat a wide range of medical conditions. Skilled in prioritizing patients needs within high-stress environments.

## Summary of Qualifications

- Dementia and Alzheimer's knowledge
- Excellent team player with superior interpersonal skills
- Organized and efficient with the ability to thrive in fast paced work environments
- Passion for catering to others especially the elderly making sure they are getting their required needs met on a daily basis
- Trustworthy companion
- Healthy meal preparation

## Experience

### Caresify Home Care - Collingdale, PA

(Feb 2018 - Current )

#### CareGiver

- Maintained accurate records of patient care, condition progress and concerns.
- Monitored vital signs, such as blood pressure and pulse.
- Wash dishes and clean up kitchen after each meal.
- Worked closely with physicians to make the correct diet and dietary supplements each patient is given.
- Cooked nutritional meals and snacks.
- Responded appropriately to the physical, emotional and developmental needs of patients.
- Assisted patients with bathing, oral hygiene, grooming, and feeding.
- Helped patients move in and out of bed, baths, wheelchairs and automobiles.
- Scheduled clients medical appointments.
- Maintained a clean, healthy and safe environment.
- Obtained household supplies and ran daily errands.
- Followed safe lifting techniques and individual resident lifting instructions.
- Assisted patients with ambulatory services and crutches.
- Answered patient calls for care and feeding.
- Cared for clients with diagnoses such as respiratory failure, diabetes and Parkinson's disease.
- Reported any unusual circumstances in the patient's condition or environment.
- Monitored expiration of medications.

**Riddle Village Life Care Retirement Community, Media PA (Feb 2017- June 2017)**

Dietary Aide/ Cook

- Basic food and meal preparation.
- Served meals to residents and patients.
- Wash dishes and cleaned up after residents and kitchen after each meals.
- Educated residents about long term health and the benefits of balanced diets and exercise.
- Monitored kitchen stove and heating temperatures at a fair level.
- Distribute meals on a daily basis and in accordance to health and diet restrictions.

**The Quadrangle Nursing Home , Havertown PA**

**( Sept 2016 –Feb 2017)**

Dietary Aide/ Cook

- Ensured nutritional needs of each patient.
- Interviewed clients to assess dietary habits and overall health condition.
- Established and maintained nutritional records and information.
- Monitored quality control procedures to guarantee the preparation and delivery of healthy menu choices.

**Footlocker, Philadelphia, PA**

**(Feb 2016 – Sept.2016)**

Cashier/ Sales associate

- Obtains payment for merchandise by scanning items.
- Collected payments by accepting cash, check or charge payments from customers, making change for cash customers.
- Balanced cash drawers by counting cash at the beginning and end of each work shift.

## **Community Service**

**Golden Star Baptist Church (Camp GSBC)**

Volunteer

- Responsible for the safety and of all camper.
- Participated and assisted the Activity Coordinators with activities.

## **Education**

**Upper Darby High School, Upper Darby, PA**

**Major:** Academics, Healthcare

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