

Barrett Wilcox

Certified Nursing Assistant, Surgical Trauma Intensive Care Support

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STRENGTHS

- ♥️ **Calm bedside communication**
During stressful hospital stays, offered clear reassurance and respectful updates, helping patients and families feel heard.
- 👂 **Accurate vital signs**
Routine measurements became a trusted handoff resource, with changes documented promptly and shared with supervising nurses.
- 👤 **Dignity centered care**
Personal care routines protected privacy and choice, even when patients needed extensive bathing, feeding, or hygiene assistance.
- 🌙 **Overnight reliability**
Night teams could count on organized rounds, stocked supplies, and steady bedside support during continuous operations.
- 🛠️ **Practical treatment support**
Simple dressing care and hot or cold applications followed directions closely, with questions raised before conditions changed.

SKILLS

Patient care Vital signs

Activities of daily living

Feeding assistance

Personal hygiene

Basic dressing care

Hot and cold applications

Patient rights Confidentiality

Clinical documentation

Behavioral observation

Infection prevention

Night shift care

SUMMARY

Certified Nursing Assistant with three years of direct **patient care experience** supporting adults with complex medical, surgical, rehabilitation, and long term care needs under **RN supervision**. Collects and records temperature, pulse, **blood pressure**, and **respiratory rate** while documenting care, behavior, comfort, and meaningful changes. Provides bathing, dressing, oral care, grooming, toileting, feeding, mobility support, basic dressing care, hot and cold applications, and other directed simple treatments. Communicates calmly with patients, families, visitors, and licensed nursing staff during stressful situations. Protects dignity, privacy, confidentiality, patient rights, and safety through every interaction. Experienced with overnight assignments, weekend coverage, sanitation routines, stocked bedside areas, infection prevention, changing patient needs, and accurate clinical documentation. New York State Certified Nursing Assistant with active Basic Life Support certification, dependable attendance, and practical acute care experience.

EXPERIENCE

Certified Nursing Assistant, Acute Patient Care

Hudson Valley Medical Pavilion 📅 April 2025 - Present 📍 Albany, NY

Supports adult medical and postsurgical patients during overnight assignments, coordinating bedside care, observation, comfort, hygiene, nutrition, and sanitation under RN direction. Maintains reliable documentation and communicates **changing needs** promptly within role scope.

- Collected vital signs during assigned rounds, documenting results and reporting meaningful changes to supervising nurses.
- Supported **bathing**, dressing, **oral care**, grooming, toileting, and feeding while protecting patient privacy and comfort.
- Applied directed **dressing** support and hot or cold measures after confirming instructions with licensed nursing staff.
- Recorded care completion and behavioral observations in clinical workflows, supporting accurate handoffs and follow up.
- Reset bedside areas with sanitation routines and stocked supplies, preserving **comfort** during overnight operations.
- Organized mobility, nutrition, hygiene, and observation activities around RN directed plans for adult surgical **patients**.

Nursing Assistant, Rehabilitation and Complex Care

Capital District Recovery Hospital 📅 January 2024 - March 2025 📍 Troy, NY

Delivered supervised patient care on a rehabilitation and complex care unit for adults recovering from illness, surgery, or prolonged hospitalization. Combined direct assistance, observation, family communication, documentation, and room readiness to support safe recovery.

- Monitored routine vital signs and comfort during scheduled rounds, escalating distress or behavioral changes promptly.
- Provided meal setup and **feeding assistance** using prescribed positioning and safety directions for patients needing support.
- Completed bathing, dressing, oral care, grooming, and related hygiene routines with **dignity** and **confidentiality**.
- Maintained sanitary patient areas through linen changes, supply checks, and care related **cleaning** routines.
- Communicated unit routines with **families** and **visitors**, referring clinical questions to supervising registered nurses.
- Supported patients recovering from surgery through structured daily living assistance and respectful bedside communication.

Nursing Assistant, Residential Patient Care

Mohawk Community Care Center 📅 October 2023 - December 2023 📍 Schenectady, NY

Family communication

Simple treatments

LANGUAGES

English Native

Spanish Intermediate

MY CAREER



● Certified Nursing Assistant, Acute Patient Care at Hudson Valley Medical Pavilion (1.5 Years)

● Nursing Assistant, Rehabilitation and Complex Care at Capital District Recovery Hospital (1.2 Years)

● Nursing Assistant, Residential Patient Care at Mohawk Community Care Center (2 Months)

Completed supervised bedside care for residents with varied mobility and personal care needs. Built practical skill in vital sign collection, **simple treatments**, behavioral observation, documentation, sanitation, and respectful assistance with daily living.

- Collected **temperature, pulse**, blood pressure, and respiratory measurements according to facility documentation procedures.
- Supported bathing, dressing, oral hygiene, grooming, toileting, and meals while encouraging appropriate resident independence.
- Applied directed comfort measures and simple treatment routines under professional supervision after confirming task expectations.
- Observed mood, behavior, and comfort during frequent contact, communicating concerns promptly to supervising nurses.
- Prepared rooms and replenished direct care supplies using established sanitation practices for **orderly** resident care.
- Protected resident **privacy** and dignity during personal care, treatment support, and routine bedside interactions.

PROJECTS

Overnight Bedside Care Readiness 📅 2026

Supported a team based care readiness initiative focused on stocked supplies, clean bedside areas, clear documentation, and calm overnight patient support. Shared practical observations with nursing staff and helped keep routine care organized during changing needs.

Patient Comfort Support Practice 📅 2025

Worked with supervising nursing staff on comfort focused care routines involving hygiene, feeding, positioning, vital signs, and behavioral observation. Patient dignity shaped each interaction, especially during stressful hospital stays and recovery periods.

LEADERSHIP & AWARDS

- Recognized by nursing supervisors for dependable overnight patient support and accurate care documentation.
- Received team recognition for respectful communication with patients, families, visitors, and clinical staff.
- Maintained dependable attendance across night shifts, weekend assignments, and variable operational schedules.

EDUCATION

High School Diploma

Albany High School 🎓 GPA: 3.5 📅 2023 📍 Albany, NY

Coursework: Patient care, health science, biology, medical terminology

CERTIFICATIONS

- New York State Certified Nursing Assistant 📅 2023
- Basic Life Support 📅 2025

TECHNICAL SKILLS

- **Vital Signs:** Temperature, pulse, blood pressure
- **Respiratory Assessment:** Respiratory rate, breathing observation, comfort checks
- **Daily Living Support:** Bathing, dressing, toileting
- **Hygiene Care:** Oral care, grooming, nail care
- **Nutrition Support:** Meal setup, feeding assistance, safe positioning
- **Treatment Support:** Dressing changes, enemas, irrigations
- **Comfort Measures:** Hot water bottles, ice bags, cold compresses
- **Clinical Documentation:** Care records, behavior notes, vital sign records
- **Infection Prevention:** Sanitation, clean supplies, patient area cleaning
- **Patient Communication:** Family communication, visitor information, reassurance
- **Safety Practices:** Patient rights, privacy, confidentiality

- **Emergency Readiness:** Essential coverage, respiratory protection, continuity support

PROFESSIONAL AFFILIATIONS

- New York State Certified Nursing Assistant community, active since 2023.
- Basic Life Support professional community, certified in 2025.

ADDITIONAL INFORMATION

Work Status : Authorized to work in United States. No sponsorship required.

REFERENCES

AVAILABLE ON REQUEST