




Jan Emmnuel Cabrera

 St Marys, Australia, 2760

 041-662-9274

 cabrerajanemmanuel@gmail.com

Detail-oriented Certified Nursing Assistant with successful geriatric healthcare experience. Personable and compassionate with superior communication and rapport-building skills. Strong commitment to comprehensive and individualized patient care and education. Liaises with medical professionals, patients and family to provide continuous top-quality care and education.



Skills

- Wound care specialist ●●●●● Excellent
- Feeding assistance expert ●●●●● Excellent
- Recording vital signs ●●●●● Excellent
- Dementia and Alzheimer's knowledge ●●●●● Excellent
- Medical office administration ●●●●● Excellent
- Supporting personal needs ●●●●● Very Good
- Companionship and emotional support ●●●●● Very Good
- Patient-focused care ●●●●● Excellent
- Medical Records Management ●●●●● Very Good
- Documenting behaviors ●●●●● Excellent



Work History

Certified Nurse Assistant

Support Providers, Castle Hill, NSW

- Cared for clients with diagnoses such as respiratory failure, diabetes, Parkinson's disease and muscular dystrophy.
- Delivered individualized patient care by recording vital signs, documenting observations, administering treatments, and evaluating patient needs.

2023-01 - Current

2022-02 - 2023-02

- Supported ambulation and physical therapy needs by conducting planned exercise routines.
- Answered call lights and supported patient comfort and safety by adjusting bed rails and equipment.

Certified Nursing Assistant

Best Practice Nursing Agency, Kogarah, NSW

- Answered call lights and supported patient comfort and safety by adjusting bed rails and equipment.
- Evaluated patients to identify and address wounds, behavioral concerns, and medically relevant symptoms.
- Participated in fun group activities with patients to boost mood, improve overall memory, and provide light entertainment.
- Checked patient vitals such as temperature, blood pressure, and blood sugar levels.
- Offered immediate assistance in emergency and routine paging situations to evaluate needs and deliver care.
- Utilized therapeutic communication, empathy and active listening skills to encourage and develop positive relationships with patients.
- Promoted good oral and personal hygiene by aiding patients with shaving, bathing, and teeth brushing.
- Assisted with feeding and monitored intake to help patients achieve nutritional objectives.

2023-01 - 2023-08

Voluntary Worker

Plumpton Community Church And Plumtree, Plumpton, NSW

- Greeted visitors, answered questions and assisted with individual needs or requests.
- Maintained clean, neat, and operational facilities to serve program needs.
- Coordinated food, clothing, and household items for disadvantaged individuals and families.
- Assisted with special events and programs.
- Assisted with event coordination and on-site support.
- Answered phone to filter calls, assist and redirect appropriate personnel.
- Drafted emails, wrote memos, created contracts and prepared other communications.

2021-08 - 2023-09

Compliance Manager

Pasta Factory, Marrickville, NSW

- Cultivated interpersonal skills by building positive relationships with others.
- Passionate about learning and committed to continual improvement.
- Proven ability to learn quickly and adapt to new situations.
- Self-motivated, with a strong sense of personal responsibility.
- Gained extensive knowledge in data entry, analysis and reporting.
- Worked flexible hours across night, weekend and holiday shifts.

2020-06 - 2020-09

Labourer

EINGANA, Rhodes, NSW

- Self-motivated, with a strong sense of personal responsibility.

- Assisted with day-to-day operations, working efficiently and productively with all team members.
- Cultivated interpersonal skills by building positive relationships with others.
- Demonstrated leadership skills in managing projects from concept to completion.
- Demonstrated a high level of initiative and creativity while tackling difficult tasks.



Education

2022-06 - Current



Diploma: Family And Community Services

Reach College - Sydney, NSW

2020-06 - 2021-06



Certificate III : Individual Support

Nurse Training Australia - Burwood, NSW

2020-08 - 2021-11



Diploma: Business

Australian Harbour International College - Sydney, NSW

2019-01 - 2020-01



Certificate III Cookery: Hospitality Administration And Management

Lead College - Parramatta