

Mark Evans

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LinkedIn | Portfolio

Dedicated CNA with five years of experience providing specialized care for military veterans in VA hospitals. Skilled in PTSD-sensitive care, chronic disease management, and mobility assistance. Passionate about serving those who have served by ensuring their comfort, dignity, and overall well-being.

Professional Experience

Certified Nursing Assistant

VA Medical Center, Washington, D.C.

June 2019 - Present

- Provide direct care to 25+ veterans daily, assisting with ADLs, physical therapy, and chronic condition management, including diabetes and hypertension
- Support patients with PTSD and other service-related mental health conditions, implementing calming strategies that improved patient cooperation and reduced anxiety-related incidents by 20%
- Assist in post-surgical recovery, ensuring proper wound care, pain management, and mobility support for veterans recovering from amputations and orthopedic surgeries
- Facilitate veteran-focused wellness programs, encouraging participation in therapeutic activities that improved patient morale and engagement levels by 30%
- Collaborate with nurses, physical therapists, and mental health professionals to implement individualized care plans tailored to veterans' unique needs

Certified Nursing Assistant

Walter Reed National Military Medical Center, Bethesda, MD

July 2017 - May 2019

- Assisted in the rehabilitation of military personnel transitioning to civilian life, providing physical and emotional support for veterans adjusting to new mobility challenges
- Worked closely with occupational therapists to enhance veterans' independence through strength-building and adaptive techniques
- Trained in de-escalation techniques to assist veterans experiencing PTSD episodes, ensuring their safety and emotional well-being

Education

Associate of Science (A.S.) in Nursing
University of Maryland, College Park, MD | May 2017

Key Skills

- **PTSD-sensitive patient care**
- **Chronic disease management**
- **Mobility and rehabilitation assistance**
- **Veteran-focused wellness programs**
- **De-escalation techniques**
- **Post-surgical wound care**

Certifications

- Certified Nursing Assistant (CNA), State of Maryland | July 2017
- Certified in PTSD Awareness and Trauma-Informed Care | November 2019
- Basic Life Support (BLS) Certification | August 2017