

# Emily Litz

STNA

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## OVERVIEW

STNA with BLS training and six years' experience in the healthcare profession. Extensive experience in assisted living, skilled care, long-term care, acute care, rehabilitation, memory care, and travel assignments. Organizational skills including high acuity patient management, problem-solving skills. Experience in new-hire training and bedside care. Efficient communication skills and clinical judgement skills emphasized in changes with patient baseline.

## EXPERIENCE

**All American Healthcare**      08/2022 - present      STNA

Prioritized patient care and high acuity patient management on various traveling assignments in the greater Cleveland area.

Travel assignments included extreme and dense work environments in facilities understaffed.

**Firelands Regional Medical Center**      05/2022 - 08/2022      PCT

Patient care technician working with patients in post-surgical, intensive care, and ICU step-down units. Maintained skin integrity, reported changes in patient baseline, ACHS, and assisting with patient ADLs.

**Admirals Pointe Nursing and Rehabilitation**      08/2019 - 10/2023      STNA

STNA working with patients in skilled care, long-term care, memory care, and rehabilitation. Prioritized severe patient acuity through COVID-19 pandemic twice, effectively maintaining patient care through various baseline changes and bereavements. Extensive experience pertaining to time management, documentation, patient behavior management, and communication skills.

**Kingston Residence Of Vermillion**      08/2017 - 08/2019      STNA

STNA working with patients in assisted living, memory care, and skilled care. Patient care ranged from assistance with

ADLs to prioritization of severe patient acuity at the start of the COVID-19 pandemic.

## **EDUCATION**

### **Firelands Regional Medical Center School of Nursing**

08/2022 - present      Technical Degree of Applied Science

### **Bowling Green State University - Firelands College**

08/2018 - 01/2021      Pre-Nursing

## **STUDENT MEMBERSHIP**

01/2024-present      Curriculum Committee

## **HONORS**

08/2019      Dean's List

06/2023      ACE Star Award

## **SKILLS**

Communication / Patient Documentation / Time Management / Prioritization / Staff Training / Active Listening / Critical Thinking / Leadership / Clinical Judgement / Collaboration & Teamwork / Adaptability / Planning / CPR & BLS / Patient Safety / Career Passion / Assertiveness / Accountability / Problem-Solving / Detail Oriented / Grit / Tact / Work Ethic / Inquiring / Presenting / Patience / Flexibility / Networking / Conflict Management / Reliability / Creative Thinking / Envisioning / Goal-Setting / Writing / Public Speaking / Etiquette / Relationship-Building / Self Awareness / Customer Service / Confidence / Decision Making / Diligence / Handling Pressure / Visionary / Strategical Thinking / Emotional Intelligence / Motivating / Open-Minded / Microsoft 365 / Google Workspace / Multitasking / Preventative Care / Negotiation