Tomas Lindgren

NURSING ASSISTANT

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Summary

Nursing Assistant with 18 months on a 32-bed medical-surgical unit, supporting RNs with basic nursing care, vital signs, specimen collection and patient mobility. Charts in Epic with attention to detail and correct medical terminology, and brings customer service habits from 2 years at a busy pharmacy counter.

Skills

- **Basic Nursing Care**
- **Vital Signs**
- **Infection Control**
- **Medical Terminology**
- **Epic**
- **Specimen Collection**
- **Intake and Output**
- **Basic Computer Skills**
- **Customer Service**
- **Attention to Detail**

Experience

Nursing Assistant 04/2025 - Present

Lakeside Regional Medical Center Minneapolis, MN

- Measure vital signs and blood glucose for up to **8 patients** per shift, flagging abnormal readings to the RN at once.
- Perform specimen collection for urine and stool tests, labeling each to lab standard with no rejected samples in 14 months.
- Document intake and output, ADLs and ambulation in Epic using basic computer skills and correct medical terminology.
- Apply contact and droplet infection control precautions in isolation rooms, passing all 6 unit hand-hygiene audits this year.

Pharmacy Cashier 06/2023 - 03/2025

Northstar Family Drug St. Paul, MN

- Served about 120 customers per shift at the pharmacy counter, keeping average wait times under 5 minutes.
- Verified patient identity, birth date and insurance for prescription pickups, catching 2 mixed-up bags before handoff.
- Processed about 40 refill pickups per shift on the register and balanced the cash drawer to the cent each night.
- Answered refill and store questions by phone in a polite, private manner that protected patient confidentiality.

Education

Certificate 03/2025

Saint Paul College St. Paul, MN

Nursing Assistant

Certificates

Nursing Assistant, Minnesota Nursing Assistant Registry 03/2025

Minnesota Department of Health

Basic Life Support (BLS) 04/2025

American Heart Association