

Brianna Kowalski

State Tested Nursing Assistant (STNA)

Dayton, OH · (937) 555-0182 · brianna.kowalski@email.com · [linkedin.com/in/briannakowalski](https://www.linkedin.com/in/briannakowalski)

SUMMARY

State Tested Nursing Assistant with 18 months on a 40-bed long-term care unit and 8 months in senior dining, caring for 11 residents per shift. Delivers compassionate care through ADLs, incontinence care, restorative care and Hoyer lift transfers, and works with steady teamwork on a rotating weekend schedule.

EXPERIENCE

State Tested Nursing Assistant (STNA) 04/2025 - Present
Stillwater Pines Nursing Center Dayton, OH

- Deliver morning and evening ADLs for **11 residents**, including bathing, oral care, dressing and grooming.
- Perform incontinence care and repositioning every 2 hours for 4 bed-bound residents, with no new pressure injuries in 2025.
- Operate the Hoyer lift and sit-to-stand lift for 30 or more transfers per shift without a resident or staff injury.
- Lead range of motion exercises from restorative care plans for 5 residents and chart vital signs in MatrixCare each shift.

Dietary Aide 08/2024 - 03/2025
Westbrook Senior Living Kettering, OH

- Served meals to 60 residents across 2 dining rooms, matching every tray to its diet order and texture level.
- Delivered fluids and snacks between meals to residents on hydration plans, logging intake for the nurses.
- Prepared 3 daily meal carts for room trays, coordinating with cooks and aides during the lunch rush.
- Recorded meal percentages for 30 residents on daily logs that the nursing team used in weekly weight reviews.

SKILLS

ADLs • Incontinence Care
Hoyer Lift
Range of Motion
Restorative Care
Repositioning • Vital Signs
MatrixCare
Compassionate Care
Teamwork

EDUCATION

High School Diploma
06/2024
Belmont High School
Dayton, OH
General Studies

CERTIFICATES

State Tested Nursing Assistant (STNA)
Ohio Department of Health
03/2025

Adult and Pediatric First Aid/CPR/AED
American Red Cross
01/2026