

# JESSICA CLAIRE

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📍 100 Montgomery St. 10th Floor

## SKILLS

- Examinations and diagnostics
- Holistic medicine
- Infection prevention protocols
- Medical records review

## EDUCATION AND TRAINING

American Home School  
East Lansing, MI • 08/1999

*High School Diploma*

Southwest Institute of Healing Arts  
Tempe, AZ

*Associate of Arts: Integrative Healing Arts*

## CERTIFICATIONS

- Certified Reiki Master ,  
Starseed 22 Sanctuary - 2021

## SUMMARY

Renowned physician with excellent experience in [Area of expertise] within [Type] healthcare environments. Outstanding bedside manner with patients of various ages and circumstances. Focused on total person healthcare approach encompassing physical, mental and spiritual aspects to healing. Graduate of [School name] and lifelong learner of latest healthcare innovations and approaches. Accomplished [Job Title] focused on diagnosing and treating injuries and illnesses using latest technologies in coordination with time-proven practices. Orders and interprets patient-specific diagnostic tests, reviews medical histories and advises patients on healthy and preventive lifestyles. Listens attentively and cultivates relationships while remaining alert to underlying and unstated health issues. Respected healthcare professional committed to meeting patient needs and complying with institutional standards. Treats wide variety of health concerns with compassion and continually expands medical knowledge base via study and consultations. Understands biomedical, clinical and cognate sciences and applies knowledge insightfully to patient care. Outgoing student pursuing flexible part-time employment with weekend and evening shift options. Motivated professional offering [Degree] in [Area of study]. Adds value to any organization in need of great collaboration, interpersonal, and multitasking abilities. Meets tight deadlines every time. Dedicated employee known for punctuality, pursuing employment options where good customer service and positive attitude will make a difference.

## EXPERIENCE

Molly Maid, Llc - Integrative Healing Arts Practitioner  
Santa Barbara, CA • 08/2021 - Current

- Examined patients and compiled health histories.
- Developed non-surgical treatment plans to address diverse patient conditions.
- Explained medical conditions and illnesses in easy-to-understand terminology to inform and educate patients.
- Recommended holistic and natural alternatives to medication to treat back pain.
- Monitored patients with acute conditions for changes, improvements or need for intervention.

St. Catherine Of Siena - House Maid  
Queens, NY • 06/2012 - Current

- Vacuumed floors and dusted furniture to maintain organized, professional appearance.
- Checked inventory for required supplies and made lists for needed cleaning products.
- Sanitized kitchen counters, wiped down cabinets and swept and mopped floors.
- Disinfected bathrooms and eliminated mold and soap scum from shower stalls and bathtubs.
- Moved beds, sofas and small furniture to wipe down baseboards and remove dust and dirt from hard-to-reach areas.
- Washed and polished glass windows and doors to keep entryways clear and professional.
- Organized supplies for use based on expected customer needs.
- Used [Type] cleaning products for sanitizing bathrooms and kitchens to reduce spread of germs and prevent illness.

Self Employed Services - Home Health Aide  
City, STATE • 03/2005 - 07/2013

- Maintained clean and well-organized environment for client happiness and safety.
- Assisted clients with bathing, dressing and incontinence care.
- Helped clients stay happy and healthy by providing mental and emotional support.
- Improved patient outlook and daily living through compassionate care.
- Assisted with client personal care needs to foster independence and well-being.
- Tracked and reported clients' progress based on observations and conversations.
- Managed patient transportation and appointment scheduling.
- Developed strong and trusting rapport with patients to facilitate smooth, quality care.
- Organized and administered medications on schedules to alleviate symptoms and improve quality of life.
- Monitored client behaviors and emotional states, reporting concerns to case manager and documenting information in files.
- Prepared high-quality nutritious meals for patients to promote better overall health and improve eating habits.
- Assisted terminally ill patients with bathing, grooming and dressing.
- Transported clients to doctor's appointments and errands.
- Dressed, groomed and fed patients with limited physical abilities to support basic needs.
- Documented client progress in charts and logbooks.
- Helped transition patient between bed, wheelchair and automobile to provide safe mobility support.
- Ran errands for clients and drove to appointments to maintain wellness and support daily living needs.
- Delivered high level of assistance with cooking, meal preparation and shopping.
- Supervised medication administration, personal hygiene and other activities of daily living.
- Maintained patient hygiene by administering bedpans, urinals, baths and shaves.
- Greeted patients and families with enthusiastic, compassionate attitude to establish long-term professional relationships.