

Valerie A. Lerma

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Education

Bachelor of Science, Nursing

University of Houston, Houston, TX

Nursing GPA: 3.4/4.0

Expected: December 2020

Bachelor of Science, Human Nutrition and Foods

University of Houston, Houston, TX

Achievements: Summa Cum Laude

Dean's Honor List

May 2018

Clinical Experience

Houston Methodist Hospital, Sugarland, TX

March 2020

- Applied safe and evidence-based nursing interventions for patients on medical surgical unit under the supervision of a registered nurse

Texana Center, Richmond, TX

March 2020

- Observational experience to gain insight into the screening tools and behavioral analysis applications for children with special needs

Memorial Hermann PaRC, Houston, TX

February 2020

- Provided one-on-one counseling to identify precipitating factors, and identify barriers and motivators for change

Recent Work Experience

Customer Service Representative, Garlock Sealing Technologies, Houston, TX

June 2019 – January 2020

- Assist patients with meal selections and diet compliance
- Examine orders for accuracy and quality

Clinical Nutrition Assistant, Houston Methodist Hospital, Houston, TX

June 2018 – March 2019

- Assist patients with meal selections and diet compliance
- Examine orders for accuracy and quality

Civil Engagement Activities

Houston Food Bank, Volunteer, Houston, TX

2008-2018

- Prepared and packaged after school lunches for the *Kids Café* program
- Distributed wellness packages to qualified senior citizens for the *Senior Box* program
- Sorted and packed nutrition and wellness kits

Texas Children's Hospital, Volunteer, Houston, TX

Summer 2016

- Facilitated playroom activities for cardiology patients between the ages of 1 and 12
- Responsible for scheduling one-on-one recreational activities for patients on bed rest

Recipe for Success Foundation, Volunteer, Houston, TX

September 2015

- Instructed a cooking class for Girl Scouts under the supervision of a registered dietitian

Skills

- BLS Certification, *American Heart Association*, Houston, TX
- Limited working proficiency in Spanish

Expires: December 2020