



07 Skills to Include on Your CNA Resume and Stand Out to Employers



Certified Nursing Assistants (CNAs) are the backbone of many healthcare facilities, providing essential care to patients in hospitals, nursing homes, and assisted living centers. With a growing aging population, the demand for CNAs is expected to rise significantly in the coming years.

To secure your dream CNA job, you'll need a resume that showcases your skills and experience. But with so many qualified candidates out there, how can you make yours stand out?

The key is to highlight the specific skills and qualities that employers are looking for in a CNA. In this article, we'll explore seven essential skills to include on your CNA resume and provide tips on how to present them best.

1. Patient Care Skills

Your primary responsibility is to provide direct care to patients as a CNA. This includes a wide range of tasks, such as:

- Assisting with daily living activities (bathing, dressing, toileting, eating)
- Monitoring vital signs
- Turning and positioning patients
- Collecting and recording patient data
- Administering oral medications (under supervision)
- Transferring patients with assistive devices
- Keeping patients comfortable and safe

When listing these skills on your resume, use strong action verbs to describe your experience. For example, instead of simply stating "assisted patients with daily living activities," you could say "provided compassionate and efficient assistance with bathing, dressing, toileting, and eating to ensure patient hygiene and comfort."

2. Communication Skills

Effective communication is crucial for building rapport with patients, understanding their needs, and providing them with quality care. As a CNA, you'll need to be able to:

- Communicate clearly and concisely with patients, families, and other healthcare professionals
- Actively listen to patients and understand their concerns
- Document patient care accurately and thoroughly
- Communicate effectively in writing

In your resume, highlight your ability to communicate effectively in a professional setting. You can also mention any specific communication skills you possess, such as proficiency in a foreign language.

3. Interpersonal Skills

CNAs work closely with patients, families, and other healthcare professionals. Strong interpersonal skills are essential for building positive relationships and providing compassionate care. Some important interpersonal skills for CNAs include:

- Empathy and compassion

- Patience and understanding
- Teamwork and collaboration
- Conflict resolution skills
 - Positive attitude

When describing your interpersonal skills on your resume, use specific examples to illustrate your strengths. For instance, you could mention a time when you de-escalated a difficult situation with a patient or family member.

4. Observation Skills

Certified nursing assistants (CNAs) are responsible for monitoring patients' conditions and reporting any changes to nurses or other healthcare professionals. It is crucial for CNAs to possess strong observation skills in order to identify potential health problems early on.

- Closely observe patients for changes in vital signs, behavior, or physical condition
- Accurately document your observations
- Report any changes to the appropriate healthcare professional promptly

Emphasize your ability to identify subtle changes in patients' conditions. You can also mention any specific training you have received in observation skills.

5. Time Management Skills

CNAs are often responsible for caring for multiple patients at the same time. Excellent time management skills are essential for ensuring that all patients receive the care they need in a timely manner. As a CNA, you should be able to:

- Prioritize tasks effectively
- Work efficiently to meet deadlines
- Manage your time effectively to provide quality care to all patients assigned to you

Showcase your time management skills by describing how you have organized your workload to ensure efficient patient care. You can also mention any time management tools or techniques you use.

6. Adaptability and Problem-Solving Skills

The healthcare industry is fast-paced and unpredictable. CNAs must be adaptable and capable of quick problem-solving, which includes:

- Responding calmly to emergencies
- Adapting to changing patient needs and priorities
- Thinking creatively to find solutions to problems
- Following instructions and adhering to safety protocols

When writing your resume, highlight your ability to adapt to new situations and solve problems effectively. You can provide specific examples of times when you have used your problem-solving skills to improve patient care.

7. Commitment to Professionalism

Certified Nursing Assistants (CNAs) are an essential part of the healthcare high standards of professionalism.

- Maintaining a clean and professional appearance
- Arriving at work on time and prepared
- Following all safety protocols and procedures
- Maintaining patient confidentiality

It's essential to showcase your dedication to professionalism while creating your resume. One way to do this is by using powerful action verbs that highlight your reliability. Additionally, don't forget to mention any relevant certifications you hold to set yourself apart from other candidates.

Conclusion

To stand out as a CNA, focus on showcasing these key skills: patient care, communication, interpersonal relations, observation, time management, adaptability, and professionalism. Use concrete examples and strong language in your resume to demonstrate your abilities. Highlight any relevant certifications and emphasize your commitment to professionalism. With these strategies, you can increase your chances of landing your desired CNA position in the growing healthcare field.

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