



# Liezel A. Garcia

## Certified Caregiver

**Mobile Number:** +63926 029 4508

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**Address:** Brgy. Tambugan Camiling, Tarlac 2306

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### Career Objectives:

Self-motivated and compassionate individual, with a desire to serve elderly patients thrive emotionally and physically, aimed at helping the facility to meet its patient care objectives.

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### Educational Background

#### Philippine Women's University- CDCEC

Caregiving  
Tarlac City  
January 2022

#### University of Baguio

Bachelor in Science in Hotel and  
Restaurant Management  
Upper General Luna Street  
January 2015- May 2019

#### Camiling Colleges

Camiling, Tarlac  
1996-2000

#### Tambugan Elementary School

1990-1996

### Skills & Proficiencies

- Meal preparation
- First aid and CPR
- Bedmaking
- Patient care
- Medicine administration
- Patient communication
- Schedule management
- Able to move patients
- Detail-oriented
- Calm and level-headed under duress

### References

#### Ms. Marifi Ramos

Registered Nurse and Instructor  
Officer in Charge- Medical Alliance  
Department  
Philippine Women's University-Tarlac  
+63966 774 0119

#### Ms. Leony Ofrecio

Registered Nurse and Instructor  
Philippine Women's University-Tarlac  
+63925 803 2200

### Training Experience:

#### Philippine Women's University-CDCEC Caregiver

- Prepared healthy and nutritious meals for elderly patients
- Applied proper first aid and CPR
- Proper use of assistive device
- Grooming and bathing assistance of elderly patients
- Bedmaking (occupied and unoccupied bed)
- Transferring of patients from bed to wheelchair and vice versa
- Taking vital signs
- NGT feeding
- Taking random blood sugar of patient
- Assisted patient with range of motion exercises
- Indwelling Foley Catheter insertion
- Perineal care
- Proper choking intervention for adult, infant and pregnant
- Engaged patients in activities such as walks and easy games
- Arranged medications for use and organize supplies
- Infant bathing
- Cord care

### Work Experience & Certification

#### Tesda National Certificate II

Paniqui, Tarlac  
Competent Caregiver  
August 01, 2022

#### Philippine Women's University-CDCEC

Tarlac, City  
OJT (916 hours)

#### Caregiver

Mrs. Dovelina D. Madarang  
Brgy. Palimbo Proper Camiling, Tarlac  
September 2020 to February 2022

#### Hotel Lafa & Fela Kafe

Baguio, City  
Dinning Attendant/ Cashier  
2016 to 2019