

Tasha Williams

CNA | Congestive Heart Failure (CHF) Care Specialist
Stone Mountain, GA

Professional Summary

Observant and proactive Certified Nursing Assistant with 8 years of specialized experience in managing Congestive Heart Failure (CHF) and other cardiac-related conditions. Expert in daily vital signs monitoring, symptom tracking, and dietary management. Skilled in detecting subtle health changes and maintaining clear, timely communication with families and healthcare teams.

Core Competencies

- Congestive Heart Failure (CHF) Management & Monitoring
 - Daily Vital Signs Assessment (BP, Pulse, Respiration, O2 Sat)
 - Fluid Intake & Output Tracking
 - Low-Sodium & Heart-Healthy Meal Planning & Preparation
 - Medication Reminders & Diuretic Management Support
 - Edema & Symptom Observation
 - Family Education & Health Status Communication
 - Emergency Response Readiness
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Certifications & Training

- Certified Nursing Assistant (CNA) – Georgia State Board, Active
- CPR & First Aid Certified – American Heart Association

- CHF Care & Management Certification – American Heart Association Training Module
 - Vital Signs & Health Monitoring Proficiency
 - Medical Documentation & Reporting
 - HIPAA & Patient Confidentiality
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Professional Experience

Cardiac Care CNA – HeartWell Home Health

Decatur, GA | 2020 – Present

- Manage daily care for 5 clients with moderate to severe CHF.
- Conduct and record daily weights, blood pressure, pulse, and oxygen saturation.
- Monitor for signs of edema, shortness of breath, and fluid overload.
- Prepare strict low-sodium, low-fat meals and monitor fluid intake.
- Communicate daily status reports to supervising RN and client families.
- Recognized for early detection of decompensation in two clients, preventing hospitalization.

Home Health Aide – Senior Cardiac Care Network

Atlanta Metro, GA | 2017 – 2020

- Supported clients with CHF and hypertension through daily wellness checks.
- Assisted with medication organization, focusing on diuretic and heart medication timing.
- Provided transportation to cardiology appointments and lab visits.
- Educated family members on dietary restrictions and symptom monitoring.

CNA – Brookdale Senior Living (Assisted Living Wing)

Snellville, GA | 2015 – 2017

- Provided care for residents with various chronic conditions, with a focus on cardiac residents.
 - Tracked and reported vital signs during morning and evening shifts.
 - Assisted with activities of daily living and mobility support.
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CHF Monitoring Protocol

- Daily Weights: Tracked first thing each morning, using same scale and conditions.
 - Vital Signs: BP and pulse checked AM/PM; respiratory rate and edema assessed daily.
 - Symptom Log: Maintains detailed log of energy levels, breathing difficulty, cough, and swelling.
 - Fluid Balance: Monitors intake/output when clinically indicated.
 - Family Reports: Provides concise, daily updates via preferred method (text, call, logbook).
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Dietary Management Specialization

- Creates flavorful, low-sodium menus compliant with cardiac dietary guidelines.
 - Experienced in coordinating with dietitians on specific meal plans.
 - Shops for and prepares meals in-client's home to ensure compliance and freshness.
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Education

CNA Certification Program
Georgia Medical Training Center – Decatur, GA
Completed: 2015

Specialized Cardiac Training

- Congestive Heart Failure Care Workshop – Piedmont Heart Institute (2021)
- Nutrition for Heart Health – Online Certification, Academy of Nutrition and Dietetics (2020)
- Advanced Vital Signs & Monitoring – Grady Health System (2019)