

# MMADIPULA F. DUBE

## Health Care Assistant

@ Mmadipulad@gmail.com 📍 Southampton

### SUMMARY

An experienced and empathetic Health Care Assistant with a cheerful disposition, able to relate to people from all walks of life. Multi-tasker, patient and kind with a flexible mindset

### EXPERIENCE

#### Health Care Assistant

##### Adriel Supported Living, Hampshire

📅 02/2023 - Current 📍 Southampton

Support vulnerable young people in care aged 16 to 18 by building a positive, professional relationships with them, developing tailored support to suit their needs and acted as a representative during meetings with external agencies, including social services, families and other support providers

Provided compassionate care to elderly patients in their respect residential homes.

- Administered medications according to protocols, resulting in zero medication errors
- Assisted with daily living activities like dressing and hygiene.
- Documented patient records accurately .
- Communicated with families and care teams to ensure seamless care transitions.

#### Health Care Assistant

##### Raynes Healthcare

📅 10/2022 - 02/2023 📍 Nottingham

Domiciliary Care for elderly people in their respective homes

- Assisted with medication administration
- Supported and assisted in mobility and provided personal care
- Assisted in housekeeping tasks such as making beds, cleaning toilets, hoovering floors and dusting furniture.
- Supported and assisted in the feeding and drinking to those unable to complete these tasks

#### Home based care

##### Taking care of families member

📅 01/2022 - 09/2022 📍 Gaborone

Independent care helper

- Looked after my grandparents and update relatives about their health progress.
- .Performed domestic cleaning including vacuuming, mopping and washing.
- Assisted with daily hygiene requirements such as bathing, cleaning, showering and toileting.

#### Volunteer Helper

##### Princess Marina Hospital

📅 01/2021 - 12/2021 📍 Gaborone, Botswana

Company Description

- Helping the community with transport and fee to go their check ups
- Focused volunteering efforts to achieve desired results on community projects.
- Promoted patient socialization and self care

### STRENGTHS



#### Empathetic Listener

Listened to patient's concerns and thoughts, resulting in a more compassionate and personalized care which improved their well-being.



#### Flexibility

Adapted to fast-changing work scenarios, which resulted in successfully managing multiple tasks with great attention to detail.



#### Positive Attitude

Provided cheerful, compassionate care in difficult situations, which improved the mood and well-being of patients and their families.



#### Attention to Detail

Followed all necessary protocols, ensuring the safety and well-being of patients at all times, resulting in zero incidents of injury or accidents.

### SKILLS

Patient Care

Communication

Teamwork

Organization

Behavior Management

### ACHIEVEMENTS



#### Creating a supportive care environment for patients and their families

Organized family support groups, encouraging open communication and education on important topics

### TRAINING / COURSES

#### The Care Certificate

## EXPERIENCE

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### Driver/messenger

#### Runners Express Pty Ltd

📅 02/2019 - 04/2021 📍 Gaborone, Botswana

Transportation of goods

- Used excellent customer service skills and proactively helped them when unloading deliveries, maintaining
- Excellent customer satisfaction.
- Greeted passengers with warm, friendly welcome for an excellent first impression
- Collected and delivered goods and materials.

## EDUCATION

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### GCSES

#### Ledumang secondary school

📅 06/2013 - 07/2016 📍 Gaborone