

TATENDA MUSHONGA

Bradford, United Kingdom BD39JS

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SUMMARY

Highly dedicated and reliable Support Care Worker with a strong record of elderly healthcare experience and strong attention to detail. Adept multitasker able to address a wide variety of patient concerns with courtesy and professionalism. Skilled in handling difficult and tense interpersonal situations efficiently and safely.

EXPERIENCE

UNB HEALTH LIMITED

Bradford

Support Worker

04/2023 to I currently work here

- Handles all personal care for service users, including applying medical lotions, continence management and bathing.
- Work with service users suffering physical disabilities, mental health disorders and PTSD.
- Assist patients with personal hygiene tasks, including washing, bathing and toileting.
- Schedule and conduct household chores daily, keeping the house clean, organised, homely and hygienic.
- Maintain excellent client relationships by providing caring support, friendship and companionship.
- Provide basic life support services and elderly first aid to clients suffering injury from falls.
- Cook, serve and feed service users meals, balancing nutrition with all allergy requirements.
- Plan and prepare meals for clients, developing based on requests, dietary requirements and preferences.
- Run errands for clients as and when needed, completing efficiently and as requested.
- Appropriately moves and handles less mobile clients using aides.
- Administer and accurately reported all mandatory and non-mandatory medication administration.
- Assist clients with mobility, such as walking assistance, lifting from chairs and pushing wheelchairs.
- Keep clients socially active by transporting them to appointments and meetings with friends and family.
- Help manage client finances by processing bills, budgeting and managing payments where required.

ENVIVA COMPLEX CARE

Bradford

Care Assistant

08/2023 to I currently work here

- observing, monitoring and recording patients' conditions by taking temperatures, sats, heartrate.
- Secretions management using a suctioning machine or catheters.
- Administration of medication through nebuliser.
- Setting up the feed and feed is given through the JEJ, jejunostomy
- giving chest physio when the patient is chesty and secretions are not coming out.
- Communicating with the patients whenever you are about to do something to them.
- Always making sure the place is clean as the patients are high risk and prone to chest infections and other diseases.
- the management of oxygen therapy
- Giving all personal cares
- pad changing and applying the right lotions

PRIORY ADULT CARE HOME

Bradford

Care Assistant

09/2023 to I currently work here

- Helping care home residents with their personal care which includes getting dressed, washing and eating.
- Involvement with writing residents' care plans.
- Ensuring that the resident's needs and wishes are met
- Providing information to family members regarding the care plan
- Recording and reporting essential information in the residents' daily reports accurately and immediately.
- Good Recording of information for instance when emptying a catheter.
- Help residents with reduced mobility to be where they want to be using a hoist.
- Help feed residents who need help and making sure one is given the food that is in their diet.
- Help residents to feel more at home but making them trust you and let them be able to talk to me at anytime.

SKILLS

- Health checks
- Meal preparation
- Client behaviour management
- Mental health support
- Documentation expertise
- Medication administration
- teamwork skills
- good with record keeping
- good communication skills

EDUCATION

BACHELOR OF ARTS: DEVELOPMENTS STUDIES 08/2015 to 07/2019
Midlands State University, Zimbabwe

A-LEVELS: ARTS 03/2013 to 11/2014
St Kilians High School, Zimbabwe

GCSES: ARTS 01/2008 to 11/2012
Nyahuni Adventist High School, Zimbabwe

ADDITIONAL INFORMATION

- Right to work
- Full U.K driver's licence
- Clean DBS both adults and children
- References upon request.

REFERENCE

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